

Taking care of yourself in isolation

For people with a disability and carers



How you might be feeling

Many people are worried about COVID-19. You may feel scared or upset.



It is important to know what is happening about COVID-19 but do not spend too much time watching the news or reading the newspapers.

Turn off the news for a few hours if you are getting stressed.



Talking helps us share our problems

Being in isolation can be difficult. If you feel lonely or worried phone your friends, family, or your support worker. Tell them how you are feeling.



If you have a mobile phone with internet, a tablet or computer, you can 'video call' them. You can use Apps like Skype, WhatsApp, Messenger, or Viber to 'video call'.



Talk to your support worker or disability organisation about how they can help you.

Being healthy at home

Eat well

Eat fruit, vegetables, and healthy food every day.



Be as active as you can

Get some fresh air. Go for a walk if you are able. You can spend time in your garden. Do whatever exercise you can.



If you are unsure about what exercise to do you can ask your doctor, support worker or disability organisation.

Get lots of sleep

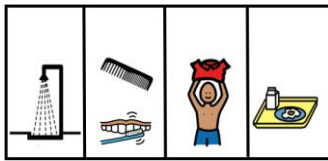


If you cannot sleep, try

- Taking a shower or bath before bed
- Listening to calm music
- Not using your mobile phone, tablet, or computer late at night

Have a routine

This includes waking up, washing, brushing your hair and teeth, and getting dressed at regular times.



Eat meals at regular times.

Make sure you allow time in your day to contact friends and family.

Do things you enjoy



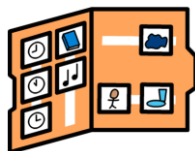
It is important to keep doing things you enjoy every day. This can include things like gardening, puzzles, singing, reading, or listening to music if you are able.

Here are some ideas for activities you can do at home. You can also contact your disability organisation or support worker for more ideas to suit you.



Disability Horizons

10 fun activities for people with disabilities bit.ly/2VsuDSQ



ConnectABILITY

Activities for people with a disability bit.ly/3ayDqzD

This includes making activity calendars bit.ly/34T2LKs



The Great Indoors

More than 100 activities that children and young people can do at home. bit.ly/3bEPCYI



Chatterpack

Free online activities for young people and adults with disabilities. bit.ly/2zfYlw1

This includes virtual tours of museums and zoos, online courses and listening to live music from around the world



Find Your Voice

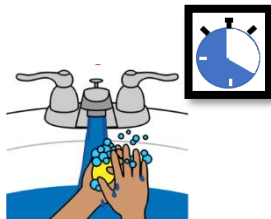
All abilities choir bit.ly/3eEePUt

Some important things to remember



If you go outside, stay at least 1.5 metres away from people you do not live with. This is called 'social distancing'.

If someone you live with is sick, you need to stay at least 1.5 metres away from them.



You must wash your hands regularly. You should wash your hands for at least 20 seconds every time.



Use a tissue, or your elbow, when you cough or sneeze.



Throw away paper towels and tissues.



Avoid touching your face.



Carers

If you are caring for someone with a disability it is important to take some time for yourself.

Take time to do the things you enjoy.

Stay in contact with your friends, family, and other carers you may know. You can phone, video call or email them. Tell them if you are not coping.



You can also speak to the support worker or disability organisation.

Getting help

The Disability Information Helpline

Do you have a question about COVID-19?

Do you want to know how you can support someone you live with, care for, or support?

Contact the Helpline on 1800 643 787.



Carer Gateway

Carer Gateway provides information about services and support for people who care for someone with a disability. Call 1800 422 737 or visit www.carergateway.gov.au



ndis Covid-19 information and support

Call 1800 800 110 or visit www.ndis.gov.au/coronavirus



Vision Australia - Check in and chat about COVID-19

30-40 minute webinars about COVID-19
www.visionaustralia.org/checkinandchat



If you are deaf, or have difficulty with hearing or speech, call the National Relay Service on **133 677**.



If you need an interpreter, call **131 450** and ask to talk to speak to any of the services above.

