



Planning for COVID-19

Support I need to understand COVID-19

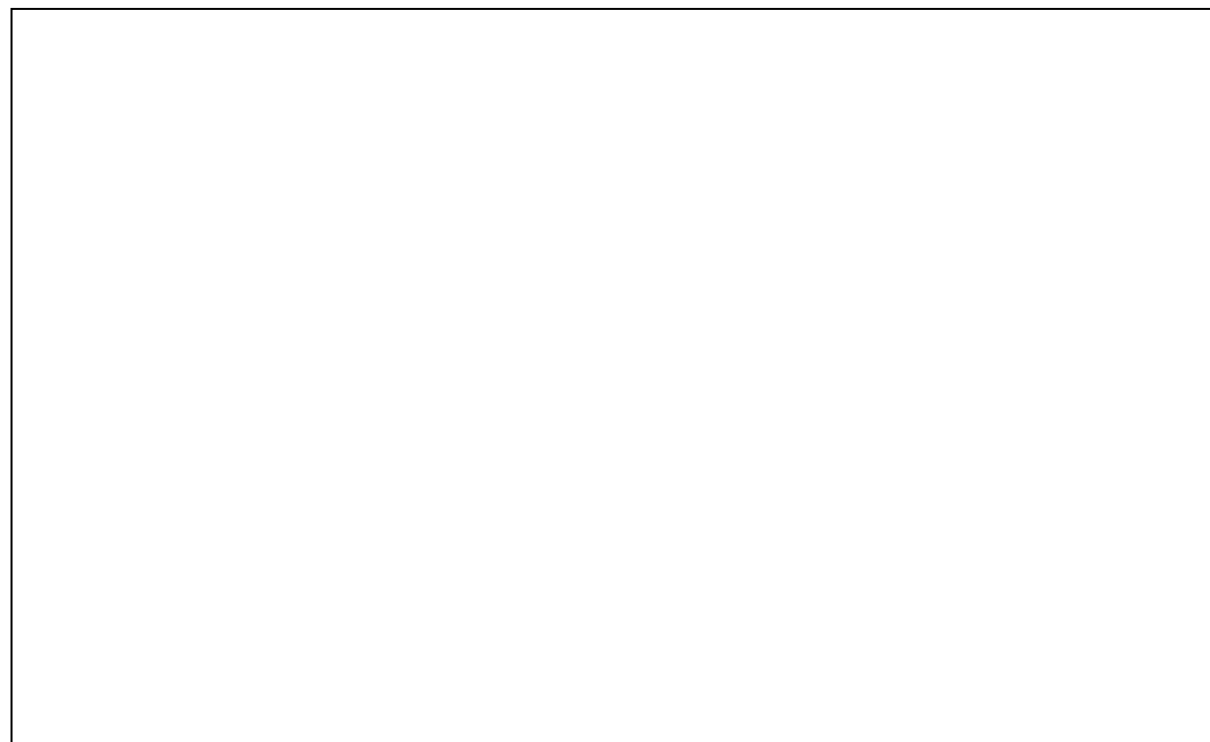
- What is COVID-19 and what is a pandemic?
- Who is most at risk? Is that me?
- How can I stay as healthy as possible?
- What is self-isolation and why would I have to self-isolate at home?
- What can I do to prepare for isolation?
- What does this mean for my life in the coming months?
 - * Family
 - * Travel
 - * Work
 - * Study
 - * Social life and events
- What is Inclusion WA and my Mentor doing to keep me safe?

RESOURCES – Let's look at these together

<https://www.thegrowingspace.com.au/wp-content/uploads/2020/03/Easy-English-Coronavirus-TheGrowingSpace-2020.pdf>

<https://cid.org.au/resource/viruses-and-staying-healthy/>

<https://everyaustraliancounts.com.au/emergency-information-for-ndis-participants-and-families-about-the-coronavirus/>



Support I need to access or understand what the government is doing

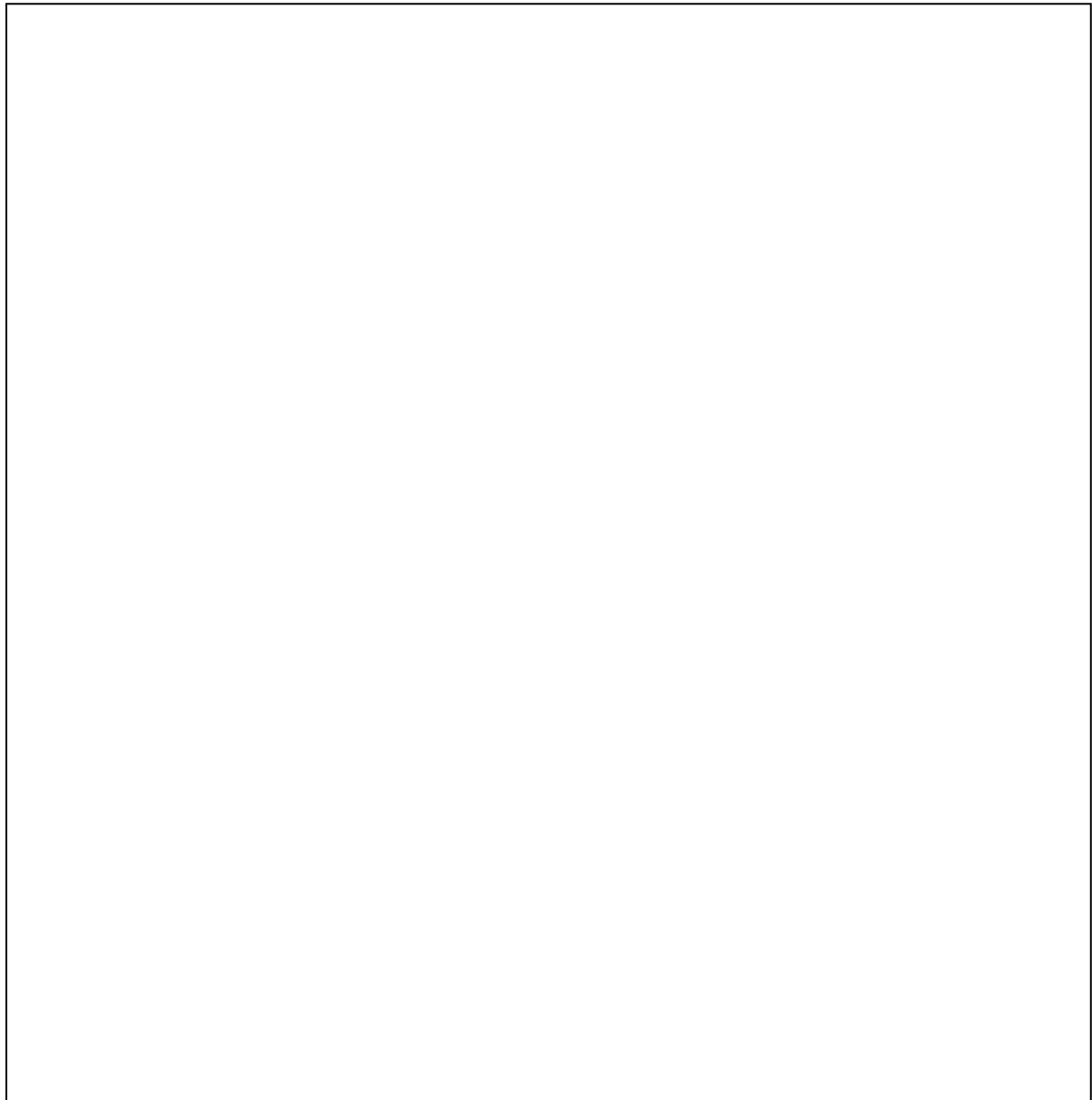
- What are the current bans in place? (travel/large groups)
- Where can I access information on the recommendations or bans in place?
- What support will I get from the government?
- What is the NDIS doing?

RESOURCES – Let's look at these together

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

<https://www.dss.gov.au/about-the-department/covid-19-information-and-support>

<https://www.ndis.gov.au/media/2194/download>



Support I need to prepare for COVID-19 and isolation

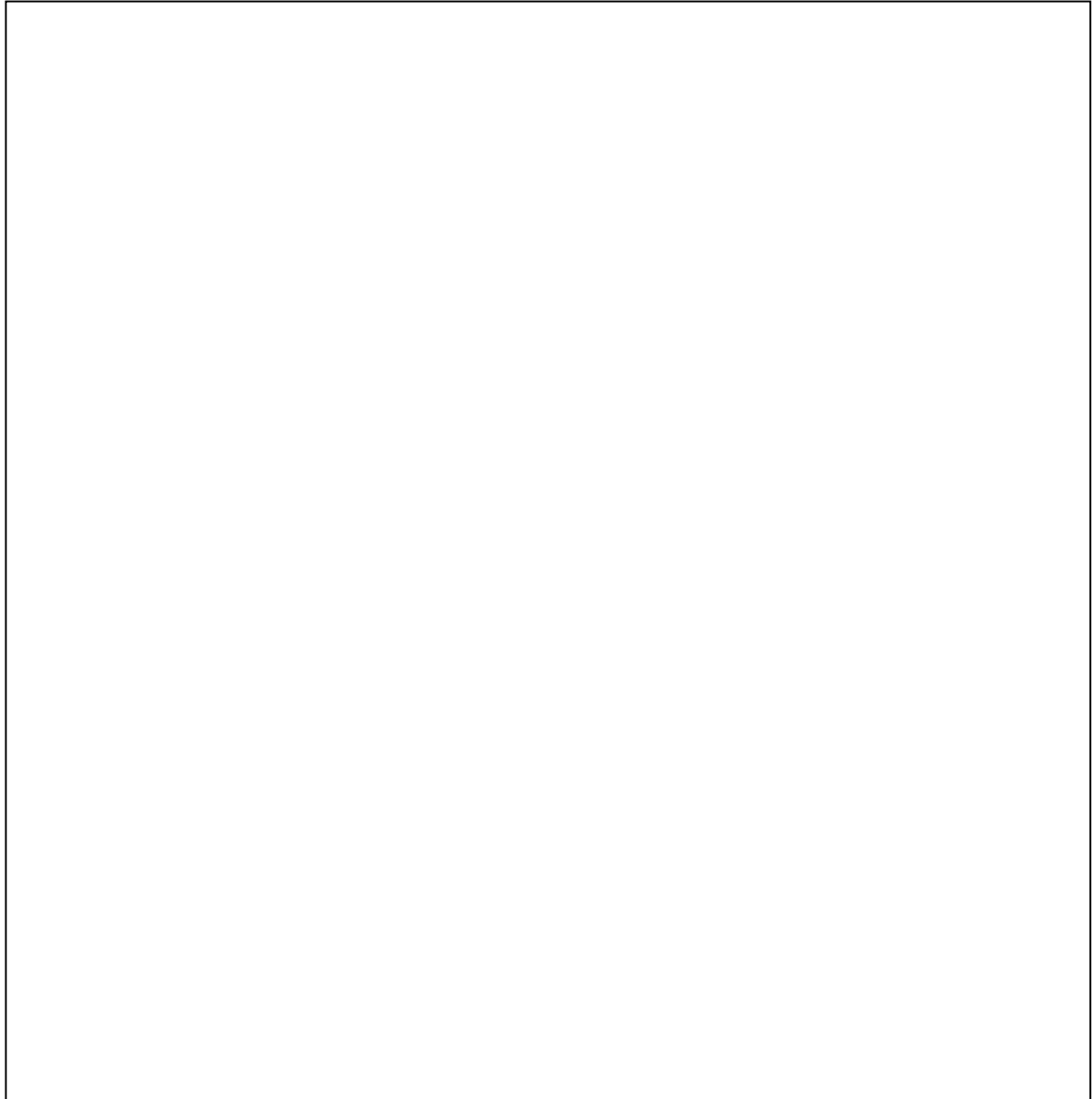
- If I am at risk due to age, health conditions or compromised immunity, what extra precautions should me and my providers take?
- Groceries and cleaning equipment for my house
- Medications and health equipment
- Working/studying from home
- What am I going to do if I can't work?
- What am I going to do if I can't go out?
- Support I need to manage travel/bookings/memberships/event that may be cancelled
- Thinking about my supports (Inclusion WA, therapy, healthcare, work)
 - * What happens to my NDIS plan?
 - * What can I use my funding for?
 - * What are my vital supports?
 - * What if some of my supports (including Inclusion WA) stop?
 - * What other support do I have?
 - * What about my Support Coordinator or Plan Manager?

Support I will need in self-isolation periods

- What if my other supports or family become unwell?
- Ongoing support I need;
 - * At home
 - * To get medical attention or go to appointments
 - * Communicating with the people in my life
 - * Communicate with Centrelink or NDIA?
 - * Dealing with anxiety and social isolation
- What support can be provided over the phone?

RESOURCES – Let's look at these together

https://www.health.gov.au/sites/default/files/documents/2020/03/coronavirus-covid-19-isolation-guidance_2.pdf



Support I will need if I get sick

- What should I do if I feel sick? (fever, cough, headache, sore throat)
- Who do I need to tell if I am starting to feel sick?
- What plan do I have in place for my children, pets or house if I get sick?
- What support will I need if I need to go to hospital?
- What support will I need if I have to stay at home when I'm sick?

What else I need and want from Inclusion WA at this time