



Lifestyle Centred Services
PO BOX 1061
Seaford VIC 3198
Phone: (03) 9776 8227
Fax: (03) 8080 5911
Email: karl@lifestylecentred.com.au

7th September 2020

RE: UPDATED RESTRICTIONS – COVID 19 (Coronavirus)

We hope you and your families are all staying well and are getting through these unprecedented times – please reach out to Lifestyle Centred Services (LCS) if there is any additional support you may require at this time.

As you would be aware, the Victorian Government made further announcements regarding COVID-19 restrictions and a way forward for Victorian's on Sunday, 6th September 2020.

From 11.59pm Sunday, 13th September 2020, some restrictions will be eased across Victoria, subject to 'trigger points' being met and public health advice.

Metropolitan Melbourne and Regional Victoria have specific reopening roadmaps – *these both vary and are provided in further detail below* and relating to how many active coronavirus (COVID-19) cases are in the community and public health advice.

Metropolitan Melbourne ONLY

| First Step |
|---|
| BEGINS ON: 13th SEPTEMBER 2020 |
| Key points <ul style="list-style-type: none">• <i>Note: First Step only applies to Metro Melbourne</i>• Curfew in place 9pm to 5am• Stay within 5km of your home except for permitted reasons such as work or education if these cannot be done at home• Exercise or recreation: 2 people or a household can meet outdoors for two hours maximum• Visitors to the home: "Single person bubble" 1 nominated visitor if living alone/single parent (all children under 18)• Childcare and schools continue remote and flexible learning with on-site supervision for children of permitted workers• Shopping for essentials, 1 person per household, once a day• Restaurants and cafes open for takeaway and delivery only• Permitted Worker Permits remain in place |

| Second Step |
|--|
| BEGINS ON: 28th September 2020 |
| Key points <ul style="list-style-type: none">• Curfew in place 9pm to 5am• Only leave home for 4 reasons: school or work (if these cannot be done from home), care or caregiving, to purchase essentials, exercise |



Lifestyle Centred Services
PO BOX 1061
Seaford VIC 3198
Phone: (03) 9776 8227
Fax: (03) 8080 5911
Email: karl@lifestylecentred.com.au

- Public gatherings: up to 5 people from a maximum of 2 households can meet outdoors for social interaction (infants under 12 months of age are not included in the cap)
- Childcare will open from 28th September, standalone (sessional) kindergarten programs from Monday 5th October in line with Term 4
- Schools will see a staged return to face-to-face learning. Prep to Grade 2, students in Years 10 – 12 undertaking VCE/VCAL and specialist schools return in Term 4
- Outdoor exercise with a personal trainer allowed
- Restaurants and cafes open for takeaway and delivery only

Third Step

BEGINS ON: 26th October 2020

Key points

- No restrictions on leaving home
- Spend time with others outside where possible
- Public gatherings: up to 10 people
- Visitors allowed at home from 1 other household (up to 5 people)
- Schools will see a potential staged return for onsite learning for Grade 3 to Year 10 subject to public health advice
- Hospitality open for predominantly outdoor seated service only
- All retail open, except personal care (hairdressers open)
- No restrictions on leaving home
- Spend time with others outside where possible
- Public gatherings: up to 10 people
- Visitors allowed at home from 1 other household (up to 5 people)
- Schools will see a potential staged return for onsite learning for Grade 3 to Year 10 subject to public health advice
- Hospitality open for predominantly outdoor seated service only
- All retail open, except personal care (hairdressers open)

Last Step

BEGINS ON: 23rd November 2020

Key points

- No restrictions on leaving home
- Public gatherings: up to 50 people outdoors
- Visitors in the home: up to 20 visitors at a time
- Schools open for onsite learning with safety measures
- Hospitality open for seated service only
- All retail open with safety measures
- Phased return of organised contact sports resume for all ages. Limitations for spectators
- Galleries, museums, and other entertainment venues open with some restrictions



Lifestyle Centred Services
PO BOX 1061
Seaford VIC 3198
Phone: (03) 9776 8227
Fax: (03) 8080 5911
Email: karl@lifestylecentred.com.au

Regional Victoria ONLY

Regional Victoria has a specific reopening roadmap, relating to how many active coronavirus (COVID-19) cases are in the community.

Note: First Step ONLY applied to Metro Melbourne

| Second Step |
|---|
| BEGINS ON: 13th September 2020 |
| Key points <ul style="list-style-type: none">• Only leave home for 4 reasons: school or work (if these cannot be done from home), care or caregiving, to purchase essentials, exercise• Public gatherings: up to 5 people from a maximum of 2 households can meet outdoors for social interaction (infants under 12 months of age are not included in the cap)• Visitors to the home: "Single person bubble" 1 nominated visitor if living alone/single parent (all children under 18)• Childcare is open to all children• Schools return to onsite learning from Term 4 with safety measures• Outdoor exercise and recreation allowed• Restaurants and cafes open for takeaway and delivery only• Retail: open, with density and other restrictions, hairdressing open |

| Third Step |
|--|
| BEGINS ON: 28th September 2020 |
| Key points <ul style="list-style-type: none">• No restrictions on leaving home• Spend time with others outside where possible• Public gatherings: up to 10 people outdoors• Visitors allowed at home from 1 other household (up to 5 people)• Schools return to onsite learning from Term 4 with safety measures• Hospitality open for predominantly outdoor seated service only• All retail open, except personal care (hairdressers open) |

| Last Step |
|--|
| BEGINS ON: 23rd November 2020 |
| Key points <ul style="list-style-type: none">• No restrictions on leaving home• Public gatherings: Up to 50 people outdoors• Up to 20 visitors at home• Schools open for onsite learning with safety measures• Hospitality open for seated service only• All retail open• Galleries, museums and other entertainment venues open with some restrictions |



Lifestyle Centred Services
PO BOX 1061
Seaford VIC 3198
Phone: (03) 9776 8227
Fax: (03) 8080 5911
Email: karl@lifestylecentred.com.au

State-wide

| COVID Normal CURRENT WHEN: There are no new cases for 28 days and no active cases (state-wide) and no outbreaks of concern in other States and Territories |
|--|
| Key points <ul style="list-style-type: none">• No restrictions on leaving home• No restrictions on public gatherings but organisers encouraged to keep records of attendees• No restrictions on visitors at home• Schools open for onsite learning with safety measures• Hospitality and retail all open• No limits on weddings or funerals but organisers encouraged to keep records of attendees• No restrictions on community sports or spectators• Galleries, museums, and other entertainment venues open with safety measures and record-keeping |

Permitted Worker Permits

These have now been extended in Metropolitan Melbourne under Stage 4 restrictions for a further 2 weeks – all rostered staff will receive these via email this week.

Personal Protective Equipment (PPE)

The use of PPE (masks, eye protection, hand sanitiser etc) will remain in place for all supports Lifestyle Centred Services (LCS) provide until further notice. All staff have been provided with appropriate PPE for use during rostered shifts, as have a number of our clients.

Should you require any further supplies please contact your LCS Coordinator or our office on (03) 9483 4755 to make this request.

The Australian Government Department of Health has released a video, [Coronavirus \(COVID-19\): Wearing personal protective equipment for disability workers](#), that explains ways to minimise the risk of COVID-19 infection and donning and doffing of PPE.

Public Holiday CHANGE

Friday 25th September 2020 was scheduled as a Public Holiday for the day before AFL Grand Final Day – however this has now been moved to 23rd October 2020.

<https://www.business.vic.gov.au/victorian-public-holidays-and-daylight-saving/victorian-public-holidays>



Lifestyle Centred Services
PO BOX 1061
Seaford VIC 3198
Phone: (03) 9776 8227
Fax: (03) 8080 5911
Email: karl@lifestylecentred.com.au

Continued Communication:

LCS will continue to provide updated information to clients, their families and all our staff as further information becomes available.

Additional Resources:

We encourage everyone to keep up to date with reliable information, the below links provide accurate and updated information:

<https://www.vic.gov.au/coronavirus-covid-19-restrictions-roadmaps>

<https://www.australia.gov.au/>

Call the coronavirus (COVID-19) hotline if you suspect you have coronavirus (COVID-19) on 1800 675 398 or contact your GP for further advise.

LCS are providing continuous updates on our Face Book page, Click on the Facebook link below for the latest news <https://www.facebook.com/LifestyleCentredServices/>

Kind regards,

Karl Ellaway
Director

Specialised Mental Health and Disability Supports for Adult & Children's
PO Box 1061 Seaford VIC 3198
24hrs: (03) 9483 4755