

# SALN

## Self Advocate Leadership Network British Columbia

May 22, 2020

### **SALN COVID-19 News-sheet #8: The self-advocate news-sheet**

This News-sheet is a public document. Information, quotes, and questions are invited to be shared and included outside of SALN.

### **SALN would like to share the following:**

Who is SALN?

#### **1. SALN is the Self Advocate Leadership Network.**

##### **SALN Mission Statement:**

- ◆ To promote a good life through positive and informed: actions, networking, and advocacy.

**SALN** has meetings where members plan what they are going to do. SALN members want to grow the self-advocacy movement. SALN wants the disability movement to be strong. SALN believes that self-advocates can lead the movement. SALN members are from well-known self-advocate groups in the Lower Mainland and Vancouver Island. SALN members are leaders in their self-advocacy groups or have been chosen to be mentored by other SALN members. If you are interested in being a part of SALN, email [info@salnbc.com](mailto:info@salnbc.com)

- **SALN would like to invite self-advocates across B.C. to get connected around COVID-19.**
- **Look at this news-sheet to learn what the Self-Advocate Leadership Network is doing.**
- **Please email SALN at [info@salnbc.com](mailto:info@salnbc.com) to get on the mailing list.**

##### **You will get emails with:**

- these news-sheets – information about what is important right now around the disability movement and COVID-19
- links to self-advocate videos
- links to self-advocate podcasts

# SALN

## Self Advocate Leadership Network British Columbia

### 2. The new Essential Visits Policy

#### Essential Visitor Policy:

- Go to the [CLBC Update](#) to read their comment and see the policy.
- Go to the [Inclusion BC E-Update](#) to read their comment and see the policy.

#### SALN Comment:

- **"This hard work is much appreciated – changing policy is huge and a lot of work. SALN thanks everyone involved!"**
- **It was great to hear Minister of Health, Mr Adrian Dix say, "I would like to thank everyone in the broader disability community who provided support and advice [for the planned policy changes]."**
- "It's important to **have everything with you** ahead of time. Ensure you have prepared all the documents you need to help you when an emergency happens." [Read the Inclusion BC Website E-Update to learn what **"have everything"** means. See above.]

#### Quotes from SALN members:

- "This is a huge step in the right direction. The government has acknowledged that people with disabilities [may] need extra support and some extra consideration."
- **"I give my hats off to all of them! You don't know how much I appreciate all the work that was involved."**
- "There are whole bunch of people that worked on this – we thank you all!"
- "We are celebrating the victories!"
- "This is definitely a start...thank you very much. We appreciated what you were able to do in such a short amount of time."
- **"I like getting the word out and keeping the ball rolling!"**
- "This was a humungous effort!"
- **"Kudos to them getting this policy out when they did."**

#### What SALN positively anticipates (waits for) about the Essential Visits Policy

- "The Essential Visits Policy being successfully given to and used at BC hospitals. The Essential Visits Policy is available at BC hospitals and on BC health authority's main public websites."
- "People with diversabilities will have access to the Essential Visits Policy in plain language before going to the hospital and also when they go to the hospital."
- "People can have printed copies of the Essential Visits Policy and other important documents. These documents will further support people with diversabilities to get equal access to health care, be treated as the leader of their own life, and treated as a person first." \*See [Inclusion BC E-Update](#) to see what they think is a good idea to bring.

# SALN

## Self Advocate Leadership Network British Columbia

### 3. SALN has a COVID-19 Plain Language Information website – with a disability focus.

- Go to [www.SALNBC.com](http://www.SALNBC.com) to get:
  - clear information about COVID-19
  - new information about COVID-19
  - links to self-advocate podcasts
  - links to self-advocate videos

You can also find the website by going to [SelfAdvocateNet!](http://SelfAdvocateNet!)



Where does the information come from?

#### Materials Committee:

Alexander Magnussen, Bryce Schaufelberger, Cam Dore, Kara Anderson, Michael McLellan, Michaela Robinson, Nolda Ware. This team works together to gather possible information and resources for the website.

The information and resources we receive are reviewed by the committee and needs to be approved by two members. **This committee welcomes new ideas and resources that might be good for the website. If you have something to share please email it to [info@salnbc.com](mailto:info@salnbc.com).**

Who made the website?

This website was developed by Cam Dore and Bryce Schaufelberger. The [SelfAdvocateNet](http://SelfAdvocateNet) managed by Bryce Schaufelberger and [CedarCreekTech](http://CedarCreekTech) managed by Cam Dore have teamed up to support the creation of the new [SALNBC.com](http://SALNBC.com) site by registering the domain, hosting the site and doing much of the creation and adding content to the site.

It is not the first time that Bryce and Cam have worked together. Their collaboration began over 20 years ago with the formation of the [SelfAdvocatenet.com](http://SelfAdvocatenet.com) site. This site has grown into the largest and most significant self-advocate site on the web. Over the years they have also supported a variety of other websites including the [Diversability.ca](http://Diversability.ca) site and more recently the [Missionsa.ca](http://Missionsa.ca) site.

Bryce has been a long time SelfAdvocate leader and through his work at HOMES has acquired the skills to manage the computer hardware for the HOMES. He works out of the computer lab and prepares new systems and refurbished older systems for Self Advocates via [SAComputers.ca](http://SAComputers.ca). Cam Dore is a long time, now retired ED, in the Community Living network. He has a 40-year history of introducing technology to his colleagues in BC but also internationally through his leadership with [GentleTeaching.com](http://GentleTeaching.com). He continues to host and manage nearly 20 websites mostly for non profits through [CedarCreekTech.net](http://CedarCreekTech.net).

# SALN

Self Advocate Leadership Network  
British Columbia

## 4. SALN believes that a Representation Agreement is an important part of a personal COVID-19 plan.

➤ Click on this link to register for the [Nidus: Representation Agreement Zoom Presentation for Self-Advocates](#)

Register here!

- Tuesday, May 26<sup>th</sup> 1:30 to 3:30
  - When you register you will get an email with a Zoom link. Only people who have registered will be able to attend. Look at "Additional Information" in your registration email for the Zoom link.
  - This presentation will be in plain language.
- 
- The Self-Advocate Leadership Team (SALN) believes a Representation Agreement is an important part of a Covid-19 plan. It is also helpful in other situations.
  - You will learn:
    - What are Representation Agreements.
    - How Representation Agreements can help you.

The screenshot shows an Eventbrite event page. At the top, it says 'eventbrite' with a search bar. The event is scheduled for 'MAY 26'. The title is 'Nidus: Representation Agreement Zoom Presentation for Self-Advocates' by 'Self-Advocates of Semiahmoo'. The price is 'Free'. There is a 'Follow' button and a 'Register' button. Below the event title, there is a link: 'Do you have a Representation Agreement? Want to learn more about Representation Agreements and how they can help you?'. The date and time are listed as 'Tue, 26 May 2020 1:30 PM - 3:30 PM PDT' with an 'Add to Calendar' link. The page also has 'Browse Events', 'Create Event', and 'Help' links at the top right.

# SALN

## Self Advocate Leadership Network British Columbia

### 5. SALN has made a podcast series called: Positive Awareness Podcasts.

- Go to <https://salnbc.com/sal-awareness-podcasts/> to hear the podcasts.
  - i. A podcast is like radio. There are people talking. Usually there is no video (you cannot see the people talking). There is one or two people who host the podcast. A podcast host is in every podcast. They help make the show. You can have guests on a podcast.
  - ii. There are 2 Positive Awareness Podcasts shows.
    - iii. The first podcast is about: How are you coping? [#HowAreYouCoping]
    - iv. The second podcast is about: Why and how (around COVID-19). [#WhyAndHow] \*this was recorded before the Essential Visitor Policy.

Listen to self-advocates here!

The screenshot shows the SALN website interface. At the top, there is a navigation bar with the SALN logo on the left, the text "INTERNATIONAL AGREEMENT ON THE RIGHTS OF DISABLED PEOPLE" in the center, and the "enable" logo on the right. Below the navigation bar is a menu with items: MY PLAN, COVID-19, RESOURCES, CURRENT NEWS & UPDATES, SALN, SALN ALLIES & SUPPORTERS, and CONTACT. The main content area is titled "SAL Positive Awareness Podcasts" and features two podcast cards. The first card is titled "Positive Awareness Podcasts 01 - #HowAreYouCoping" and the second is "Positive Awareness Podcasts 02 - #WhyAndHow". Both cards feature the SALN logo and the "SELF ADVOCACY OF SEMIAH" logo. At the bottom of the page, there is a footer with the text "© All rights reserved salnbc.com", "Privacy Policy", "Accessibility Statement", social media icons for Facebook, Twitter, and YouTube, and "Created by CedarCreekTech.net".

# SALN

## Self Advocate Leadership Network British Columbia

### 6. SALN has made videos about how self-advocates are feeling during this time [COVID-19].

➤ Click on this link to see them: [SAS & SALN Videos](#)

- i. These videos share what self-advocates feel right now
  1. There are two videos about: How are you coping? [#HowAreYouCoping]
  2. You can create your own videos and put them on Facebook. When you do this you can tag and mention SALN.
    - a. @SALNBC for Facebook
    - b. #SALNBC #HowAreYouCoping
  3. Learn about using hashtags and mentions on Facebook here:
    - a. [Using a hashtag](#)
    - b. [Mentioning SALN in my post](#)
- ii. You can be a part of SALN videos.
  1. Make a 20 to 30 sec video on how you have become more independent during COVID-19.
  2. Please record with your camera sideways.
  3. Send videos to [sas@shsbc.ca](mailto:sas@shsbc.ca).
  4. Winners will be notified and a video made announcing winners names. Your video will appear in the next series #HowAreYouIndependent
  5. This contest will be open until June 15, 2020.

Be a part of the SALN videos!

The screenshot shows the SALN website interface. At the top, there are logos for SALN, the Self Advocate Leadership Network British Columbia, the United Nations, and enable. Below the logos is a navigation menu with items: MY PLAN, COVID-19, RESOURCES, CURRENT NEWS & UPDATES, SALN, SALN ALLIES & SUPPORTERS, and CONTACT. The main heading is 'How are you coping videos'. Below this heading are two video thumbnails. The first video is titled '#howareyoucoping Video 01' and shows a woman in a red jacket. The second video is titled '#howareyoucoping Video 02' and shows a woman in a purple jacket. At the bottom of the screenshot is a footer with copyright information, a privacy policy link, an accessibility statement, social media icons for Facebook, Twitter, and YouTube, and the text 'Created by CedarCreekTech.net'.

# SALN

## Self Advocate Leadership Network British Columbia

**7. SAS has made important videos on COVID-19. SAS is the Self-Advocates of Semiahmoo. SAS members Krista and Manjeet are in SALN. Alexander is a SALN mentor. He used to be a member but now he is a mentor and helps the members.**

- **Go to Media Links:**

- Read about the videos here: [Peace Arch News, Self-Advocates of Semiahmoo issue video appeals amid pandemic concerns: "5 videos highlighting the importance of actions taken during the COVID-19 pandemic"](#), March 24, 2020
- Click on the link: [Coronavirus: Fair Treatment](#)
- Click on the link: [Coronavirus: We're In This Together](#)
- Click on the link: [Coronavirus: Affects Us All](#)



### PEACE ARCH NEWS

Read more below

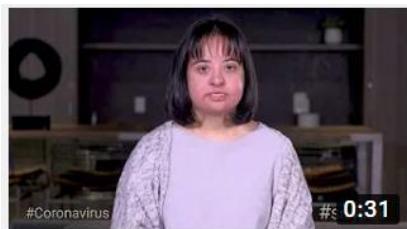


Self-Advocates of Semiahmoo member Krista Milne encourages people to stay home during the pandemic. (YouTube screenshot)

#### Self-Advocates of Semiahmoo issue video appeals amid pandemic concerns

YouTube series encourages fair treatment and reminds 'we're in this together'

Self-advocate videos about staying safe!



**Coronavirus: Fair Treatment**  
692 views • 1 month ago



**Coronavirus: We're In This Together**  
473 views • 1 month ago



**Coronavirus: Affects Us All**  
256 views • 1 month ago

# SALN

## Self Advocate Leadership Network British Columbia

8a. SALN members would like to share what it feels like to them to lose their independence during COVID-19. [Make sure to read #8b – “What makes me feel strong right now”.]

### Quotes from SALN members:

Self-advocates share how they are feeling.

- “I am not living in my apartment right now. I have to stay with family – this makes me feel uncertain. Am I going to be able to go back to my apartment after COVID-19 is over? How is everything going to go back to normal?”
- “I have lost most of my independence.”
- **“This has affected my independence. I feel that when I am not in charge of my own life, the things that I am able to do suddenly have become very limited.”**
- “I don’t go out with anyone and I have lost confidence.”
- “I feel half of me is gone. Half my independence is gone. I used to go to Safeway on my own – now I have to ask staff to go with me. This makes me feel really sad.”
- **“I am living independently in my apartment and I am trying to hang on to my independence. This is really important to me.”**
- “I don’t know what to do with myself. I have lost my independence to go places on my own. This makes me feel sad.”
- **“I have lost the chance to go out and get my groceries, do my own banking...I am stuck at home. I am one to get out and do things 5 days a week...and this is not happening. I am a very independent person and this makes it more difficult for me.”**
- “I don’t mind being at home – I am a homebody. But it is hard to see the world go topsy turvy. The world is so different.”
- **“Even though I didn’t like going to work or the grocery store - I miss doing these things. I miss just going out on the bus to people watch.”**
- **“Before I used to go out, visit my friends, go shopping – and virtually now I am only out 1 or 2 days a week and come straight back home. This totally sucks.”**
- “I used to go shopping, have family over – it is confusing. What can we do? I can only do so much cleaning!”
- “Not seeing people I care about is very hard. Even seeing them but from far away – is tough.”
- “Not going out and seeing people. Having to have people go out with me. Having to have family support instead of support staff – feeling the stress of family members – it is all so difficult.”
- Do you feel the same way? Tell us if you are feeling like you have lost some of your independence at [www.Facebook.com/SALNBC](https://www.Facebook.com/SALNBC) or at [info@salnbc.com](mailto:info@salnbc.com).



# SALN

## Self Advocate Leadership Network British Columbia

8b. SALN members would like to share what is going well. What makes members feel strong right now.

### Quotes from SALN members:

Self-advocates share what makes them strong right now.

**Our support staff are starting to teach us to go to Safeway on our own now. They are teaching and guiding us.**

It feels good doing things on my own now without having to ask staff to go with me.

I get a text with a picture that we will be learning about handwashing, sanitizing, social distancing and wearing a mask and how to do this on our own.

**If we know the right information then we can act accordingly. We are not constantly thinking what should we do, what's right/wrong. Then we can feel confident in our decision about what is the right thing to do.**

The fact that I am still able to do the things I want to do – but in slightly different ways. I feel good because at least I am doing something for myself.

**Exercising and keeping my mind away from the stress. It helps the brain to think properly, keeps you strong and motivated. Takes you away from the stress around you. It makes me feel happier.**

- **Where I live, we don't have a lot of resources – but at least I can see people's faces through Zoom, meetings and groups I belong to.**
- Being able once in a while to get out and get some air – go for a walk – see people. That helps because otherwise I would not be doing so well.
- Talking with my cousins, friends or my sister on the phone. I get a sense of accomplishment when I talk to people I care about.
- **The social contact I have with friends and family that I think we all need. We can't get face to face – but at least over the phone. We all need that connection. It is imperative we keep social contact, to keep motivated and socially active.**
- Social contact by phone with family and friends is so important. I just heard soon we will be able to hug people again! Coffee shops and restaurants will be open.
- Trying new things – like make a pizza!
- There are times when your day ends and you go in your room with the TV on...I think about how I am so proud about how the world is. It keeps me going.
- I sit on my balcony on my swing with a Canadian flag. I am proud to be Canadian. I think about what we are going through – and we are a good country and I am proud of it. Good people are what make the world go around. There are more good people than bad people.
- Being able to work from home and the connections I have with family and friends. They help with my mental health and connections are a human need. This is being very well fulfilled.
- **Grateful and thankful that I live in British Columbia.**
- Do you feel the same way? Tell us what makes you feel strong right now at [www.Facebook.com/SALNBC](https://www.Facebook.com/SALNBC) or at [info@salnbc.com](mailto:info@salnbc.com).

# SALN

Self Advocate Leadership Network  
British Columbia

## 9. SALN Answers: Why does SALN do the news-sheets, videos, and podcasts?

### Comment from SALN:

- **"SALN believes it is important that self-advocates taking the initiative in our lives to support ourselves and others during this crisis."**

➤ **Meet the SALN members by clicking the link:** <https://salnbc.com/saln-members/>



Michael McLellan  
– Cocreator of  
SALN

SALN members share why they do the news-sheets, videos and podcasts.

### Quotes from SALN members:

- **"It's important to me because it gets our voices out and it's important for people to hear what we say. It's important to reach out and connect with people, especially at this time. This is just one more way for people to connect."**
- "It lets people out there know what we are about. We are doing things and [this] keeps us in touch with the world, which is essential."
- "It is showing everyone that we have a voice worth listening to. Especially with the topsy turvy world right now."
- **"What we are doing is needed. We need to do this so self-advocates can have the opportunity to show case our strengths, abilities, wishes. We can help others in this way."**
- "I like it when we make positive changes."
- "With all the information that we have been discussing, we have managed to really hit home with our messages so far."

**Please invite SALN to participate in creating and delivering solutions where it makes sense. SALN appreciates the support in sharing SALN content. To receive SALN content, email SALN support at [info@salnbc.com](mailto:info@salnbc.com). Response can be sent to SALN support, at [info@salnbc.com](mailto:info@salnbc.com).**