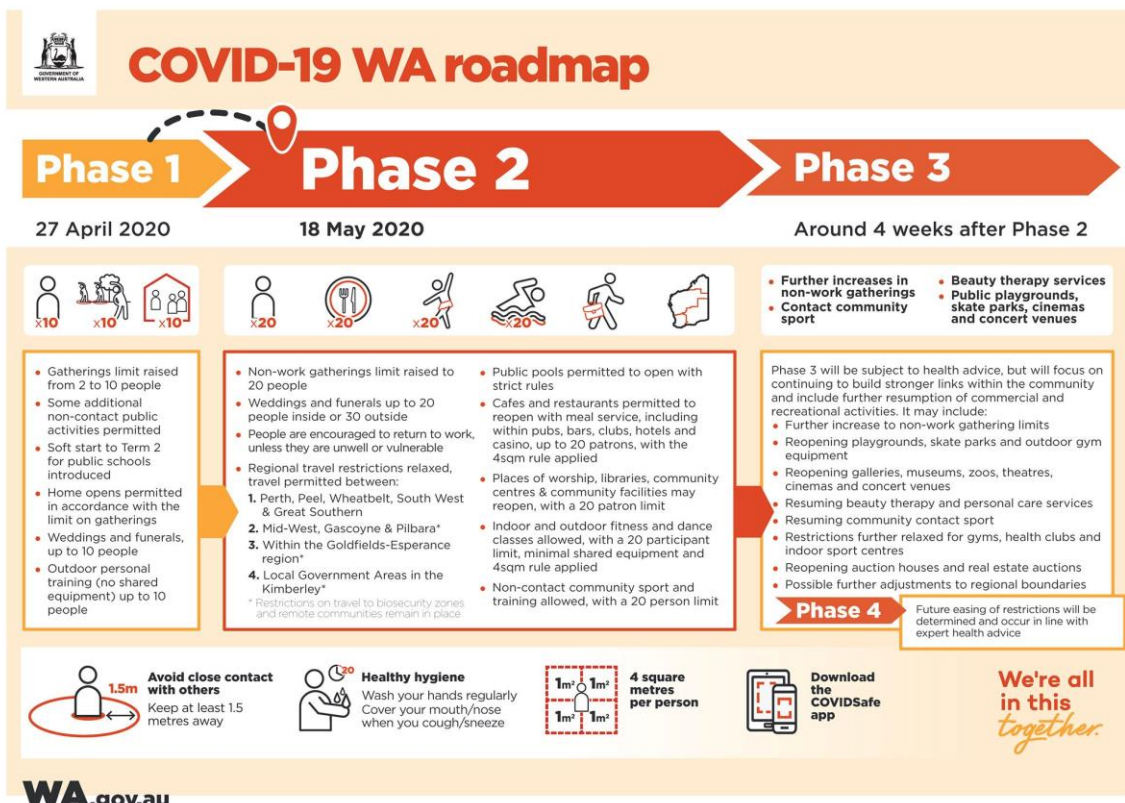
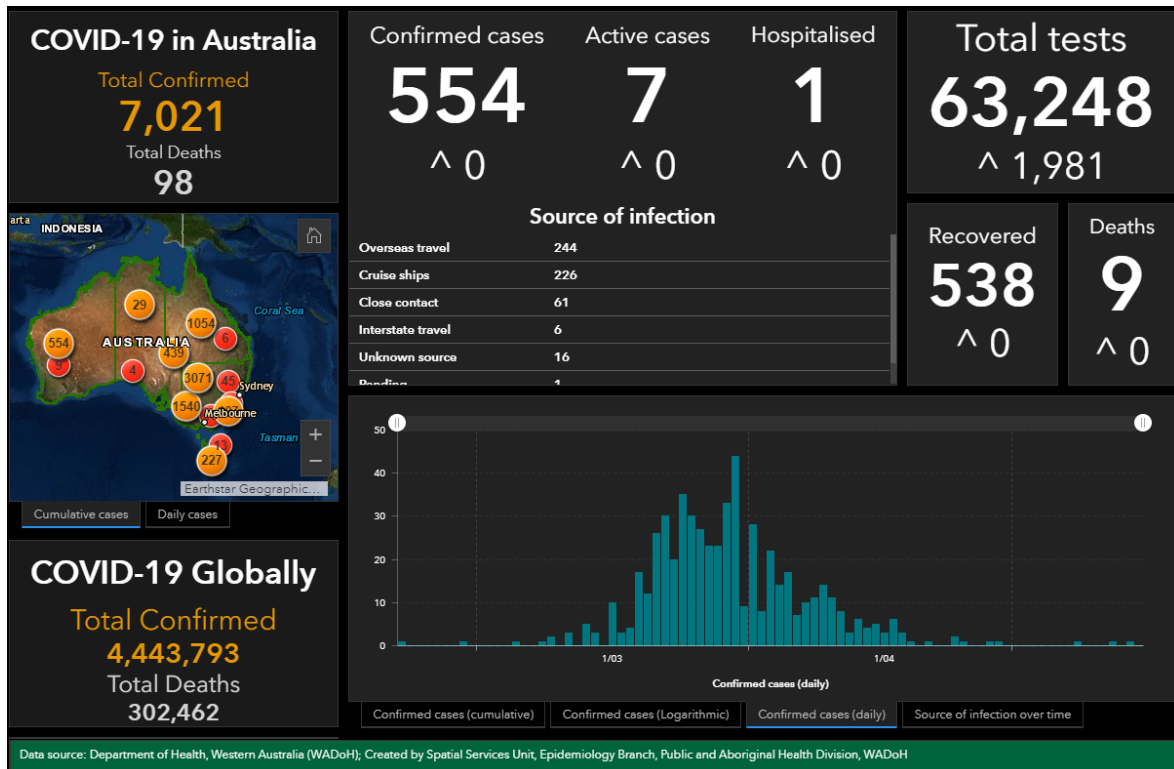


15th May 2020

Chung Wah CAC's Correspondence COVID-19 Update (Issue No. 19)

❖ Latest Updates from Australian Government (as of 15th May 2020):



- On Sunday 10 May 2020, WA Premier Mark McGowan released WA roadmap to carefully ease COVID-19 restrictions to start getting Western Australians back to work safely and begin the process of re-starting the State's economy. This plan includes specific details on the next phase of easing restrictions in WA – which will take effect on Monday 18 May.

(Picture link: <https://www.wa.gov.au/organisation/department-of-the-premier-and-cabinet/covid-19-coronavirus-wa-roadmap?a=>)

- Australians aged 70 years or older, 65 years or older with chronic health problems, Indigenous Australians 50 years or older or with chronic health problems and people with compromised (weakened) immune systems will continue to be encouraged to stay at home where possible, as governments across Australia move forward with a new 3-step COVIDSafe plan.

❖ **What CAC is doing:**

- We recently received an email from one of our consumers' daughters providing feedback after our staff delivered the Wellness package to her mum. We cannot express how moved and happy our CAC team has been by this simple sentence "**Thank you for the package drop off, it does mean a lot to my mum**". It reminds us that the fundamental of CAC's existence is to cater the needs of our seniors and NDIS participants. Please do not hesitate to share with us your feedback, your struggles, your stories. We are here to listen and support you in any way we can.
- Since the Government's announcement of commencing stage 2 in WA COVID-19 Roadmap, we have received many queries from our consumers whether our centre will be reopened next week. We are so grateful that our consumers are eager to return to our centre, your health and safety will always be our first priority. We are closely monitoring guidance from the Department of Health as well as Federal and State Governments to ensure our services are delivered in the safest way possible. At this stage, a plan to reopen our centre to ALL seniors and NDIS participants is still under review. On the other hand, we are also mindful of the significant impacts social restrictions has placed on our consumers' wellbeing, especially for those living by themselves with limited support from family and/or external network. Should you or your loved ones are at risk of social isolation, please do not hesitate to explore suitable support services with your respective case coordinators. We are here to help you and together we will get through this!
- Our CAC team has been partnering up with our volunteers on a new project to deliver **Aged Care System Navigator** to all our community members. This program aims to ensure that more seniors in our community can access support and information about Government funded aged care services that better address their care needs. Please stay tuned for our upcoming announcement!

❖ **How you can help to prevent the spread of coronavirus:**

- Go about your business as usual, remain calm and use common sense.
- Protect yourself through quality personal hygiene like you would in the winter flu season – this includes covering coughs and sneezes, washing hands often with soap or sanitiser and staying away from work or school if you are unwell.
- Continue to follow the advice of health authorities - anyone instructed to self-isolate by a doctor or medical professional must take the request seriously, stay home and not put others at risk.
- Seniors over 70 should remain at home as much as possible and avoid going out to reduce risks of them getting infected.
- Know the facts by sourcing accurate information, from credible sources such as the Department of Health (<https://www.health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources>).
- Download COVIDSafe app to your mobile phone as it helps users to identify if they have come into contact with someone who has coronavirus and users can give the information to relevant health authorities (<https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>)

Everyone plays a part, we are all in this together!