



7th January 2021

IMPORTANT NOTICE

Dear Service User / Leader

Disability Services are essential services. It is important that we continue to do our best and maintain these services as safely as possible. At the same time, we are all aware of the current situation and the significant increase in the community rates of transmission of Covid 19. This is a very serious concern. We all need to be vigilant and it is essential that we are all extra careful, both at home and at work. The current situation also requires some temporary changes to the way we work. These are outlined below and will be with immediate effect.

We have written to all PA's. This explains how we are instructing staff and I am asking you to support your PA's to work safely.

We must all be alert, assess and plan everything we do to reduce Covid-19 risk to you, your PA's and other Service Users.

Before a PA starts work they

- Self-monitor [x 2 daily temperature etc]
- If they are not well they must stay home, call a GP, talk to us at Cork CIL
- If a PA is required to isolate or restrict their movement please do not ask them to work. They will not be allowed to. We will do our best to make sure the most essential supports are provided. If you have any issues talk to us at Cork CIL 021 4322651 / 0867929684

Before Frontline Work

- PA's must check that you and everyone in your household are well
- If you or anyone in your house is unwell, self - isolating or waiting for a Covid-19 test or result where possible **please inform your PA or us BEFORE your PA arrives.**

At work

- Make sure that the only contact in your home is between you and your PA. PA's will ask everyone else in your household to leave. PA's need to keep their contacts to the minimum
- You and your PA must sanitise your hands frequently
- PA's must use the correct PPE and change PPE as required.
- If possible you should also wear a face mask. Don't run out we have plenty.
- PA are asked to clean / sanitise the area and equipment where they will be working -you can help
- When and where possible open windows and ventilate rooms even for a short time every hour is a good idea
- **Personal Care Supports** require close contact. **Keep this close contact time to the minimum**
- All other essential supports please **maintain 2 m distance** at all time
- **Personal Care** - If your PA assists with bathing where possible you are asked to have a body wash rather than a shower.
 - If a PA does assist with a shower to further reduce risk they will now be asked to wear a visor or goggles in addition to a mask for this activity. [The reason is that if contact tracing needs to contact you or your PA they will determine that assisting with a shower in a small steamy space constitutes a close contact. Close contacts are required to self - isolate for a minimum 14 days.



Cork Centre for Independent Living Limited

- If your service is **essential Social support** at home use the biggest space that is available and maintain 2 m social distancing [Deaf and Deaf/Blind service may be different. We will link individually with these SU]
- Ventilate your space. This means open the window so the air can exchange at regular intervals.
- Reducing the time the PA spends in your home
- Plan to meet your PA outside your home
- Talk to your PA and explore the possibility of alternative or remote support.

Shopping

- At the moment all PA's have been instructed **NOT TO SHOP WITH** any SU. This activity increases risk by increasing contacts
- If someone else is in your household can shop they should do so
- If you can arrange home delivery for essentials shopping you should do so
- If you need a PA to **SHOP FOR YOU** this should be for essential items only – groceries and medicines. They will do this alone; reduce to the absolute minimum the shops they visit and where possible shop for at least a week's supplies. Please do not ask PA's to 'nip to shops' for single or non - essential, non-urgent items.

Remember

Everyone is different and services are individual and cannot be compared. But if you have any suggestions, are unsure or have any concerns or queries about any aspect of your service please speak to a Co-ordinator. For more information read the HSE Covid -19 guidance www.hse.ie and/or Cork CIL Covid 19 Staff Practice Guidelines www.corkil.ie.

Cork CIL Staff are all working hard, and we really appreciate your support and understanding.

Thank you

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