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 Established 1958

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Dear Inala residential families and carers,

We hope you are all staying well and enjoying the winter sunshine – it is hard to believe we are already a third of the way through winter.

It has been lovely to continue to see the return of familiar faces back to Day programs and we look forward to welcoming more participants back following the upcoming term break.

With restrictions easing, we must remain vigilant to prevent a spike in COVID-19 cases. Whether at work or in your personal time, please continue to adhere to social distancing and maintain good hand hygiene so that we can continue to keep all members of the Inala community healthy and well.

Overview of the ‘Inala roadmap’

As you know, we continue to progress cautiously through our phased approach as we transition back to the resumption of normal services.

This week we move into the beginning stage of **Phase 3 from Friday 3rd July** which sees increased interaction between homes, the reintroduction of in home allied health services and further community access.

Phase 1 From 22 nd May	Phase 2 From 12 th June	Phase 3 From 3 rd July & Day services new term 13 th July	Later
Day only clients resuming services in phased manner Start of transition for low risk Inala homes to day services Limited home visits for low and medium risk homes Some Medical, dental and allied health appointments	Attendance at Day services increases Transition for higher risk Inala residents to day services and home visits Increase in length of time for home visits for low and medium homes Staged access to low risk community settings Small face to face meetings resume Admin staff in office	Resumption of two-session schedule in Day services Review of Day service attendance and home visits for very high risk homes Further increase in access to community settings	Full community access Non-essential Visitors Inala festivals recommence
<p align="center">Social distancing, good hygiene, hard surface cleaning, daily health monitoring protocols remain in place as well as staff vigilance during off duty times</p>			

Details of Phase 3

Below is an outline of the timing of actions and activities for the next two weeks. We will continue to assess and provide further timings in upcoming communications. Progression through this plan varies for each home, based on the risk level attributed to each home.

Phase 3a – Effective from Friday 3rd July

Accommodation	<ul style="list-style-type: none"> ✓ High risk houses can catch up socially with low, medium and high risk homes on a weekend. There can only be 2 houses together at one time, and the visit is for a maximum of 2 hours. (This does not include very high risk homes) Our 2 hour rules is based on NSW Health guidelines for contact with another person up to 2 hours before being at an increased risk for spread of infection. ✓ No limit on visit time/duration to family homes for Low, Medium, High risk homes ✓ Very high risk homes can have family visits up to 48 hours – home visit guidelines remain (see below) ✓ In home allied health visits begin for Low and Medium risk homes ✓ 1:1 support for haircuts and optometrist appointments etc. for High risk homes ✓ Café's/restaurant visits for Low and Medium homes for a max of 2 hours whilst maintaining social distancing guidelines in public venues ✓ People able to travel in house groups, in a single vehicle (all clients and staff on shift) for a maximum of 30 minutes travel time
Day Service	<ul style="list-style-type: none"> ✓ Term Break – updates on changes to be effective on resumption of new term commencing Monday 13th July

Phase 3b – Effective from Friday 10th July

Accommodation	<ul style="list-style-type: none"> ✓ House groups can catch up socially for a maximum of 2 hours e.g. one house to visit one other house – total 2 homes together (This includes very high risk homes) ✓ Individual visits to friends can happen but only outside or in larger warm space such as the Lesley Evans Hall. This includes very high risk homes. Visits are 1:1 with no food and no longer than 2 hours e.g. one person from Coolamon can catch up with one of their friends from Karimi. ✓ In home allied health visits can begin for High risk homes ✓ 1:1 support for haircuts, optometrist appointments etc. for Very High risk homes ✓ Café's / restaurant visits for High risk homes for a max of 2 hours whilst maintaining social distancing guidelines in public venue
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Day Services	Effective from Monday 13th July
	✓ Day Staff previously working in Karimi to return to Day Services, Karimi now staffed by accommodation.
	✓ Continue temp checks to ensure identification of any colds, flu, etc
	✓ Continue staggered arrivals and departures to avoid congregation
	✓ Client groups to transition to stable 2 session structure and usual chosen timetable. This allows day services to map contacts and also look at staffing requirements based on the number of total clients that transition an incremental return.
	✓ Activity rooms have displayed Social Distancing Capacity (SDC) and amply accommodate social distancing. 2 day-sessions do not exceed 2 hrs for change of activity.
	✓ Return to identified non-restricted community activities for groups, taking into account social distancing guidelines and those clients previously identified as High Risk.
	✓ Transport runs to be monitored for suitable capacity.
	✓ People able to travel in Community access groups, in a single vehicle for a maximum of 30 minutes travel time. 2 nd vehicle options to be used wherever possible.
	✓ Lunch to maintain small groups and no congregate lunch room. Monitored social distancing to be continued, use of multiple areas (as previous) to continue.
✓ Clients when dropped off in the mornings will be encouraged to their activity rooms. Separate community access groups not to congregate in same areas prior to departure and use of designated areas / rooms prior to departing.	
✓ Afternoon pickups to be continue on a staggered basis, with clients called directly from the rooms of their last daily activity.	
✓ Resumption of TAFE programs at Dulkara in consultation with Northern Sydney TAFE.	

Throughout all of these phases, social distancing, hand hygiene and hard surface cleaning and daily health check protocols apply. We also ask staff and families to be vigilant during their off duty activities.

Home visit guidelines

To help ensure the health and wellbeing of all members of the Inala community, we still ask that all families follow the guidelines below:

- All visits in homes and planned home visits are to be booked with Rebecca, Kerry or Rose. We will look at phasing this out in the next few weeks
- If a member of the family is unwell we ask that the visit does not take place and if your loved one becomes unwell during the visit, unfortunately they will be unable to return until they have had a COVID-19 test with confirmation of negative results in writing

We are also asking families to be mindful this is a school holiday period and more people will be out and about in the community. If families do not have the COVIDsafe App, we ask that they keep their own record of where they have been and who with.

Family visiting protocols remain in place for Inala homes

The current protocols in place for visitors to Inala homes remain in place.

As a reminder, **up to five family members**, who may be from different households, can visit their loved one at the same time. We will maintain the process of pre-arranged visits to avoid overlapping between families with all the previously outlined protocols in place, of which you are now very familiar!

When visiting we continue to ask that you practice social distancing and follow handwashing and hygiene protocols. Please rearrange your visit if you are feeling unwell or experiencing any flu like symptoms.

Returning to Day services

We continue to see a gradual increase in the number participants resuming Day services and it is lovely to see friends again. We expect more participants to return after term break. As restrictions ease, we continue to review and assess a range of community based activities and update our list of venues we can access.

Updates

We will continue to keep you updated about the progression of Phase 3 of Inala's Roadmap and any changes as we begin venturing back into the wider community. As always, we thank you again for your ongoing support and understanding.

We hope everyone stays well, enjoys term break and continues to soak up the warm winter sunshine.

Kind Regards,



Martin Porteous
Joint Chief Executive Officer



Rebecca van Bilsen
Joint Chief Executive Officer