

# PATHWAYS TO INDEPENDENCE

FEBRUARY 23<sup>RD</sup>, 2022, 1:30PM TO 3:30PM

ZOOM VIRTUAL PEER GROUP MEETING NOTES

**Hosted By:**

**Paul Gauthier,**

Executive Director

Individualized Funding Resource Centre Society

**Ruth Marzetti**

Executive Director

Technology for Living

**Special Guests:** RBC Foundation

Pathways To Independence was created for peers to come together and share information and updates on current issues facing people with disabilities. More than ever, people with disabilities must come together as a unified group. How we support each other through crisis and every day hurdles will strengthen us as a community and as individuals. Living independently is a choice and comes with challenges; through unification people with disabilities make a difference; each voice is important.

**The February 23<sup>rd</sup>, 2022, meeting was attended by approximately 90 people.**

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### *Accessible Nature Wellness Program with Kari Krogh, PhD Psychology*

This a time for us to gather and support one another and relax and enjoy pictures and videos of nature. You will learn a little bit about the science behind forest bathing and forest medicine and how we can use this free resource to help us to build our resiliency and feel better all round; socially, emotionally, and physically.

We look forward to seeing you attend the March session on March 9<sup>th</sup>, from 1:00pm until 3:30pm. If you have any questions, please feel free to reach out. They would be happy to provide you with more information.

**Reminder:** the next session March 9<sup>th</sup>, 2022 at 1:00PM. There are no fees.

If you are interested in participating, you can still register by emailing [anwp@ecowisdom.ca](mailto:anwp@ecowisdom.ca)

### *Technology for Living Updates with Taylor Danielson, Community Coordinator*

#### *Taylor's Amazing Smart Device Home Tour!*

Each month Technology for Living's Wayne Pogue and Ean Price publish a new video on the Technology for Living's YouTube Channel.

**For TFL's YouTube Channel (Don't forget to subscribe), [Click Here!](#)**

TFL members are often invited to participate and the TFL staff speak about technology for people with disabilities. In January of 2022, TFL produced a technology tour of my home!

**To view Taylor's Smart Device Home Tour on YouTube, [Click Here!](#)**

**Note:** Technology highlighted in blue are hyperlinks to the manufacturers website so you can discover more about the product.

#### *Taylor's Technology, Room by Room*

Taylor kindly provided a list of the products reviewed in the video.

##### **Office**

- Phillips Hue lightbulbs
- Phillips hue motion Sensor
- The Fire TV Cube is probably the best device for our members who primarily watch streaming services like Netflix and HBO Max.
  - Its unique standout feature is the capability to navigate menus just by using your voice.
  - Example: You can open up the Netflix app, and scroll through and make selections by saying "go left" or "go right", "scroll right", "scroll down". This enables you to browse hands free. No remote or apps are needed.
- Echo Show 8 (Smart display with Alexa)

## Bedroom

- [Zemismart Zigbee Roller Shade Driver](#)
- Phillips hue motion Sensor
- Phillips hue lightbulbs
  - Standard lamp use
- Switchbots
  - I added three to my air mattress. They can control the firmness of the mattress and I can adjust the settings with my voice. Even if I'm half asleep I can make the mattress more comfortable for myself.
- Echo (4th gen.)
- RM4 Pro
  - Controls my heater
- TP Link Smart plugs
  - One white noise machine
  - One 3D printer
  - One lamp attached to 3D printer
    - this plug and the one for my printer are synced, whenever my printer is on so is the lamp.
- [GE Enbrighten Z-Wave In-Wall Smart Dimmer](#)
  - Two controlling light fixtures

## Kitchen/Dining

- TPLink Smart plugs
- Echo (4th gen.)
- TP Link smart switches
- TP Link Smart plugs
- Lamps

## Sitting Room

- Echo (4th gen.)

## Laundry Room

- Roborock S5 Max
  - One of my favourite devices around the house is my Roborock S5 Max, which is a robot vacuum cleaner. It keeps my house pretty clean and operates on a schedule.
  - It runs in the early morning, and at the end of the day to clean up my office from all the dog hair and dust.
  - It navigates autonomously. I still need to have assistance to carry it to empty the bin but otherwise it does a good job and it's been in service for about a year and a half now and I've had no problems with it. I am very happy with it.
- Echo Flex
- [GE Enbrighten Z-Wave In-Wall Smart Switch](#)
  - Controls an outlet outside which the Christmas lights are plugged into; great for setting a schedule in December.
- TP Link smart switch
- Phillips Hue motion Sensor

- Laundry Room: When there is motion in the laundry room, it turns on a Smart Switch and the lights come on.
- The rear door to the house enters into the laundry room. If people are entering through the laundry room from the outside or from a different room into the laundry room, the lights will switch on. It is very convenient.
- Water Leak Damage Prevention: There are two metal contact pins on them. If they are shorted, or water touches them, it sets off an alert.

### Bathroom

- Echo Flex
  - Echo has survived the bathroom humidity for over three months now.
  - Echo devices are installed all over the main floor.
  - I have three of the latest generation of Echoes dotted throughout the house and I also have some Echo Flex's as well.
  - There is one in each of the rooms that I could be in. I can always use voice commands to turn off and on the lights
  - I also use the Echo Flex in my laundry room
  - Drop In Feature: I use the drop in feature quite frequently; it allows you to make an intercom connection between Echo Devices.
  - Example: if I am in the in the bathroom and require assistance, I can drop in on another Echo device in my house and talk in real time with someone who is in that room. It's great for being able to request assistance.
  - **Technology for Living will be publishing a video on YouTube in the coming weeks which explore the Drop In features.**

### Outside

- [GE Enbrighten Z-Wave Plug-In Outdoor Smart Switch](#)
  - Controls some lighting in the backyard
- Solar powered motion activated lights
  - I use many of these around the house and in the backyard/garden area.
- Having outdoor lighting works very well for my dogs, but they allow me to enjoy my backyard in the evenings as well, and I don't have to worry about staying out too long and losing light.

### Miscellaneous Exterior and Interior Home Areas

- Dual Roller Shade
  - Blackout shade and a Light filtering shade
  - The shades are internal and I have them installed in my bedroom
  - I have the option of maintaining my privacy, yet still allowing plenty of daylight into the room or use both for complete privacy.
  - I have purchased a [Zemismart Roller Shade Driver](#) from Zemismart. It attaches to a chain on the shades, and pulls the chain so the blinds can be opened, closed or adjusted using a verbal command.
- [Aqara Water leak Sensor](#)
  - Seven in high risk areas: bathrooms, hot water tank, etc.
- iPad
- Switchbot Curtain

- I am using the Switchbot Curtains on my front door. The front door is right next to my bedroom and office and it's nice to have a little bit of privacy by closing the curtains.
- I have two located there and they close and open from the centre. They work really well.
- I had difficulties when using just one curtain but they work flawlessly with two curtains; I have no complaints about them.
- Motion Sensors
- UniFi Protect G4 Doorbell
  - UniFi Protect G4 is a Smart Doorbell and I really enjoy it.
  - When someone presses on the doorbell, it sends an alert immediately to my phone and I can view who's there and have a two-way communication with them in real time.
- Exterior Cameras
  - I have three cameras located around the exterior of the house. The primary reason I like to have them there is because as a person with a disability, it takes me a long time to get up and move.
  - If I need to respond to something that's going on outside, I am more prepared if I can already see and know what's going on around the house.
  - I have cameras at my front door, rear door and also in the backyard so I can keep an eye on what's going on at all times and have a little bit more peace of mind.
- August Smart Locks
  - I use August Smart Locks on my front and rear door
  - They are Smart Locks so I can unlock them using my phone or my voice or through my computer as well.
  - They are really convenient to be able to let people in and out of the house.
    - I can give caregivers permission to unlock the doors at specific times. As an example, if I have a caregiver who starts a shift early in the morning before I'm awake, I can give them permission to open the door 15 minutes before their shift starts and they can then come in without waking me up.

## CSIL Updates with Paul Gauthier

### *Important ACE Ministry of Health update on the 5 Day Paid Sick Leave*

On behalf of the Association of CSIL Employers, Ken Kramer has communicated with the Ministry of Health regarding the 5 Day Paid Sick Leave.

- Sick pay reimbursement will be provided to CSIL employers from the Health Authorities.
- To our understanding they will use a process for the first year and once they determine how best to administrate, they will institute that best practice going forward afterwards.
- We anticipate an approximate two week window before ACE receives the written confirmation, which should be sent at the same time as the Ministry provides the guidance for the reimbursement procedures to the Health Authorities.

- As of the date of the meeting, a letter to the Health Authorities from the Ministry of Health was in the system for final approval and signing.
- The Health Authorities are likely to email instructions to CSIL Employers on how to report the information to them for reimbursement.
- CSIL Employers are reminded to keep track of all your employees who take sick time, based on their hire anniversary calendar year.

### *Additional Legislation related to the 5 Day Paid Sick Leave*

There is new legislation that excludes Home Care Workers from the Employment Act under certain parameters, and this will affect their entitlement to the 5 days paid sick leave.

**New Legislation:** 32(1)(c.1) of the Employment Standards Regulation. The section excludes certain people from the Employment Standards Act completely. **Specifically, it excludes “a home care worker who works for an employer for an average of 15 hours or less per week in any 4-week period;”**

**Definition of a Home Care Worker:** “home care worker” means a person who is employed in a private residence solely to provide care for an adult, but **does not** include any of the following:

- a) a nurse;
- b) a therapist;
- c) **a live-in home support worker; (24 hour shift)**
- d) an employee of a business that provides home care services;

Note: BC Employment Standard further confirmed that this applies to “Residential Care Worker” as well.

However, the BC Employment standards are the **minimum required**. An employer can choose to pay the 5 days sick pay if he/she so chooses.

This important information around the new legislation piece was kindly brought to our attention by a CSIL Employer, and we have confirmed it with BC Employment Standards.

### *Covid 19 Rapid Test Kits*

On behalf of the Association of CSIL Employers, Ken Kramer has communicated with the Ministry of Health regarding the Rapid Test Kits

The Ministry of Health has confirmed that they will provide the rapid test kits to CSIL Employers, and they must organize an efficient distribution plan. They requested that ACE petition CSIL Employers to determine how they would like the test kits to be delivered.

Update: based upon feedback from the Pathways To Independence ACE responded to the Ministry with the delivery model suggestions most popular among CSIL Peers:

- Canada Post
- Authorization to pick up test kits from local pharmacies
- Provide CSIL Employers with the Test Kits which have 25 tests in each kits

ACE is currently waiting for the Ministry of Health's decision for distribution.

## Home Support Assessments

### *New CSIL Time Allocation Tool (TAT)*

The Time Task Analysis (TTA) tool has been replaced by the new Time Allocation Tool (TAT).

The Excel document was created by operational level individuals within the Ministry of Health who have expertise in the CSIL Program.

*The document discussed at the Pathways Meeting was the Pilot Project Format, which had been prepared in 2021 for testing. The Time Allocation Tool final CSIL document may have been updated with new, or edited, information.*

- The document is broken down into separate columns for AM, Noon, Supper, Bedtime, Overnight and Non Daily Tasks.
  - Non Daily Tasks are calculated as weekly and monthly
- The total number of task minutes required to complete care routines automatically calculate
- Overnight hours still need to be applied for per the CSIL Categories of Need Guidelines.

**To View and/or download the CSIL Categories of Need Guidelines, [Click Here](#)**

**Please Note:** If your needs are greater than the standard minutes stated, you must provide justification to your case manager that confirms the additional time you require. Your case manager will include the information and the minutes in the comment column.

The following two pages are the Need and Task Description and Standard Time Allotments for the pilot. The new TAT has now been finalized and the details listed below may have been changed.

## Time Allocation Tool (TAT) Pilot 2021

**Note:** This information was taken from the Excel document created for the TAT pilot project. The document is now finalized and the details below may have been changed.

NEED AND TASK DESCRIPTION	STANDARD TIME ALLOTMENTS
<b>PERSONAL CARE</b> (RAI Sections H2j, H2e, H2f, H2i)	
Bathing/showering ( including hair wash) or bed bath. Includes transfer time.	15-45 minutes
Hair wash only for trached clients or bed ridden clients.	15 minutes
Dressing/undressing (upper and lower body)	Up to 30 minutes per task
Personal Hygiene ( shaving, combing hair, applying makeup, brushing teeth, denture care).	15-30 minutes per task
Skin & Wound care	5-15 minutes
<b>CONTINENCE MANAGEMENT</b> (RAI Sections H2h, I1, I3, P3c H1b)	
Toilet use/commode use ( includes transfer on and off toilet/commode)	5-20 minutes per task
Change of incontinence product and pericare ( includes transfers)	10-20 minutes per task
Catheter Care ( includes application and bag cleaning)	5-15 minutes per task
<b>P3d I3</b> Ostomy care	15-30 minutes
Bowel care/routine, e.g. insertion of suppositories, digital stimulation	5-30 minutes
<b>TRANSFER/ MOBILITY ASSIST</b> (RAI Sections H2a, H2b H2c, H2d)	
Pivot/weight-bearing transfer ( includes moving the body to/from any support surfaces, includes sliding board transfers, excludes to/from bath/toilet)	5-10 minutes per task
Repositioning/ Turning in Bed	Unavailable
Standby assist with locomotion for transfers e.g. walking or w/c	5-10 minutes per task

Mechanical lift	10-20 minutes per task
<b>MEDICATION MANAGEMENT</b> (RAI Sections H1d, Q4)	
Medication monitoring, reminders, administration, Physical assistance to access medications	5-30 minutes
<b>NUTRITION SUPPORT</b> (RAI Sections H1, H2, L3 P1d)	
Heating meal/set up/prep/ordering groceries	15 - 30 minutes per visit
Feeding/supervision/cueing	15-30 minutes per meal
Tube feed/flush	5-15 minutes per visit
<b>ENVIRONMENTAL RISK REDUCTION</b> (RAI Sections P1c, )	
Kitchen/bathroom clean up	5-10 minutes per task
Bed making	5 minutes per task
Clean up after spills or room use	5-15 minutes per task
<b>SPECIALIZED TASKS P2a, P2b</b>	
Ventilator maintenance	10 minutes daily plus 30 minutes weekly for cleaning equipment
Oxygen equipment and/or equipment maintenance	5- minutes per task
CPAP/BI-PAP wipe mask, clean machine, fill humidifier)	5 minutes daily and 15 minutes for cleaning once a week
Suctioning	2-5 minutes per task plus 10 minutes for cleaning daily
Trach Maintenance	5- 15 minutes per task
Assistance with prosthesis(AFO)	5- 15 minutes task
Assisted cough machine, Assisted cough	15 -30 minutes /task -2-3 times per day task 1 minute per task
Therapeutic Exercises (e.g. ROM)	15 mins.
<b>TASKS BY EXCEPTION</b> (RAI Sections G1, G3, H1, P)	
Laundry	10 minutes per load
Accompany to medical appointments (not transporting)	60 minutes/trip MAX



**Q.** When the Health Authorities look at care needs, do they also look at your financials as well? When they are considering more hours, do they have an opportunity to take time away from you?

**A.** If you are receiving home support, you have signed a document at the beginning that allows them to check your financials every year. They have access to confirming your financials; that is to determine if you have to pay a Client Contribution. If your financials change, they know that your financials change, but your financials do not determine the number of hours you are going to get.

The Client Contribution is based on a rate per day. If you are assessed a rate of \$5 a day, then it's \$150 a month and that does not matter if you get one hour a day of CSIL funding or 10 hours a day of CSIL funding. So, to answer your question, your hours are not directly related to any client contribution that you might have to pay.

With regards to your question, if you request more hours, do you risk losing hours? I wish I could tell you that the answer is no, but there are appeal processes in place if for some reason that does happen. It shouldn't happen, but if it does, I would recommend that you file an official complaint with the Patient Care Quality Office.

Many people do not like the Patient Care Quality Office process, but it is there for you to make formal complaints. It allows you to do a review within its own system and is a process to be able to get to a Review Board within the Ministry of Health.

**Q.** Should we be sending an official letter stating our disagreement with this document and the government's approach to assessment?

**A.** Absolutely. I think even after this meeting people will have time to digest what's been heard, and you can send me your thoughts. Overall, it was not a collaborative effort with the Association of CSIL Employers. There was no communication; this document just came out and we still have not been consulted on this. We will take a stand in that we don't feel that we have a document that is fully inclusive of all of our needs.

**Peer Comment:** It makes me really angry when I am asked to justify what my needs are because the whole thing is set up to minimize what we get. I was born disabled, and I was taught to do as much as I can do by myself. You have to unlearn this process because if you minimize what you get, you end up doing yourself more harm because in the end you end up burning yourself out doing things that an attendant can do for you. The whole thing is backwards, if we had more help life would be more fulfilling and happier.

**Peer Comment:** I just wanted to note that one of the things that I find challenging personally is when they have me do these tasks for assessments. I have a chronic health condition. Sometimes I can be very sick, and I need a lot more help. I also have chronic pain in my neck and shoulders and while sometimes I can function pretty good, suddenly I move the wrong way and then I need a lot more help. I find it's not consistent for me, for what I need on a day to day or week to week basis and it's really hard for the assessors to understand that. That form just would totally not work with my situation.

**Response:** There needs to be an understanding of what people with disabilities go through. I have always believed that we, as people with disabilities, need to educate Case Managers and be able to work together with them to understand these circumstances they don't understand; the good days and the bad days. They don't understand that some days we can do something but some days we can't. Those are some of the challenges that we all face and deal with.

### *Technology for Living Special Update*

#### *RBC Foundation Donation to the Simon Cox Student Design Competition*

The **RBC Foundation** has made a very gracious donation of **\$13,500.00** to the Simon Cox Student Design Competition. Terrance Tsoi, Community Manager, James Chow, Financial Planner, and Dayla Gooma, Financial Advisor, joined the Pathways To Independence Meeting to have an opportunity to meet the Pathways Peers because the peers have played an integral part in the competitions.

#### **Terrance Tsoi**

Thank you for having us. The support of the RBC Foundation for the Simon Cox Student Design Competition really helps transform the lives of so many people living at home with physical disabilities. It is such a pleasure that we could join you today to be able to present a cheque for this amazing cause; it's very meaningful. Supporting a program like this really inspires greatness and we thank you for the opportunity.

Terrance Tsoi and Ruth Marzetti, Executive Director at TFL, performed the meaningful pass of an RBC Cheque on video.

#### **Ruth Marzetti**

I would just like to thank you, Terrance and thank the RBC Foundation for this very generous cheque for the Simon Cox Student Design Competition. The competition brings together the creative thinking of students, along with our peers who bring forward the ideas for devices, that they might like to create for our peers. This competition is about creativity and how it will have a significant impact on people's lives. Thank you so much RBC for this community contribution. It's such a valuable contribution, and I know that it's going to be very much appreciated by the people we work with.



#### **Paul Gauthier**

It is a great honor to meet you today and on behalf of the Pathways group, and Technology for Living it has made a huge impact on the lives of people with disabilities all across this province. To be in partnership with RBC is incredible for us all. Technology makes it so that we, people with disabilities, may live independently in the community and that's what this group is all about, independent living. You have made a major mark today by providing this generous donation and our thanks are heartfelt.

### *Door Opener Program*

If you are a Technology for Living member you can submit an application to receive a Door Opener of your own. The program is open to all Technology for Living members and if you have a physical disability an Automatic Door Opener would increase your independence and safety. The application is on our website. If you are interested, and you think it's going to help you, please submit an application.

**Technology for Living Door Opener Application Form:** [Click Here!](#)

### *Provincial Respiratory Outreach Program (PROP)*

If you would like to know more about the PROP program or wish to receive our services, please contact us through our website.

**For more information on Technology for Living's PROP** [Click Here!](#)

### Upcoming Pathway Meeting

#### *Date & Time*

Wednesday, March 30th, 1:30pm until 3:30pm

#### *Topics*



We are currently confirming our guest speakers for the March Pathways and will release the agenda soon.

Peers are reminded that if they have a topic idea, or a community update, for a future meeting, to please send an email to [pathways@ifrcsociety.org](mailto:pathways@ifrcsociety.org)

**Pathways To Independence Peer Group Meeting Notes and pertinent documents are uploaded to** <https://www.ifrcsociety.org/pathways>

**THANK YOU FOR YOUR ATTENDANCE AND CONTINUED CONTRIBUTION TO THE MEETING!**