

Helping People with Disabilities Feel Comfortable Wearing Masks (Episode 1)

We are really excited to bring you the first episode of the Disability Programs Specialized Services podcast!

Because of the COVID-19 pandemic, we are encouraged to wear masks when we are out in public. In Québec we have to wear them in indoor public places. For many children and adults (with or without disabilities), wearing a mask can cause a lot of anxiety and discomfort.

In this episode, Cynthia Miller-Lautman, Occupational Therapist, and Dana Lawlor, Speech-Language Pathologist, discuss some strategies that can be used to make the transition to mask wearing a little bit easier.

Cynthia and Dana talk about many of the things discussed in the blog post **Why Could People with Disabilities Have Trouble Wearing Masks?** You can read that article to learn more details.

References:

Government of Canada. (2020). COVID-19: How to safely use a non-medical mask or face covering. <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-safely-use-no-n-medical-mask-face-covering.html>

Eby, M., Vegh, M. (2020). Mask Safety 101: Why you shouldn't mask a baby. Nationwide Children's. <https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/04/mask-safety-101>

Additional Credits

Special thanks to Catherine Washipabano for the translation and recording of the introduction into Cree.

Thank you to Aimee Parsons and Sophie-Anne Scherrer for editing and creative input.

Production and technical assistance by Michael Lautman