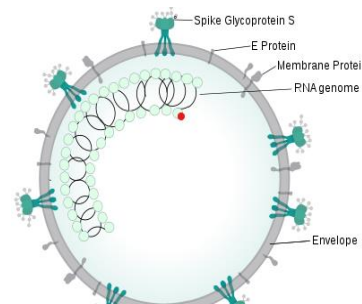
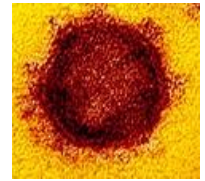


DAPA March-April (COVID-19 Special) Newsletter

COVID-19 events:

COronaVirus Disease of 2019 (COVID-19).

The coronavirus was first identified in 1965 and later found various types of human coronavirus including the dangerous NL63 and HKU1. Its seriousness was realized in 2003 in Hong Kong. World Health Organization (WHO) found several Severe Acute Respiratory Syndrome coronavirus like Sars-Cov, Sars-Cov-1 and Sars-Cov-2 existed in human and animals like bats etc.



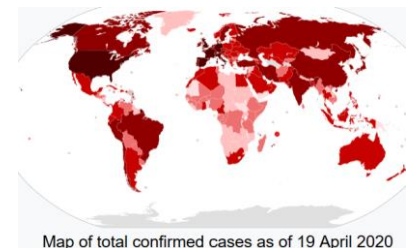
In 2016, WHO declared that SARS related coronavirus was a likely source of epidemic after Ebola and called for urgent research. (

https://en.wikipedia.org/wiki/Severe_acute_respiratory_syndrome-related_coronavirus)

In December 2019, there was an outbreak of Coronavirus cases in Wuhan China. Dr. **Li Wenliang** (李文亮:12/10/1986 – 7/02/2020) reported and published a health warning about SARS-like virus outbreak in early January after he and his family contracted the disease. He passed away later in the hospital.



On 30/01/2020, WHO declared a Public Health Emergency of International Concern and then on 11/02/2020 named COVID-19 characterizing as Sars-Cov-2 virus. On 11/03/2020 it declared as pandemic as it spread across all continents.



Some people thought the virus had been created from some Laboratory while others proved its existence had been found in wild animals such as a SARS-like Coronavirus circulating in Chinese horseshoe bats (www.nature.com/articles/nm.3985 published Nov 2015).

Social distancing and quarantine rules were applied in most countries around the world about the time pandemic was declared. Most effectively in China, a coloured QR code app was issued to a person entering a city where green being free to move, yellow being a 7-day self-quarantine and red being a 14-day self-quarantine. In addition everyone was required to record their body temperature and health status through the app. Authorities in China also used the Big Data collected to determine the distributions of health resources and supplies of essential goods in various areas in the city.

In NSW, the government has had regularly updated COVID-19 status and service information like current coronavirus testing sites and available services and restrictions are accessible at <https://www.nsw.gov.au/covid-19>. The following procedures, rules and fines are also published below :

Personal Hygiene

regularly wash hands with soap for 20 seconds at least or sanitizer with at minimum 60% alcohol; avoid touching face with unwashed hands; Cover mouth and nose during coughing and sneezing and put used tissue in covered bins and wash hands after; talk to doctor and pharmacy to get emergency supply of medication and get flu shot when available and wipe frequently touched surfaces of furniture, doors and windows with sanitizer etc and finally do not go outside home unless it is essential (such as shopping, clinics work and exercise).

Social Distancing rule

You cannot gather in a place outside your home with more than two persons from different households and each person must stay 1.5m away from each other; Many premises are either shut or open for specific purpose with a limited number of attendees (check with government website); Owner for indoor places or outdoor places for gathering more up to 100 persons needs to have sufficient area to allow each person to be 4m away from others and only up to a maximum of 500 persons at any time.

Section 10 of the Public Health Act 2010 creates an offence if an individual fails to comply with a direction with a maximum penalty of imprisonment for 6 months or a fine of up to \$11,000 (or both) plus a further \$5,500 fine each day the offence continues. Corporations that fail to comply with a direction are liable to a fine of \$55,000 and \$27,500 each day the offence continues.

DAPA COVID-19 Activities

Data Entry work continues with some participants working at home remotely whenever possible. The office seatings are changed to be at least 4m apart from each worker. Each person will be distributed 5 to 10 facial masks and some disposable gloves as per request. To ensure minimum travel outside of their residence, DAPA hired two persons to assist in buying weekly groceries and cooking all meals for every participants.

In March, we implemented the following procedures:

COVID-19 Procedures

DAPA has already started a lockdown environment since 24th March 2020 with three meetings at all levels of our staff, MC's and participants and notifications to their carers as follows:

- 1. Office disinfection procedures with hand wash**
- 2. Keep a social distance with seating at 4m apart**
- 3. Only pre-arranged visitors are allowed in the office**
- 4. Participants should avoid public places and shopping centres**
- 5. Extending office hours and preparation for supplying all meals to participants**
- 6. Listing all necessary goods and food for group purchasing by our staff for all participants and staff**
- 7. Some of our participants living in group accommodations will work remotely**
- 8. Staff will be trained to work remotely through Microsoft Teams platform.**
- 9. No more than 5 persons in a room**



NDIS responded to the situation by announcing additional provision of funding and services during the COVID-19 period. For example, by end of March, NDIS notified all service providers and participants who were self-managing their plans that it had upgraded prices with about 10% loadings for support category items which might be impacted by COVID-19 restrictions.

In addition, one of our participants had accepted a proposal from his NDIS planner via telephone to extend his plan for another 12 months with the same funding approved in the current year instead of having another plan review within the COVID-19 period.

In March, a letter was also sent to notify participants that NDIS had made arrangements with many supermarkets for priority services for people with disabilities when ordering their groceries online by quoting a special service code which could be obtained by ringing 1800800110.

NDIS–Where DAPA can help

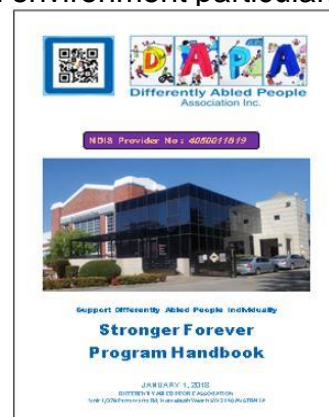
DAPA, through our *Stronger Forever Program*, is a registered provider of NDIS funded supports. We provide day care and training in all aspects of independent living skills. We have stressed the importance of care workers having empathy to assist our members in enabling them to develop employment skills in IT areas as part of their involvement in our program.

By working in a commercial office but in an inclusive environment, participants are gradually grasping what work and productivity really mean and how to adapt to work in a regular real office slowly. For example one participant may find others are a bit too noisy for him without being told that his own loud music in his ear phone being too noisy as well. He has gradually learned to work quietly and has got used to the noise around him too. This will prepare them to get meaningful employment in the future like some of our ex-participants. There are a lot of behaviour problems that we have contracted specialists to visit us as often as once a week to help our participants.

We are continuing to develop courses and utilities for support services. We found that learning is easier when the participants have been put in the real environment particularly in the area of speech and relationship improvement.

Stronger Forever Program

DAPA has upgraded the *Stronger Forever Program Handbook* to be in line with NDIS service delivery. It now shows all the services we can provide under different Categories, such as Core Support, Capacity Building Support and Transportation.



DAPA will now restructure to provide a special Inclusive workplace MMLink enterprise to begin working with **Sunnyfield Differently Abled Team** marketing to develop an open employment process for people with intellectual disability in the future. We are

now getting Federal Government's Boosting Local Care Worker program funding to assist our strategy planning for that purpose.

MMLink Program

DAPA has started to add more features into MMLink applications:

1. Developed a camera snapshot facility to assist data entry by simply capturing data using mobile phone camera live on the street
2. Split Service Provider category into Disability, Ageing and Government providers
3. Implement live remote teaching facility from carer to member being cared for
4. Following our localised application "Our Ryde", intend to extend to other suburbs.
5. More daily living tools for member such as capturing things in places you need to remember in a later stage
6. Adding to item 5 above a new category of repair man and petrol stations with ratings of value for money.
7. Add an alarm clock feature with carer monitoring functions.

More to come

Living Skills Training continues with Social Distance

Our Inclusive Workshop & Day Service Timetable

Differently Abled People Association / Many Minds Link Weekly Timetable					
WEEK PERIOD:					
DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM	WORKSHOP OPEN Sign In Rowbook and Check necessary person care tasks (hygiene etc)	WORKSHOP OPEN Sign In Rowbook and Check necessary person care tasks (hygiene etc)	WORKSHOP OPEN Sign In Rowbook and Check necessary person care tasks (hygiene etc)	WORKSHOP OPEN Sign In Rowbook and Check necessary person care tasks (hygiene etc)	WORKSHOP OPEN Sign In Rowbook and Check necessary person care tasks (hygiene etc)
	tidy desk and start computer and data entry skills	tidy desk and start computer and data entry skills	tidy desk and start computer and data entry skills	tidy desk and start computer and data entry skills	tidy desk and start computer and data entry skills
9:30AM					
11:00AM	Weekly Meeting Everyone	Living Skill Start Music session	Living Skill Start	Living Skill Start Arts or sometimes require full day arts	Living Skill Start
11:30AM	Discussion/Meeting Cont'd		Cooking		Painting
12:00PM	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME	LUNCH TIME
12:30PM	Newspaper Reading	Music session	WORK FOR LIFE Cleaning Kitchen	WORK FOR LIFE Arts	Free Activity, movies, maths & English work
1:00PM					
1:30PM	Cleaning	Work Cont'd	Work Cont'd	Work Cont'd	
2:00PM	Departure Preparation ' Cleaning Desk	Departure Preparation ' Cleaning Desk	Departure Preparation ' Cleaning Desk	Departure Preparation ' Cleaning Desk	Departure Preparation ' Cleaning Desk
2:30PM					
3:00PM	WORKSHOP CLOSED	WORKSHOP CLOSED	WORKSHOP CLOSED	WORKSHOP CLOSED	WORKSHOP CLOSED

No participant should arrive via public transport or without prior arrangements due to COVID-19

Participation in the Community:

Social Inclusion Project.

Since last year DAPA started our Social Inclusion Project through Community Grant from Ryde Council targeting residents in Ryde areas by helping in the following community events:

- 1. Spent \$ 3,000 with Eastwood Chinese Senior Citizens**
- 2. Spent \$ 1,000 with Special Olympics Golf Tournament**
- 3. Another \$ 5,000 to encourage people to support Kuringai Chase Fun Run to raise fund for Special Olympics Upper North Shore Club through social media**

We will continue this in the coming years through the future grants. Those government grants are not for the purpose of paying wages or personal gains. We extend our thanks to Ryde council for their continuous support for people with disabilities.

Technology Inclusion Project.

After the Social Inclusion Project, we continue our Technology Inclusion Project through Ryde Council's Community Grant.

We thank Sunnyfield Enterprise Chatswood to let us use their premise to hold our project launching day from 4pm till 8pm. We have over 80 people came to our demonstrations including some staff from DAPA and Sunnyfield on that day.



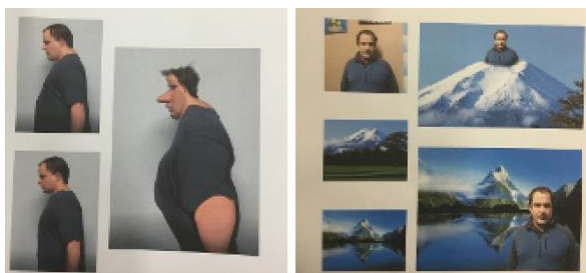
The whole project is to involve people with intellectual disability to lead other people with disability to develop interest in technology:

Flying Drones.



Daniel is teaching others to fly drones. This actually increases fine motor movement of body and reflex from the mind with better coordination between hands and eyes.

Digital Imaging.



Through computer software products, one can alter photos for banners, displays, websites, Facebook pages and event flyers.

It increases a person's creative thinking in one's mind.

In the above, Tristram demonstrates his work with his photo

3-D Printing.

3-D printing is a new technology where plastic, resins, polyamide and metals are used as ink to make solid products.



Plastic Badges printed

Philip was telling that designers had to consider digital images in 3-D concept, connectivity and resin cooling time support needs.

Special Olympics Fun Run on Sunday 15th March 2020 postponed to 8th December.

For the last five years, the event had drawn more athletes and also supporters that over 500 people took part in the last two years. As part of DAPA's Social Inclusion project, we want more people from Ryde area to be involved in this worthy event.

Watching this page for the activity date. Registration for the Fun Run is still open. Please consider DAPA group during the registration process to support us in the event. To register for the event, you can download our MMLink App using your mobile device or go to the website

<https://www.kuringgaichase.com.au>