

21st April 2020

Chung Wah CAC's Correspondence COVID-19 Update (Issue No. 12)

❖ Latest Updates from Australian Government (as of 20th April 2020):

COVID-19 in Western Australia

Cases	Total
Tested (negative)	29,566
Cases (positive)	546
Recovered	443
Deaths	7
Unknown source	15

COVID-19 in Australia

State	Cases	Deaths
Western Australia	546	7
Australian Capital Territory	104	3
New South Wales	2,963	28
Northern territory	27	0
Queensland	1,019	6
South Australia	435	4
Tasmania	197	8
Victoria	1,329	15
Total	6,620	71

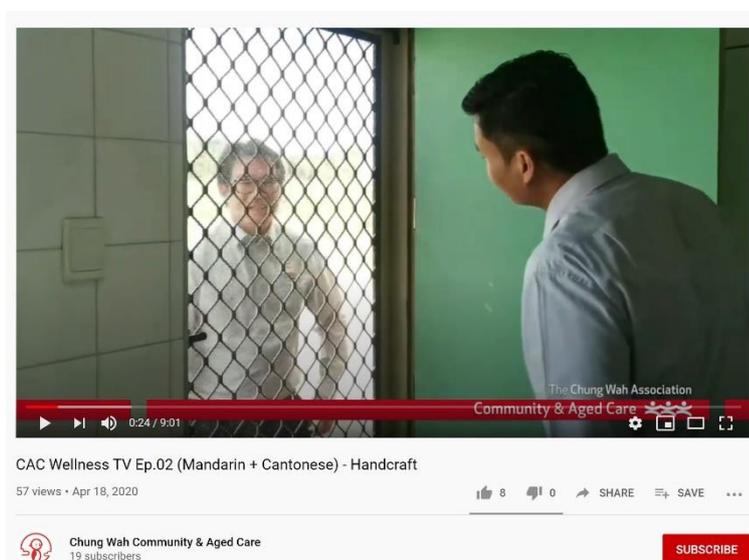
Last reviewed: 21-04-2020



- On Monday 20th April 2020, the WA Premier Mark McGowan has announced that for the first time since the 12th of March, Western Australia has recorded no new cases of COVID-19 in the last 24 hours. This also comes on top of a week of very low numbers for our State.

❖ What CAC is doing:

- To start this week off on even more positive note, we would like to introduce a brand new video that was uploaded on Youtube over the weekend. If you have not watched it already, you can do so by clicking on the link below. We try our best to ensure the contents are different for each video so please watch till the end as you might get small surprises at the end of our videos. We would also really appreciate if you can spend a few minutes to subscribe to the channel and share this with people around you. The subscribe button is right below our videos.



<https://www.youtube.com/watch?v=tH9TDDrKvac>

- CAC has never forgotten the core existence of our organisation is to support and ensure our vulnerable individuals in the community are looked after, especially during time like this. With donations from our community members and CAC staff, we have been able to put together 5 essential care packages with the hope that these will



enable some of our elderly who are in desperate need of additional support to remain safe and well at home. Unfortunately there are limited numbers of these packages as quantity and content heavily depended on community donations. However, despite the limitations, we are trying our best to ensure that our MOST vulnerable individuals are looked after, to let them know we are here to care and support you, no matter how challenging the situation is.

- Similar to everyone out there, CAC is also facing certain challenges while dealing with the COVID-19 pandemic. While promoting our elderly to remain at home as much as possible, our CAC staff also encountered the problem of how to engage our elderly to ensure they are not at risks of social isolation. It became more apparent to us that many of our elderly are not tech savvy, and previous they depended a lot on the social interactions at Day Centre. Thus, we decided to go old-school and initiated the CAC Care Line Support program to keep our regular communications with all of our consumers. Should you need or want to talk to CAC, please feel free to contact our Call Centre (08 9328 3988) as we always love to hear from our consumers.
- In line with the Australian government's recommendation, the health of our senior consumers and participants with disability will always be CAC's first priority. If you are in need of support to look after yourself or your loved ones, especially during this difficult time, please do not hesitate to reach out to CAC. As mentioned above, our job is to ensure our vulnerable individuals are well looked after at home. We have and will continue to put in place all necessary preventive measures recommended by the Australian Department of Health to ensure the safest service delivery to you and your family. See the link below from the department:
<https://www.health.gov.au/sites/default/files/documents/2020/04/it-s-ok-to-have-home-care.pdf>

❖ **Frequent Asked Questions:**

1. **I would like to enquire the Wellness Activity Book for my mum.**

If your mum is one of CAC clients, please rest assured that we will be distributing a physical copy with a packet of crayons for all of our clients to do at home within the next couple of weeks.

Clients and/or family members will be contacted by our staff members a day prior to the delivery to ensure that someone is at home to receive these.

If your mum is not a CAC client, we are more than happy to email you an electronic copy so that she can also enjoy this activity book at home. All you need is to email us your interest on

enquiry@chungwahcac.org.au

❖ **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.
- Elderly 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>).

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