

COVID-19 RESOURCES

COVID-19 related resources to help support people with a learning disability and/or autism and those supporting them.

Please use this document in conjunction with the framework 'Supporting individuals with face coverings and other Covid-19 related challenges'

Please note:

Listed below are links from various sources. We are unable to guarantee the accuracy / content of these documents. Also due to the changing nature of Covid-19 some information may go out of date. Some documents have been produced for local areas and include support phone numbers; these may only be relevant if you are living in that area, but other information contained in the documents may still be helpful.

About COVID-19:

Description	Source name	Link to resource
<p>Government guidance</p> <p>Covid-19: Guidance for care staff supporting adults with learning disabilities and autistic adults.</p>	<p>Government publication</p>	<p>Guidance</p>

<p>This webpage includes lots of further links to useful COVID-19 related information.</p>		
<p>Government guidance Covid-19 alert levels – what you need to know and local restrictions checker.</p>	<p>Government publication</p>	<p>What you need to know Find local coronavirus restrictions</p>
<p>Easy read Covid-19 latest news. This document is constantly being updated. The October 2020 issue is attached as an example. Please visit the website link for the latest version. Although this includes information and relevant telephone numbers for people living locally in East Sussex, the other information can be used more widely.</p>	<p>Government publication</p>	<p>Scroll down within this Website link to adults with learning disabilities and autistic adults.</p>
<p>Easy read Covid-19 alert levels</p>	<p>Government publication</p>	<p>Alert medium risk Alert high risk Alert very high risk</p>
<p>Government guidance Shielding and protecting extremely vulnerable people</p>	<p>Government publication</p>	<p>Guidance</p>

<p>Government guidance</p> <p>Stay at home guidance for households with possible coronavirus infection</p>		Guidance
<p>Government guidance</p> <p>The Mental Capacity Act (MCA) and Deprivation of Liberty Safeguards (DoLS) during the coronavirus pandemic</p>		Guidance
<p>Government guidance</p> <p>Easy read</p> <p>Rules about the MCA and DoLS during the coronavirus pandemic</p>		Guidance
<p>Easy read, BSL, Different languages</p> <p>Covid-19 information</p>	NHS Lanarkshire	Website link
<p>Easy read online</p> <p>About coronavirus</p>	Easy read online	Document link
<p>Easy read online</p> <p>Top tips on keeping safe from coronavirus</p>	MENCAP	Document link
<p>Easy read</p> <p>Coronavirus easy read</p>	<p>Talking mats</p> <p>www.talkingmats.com</p>	Talking mats

Easy read: Why people with Downs Syndrome have been added to the clinically extremely vulnerable list.	Downs Syndrome Association www.downs-syndrome.org.uk	Guide
Audio clips and images: about coronavirus and keeping safe	Photo-symbols www.photosymbols.com	Audio clips

Face coverings and other PPE

Please refer to the framework for further information.

Description	Source name	Link to resource
Government guidance What you need to know about face coverings and how to make your own.	Government publication www.gov.uk	Face coverings
Easy read Why health workers wear PPE	Photo-symbols www.photosymbols.com	Why we wear PPE
Easy read Face covering rules	Mencap	Face covering rules
The purpose of this resource is to provide information to families and caregivers on	PA Autism Autism and intellectual difficulties in Pennsylvania	Information

how to help support a loved one to wear a face covering.	www.paautism.org	
Face coverings top tips.	National Autistic Society www.autism.org.uk	Top tips
Tips for coping with masks and face coverings.	Mind www.mind.org.uk	Coping tips
Working through the challenges of wearing a face covering.	Autistic Society North Carolina www.autismsociety-nc.org	Face covering
Resource provides a visual guide for individuals with autism about wearing a face covering. The resource is translated into Spanish, Chinese, Russian, Arabic, and Burmese. An animated version is also available.	PA Autism Autism and intellectual difficulties in Pennsylvania www.paautism.org	Visual story
Tolerating face coverings	Oxford Health NHS Trust www.oxfordhealth.nhs.uk	Face coverings
Desensitisation log – A desensitisation log can be used to track someone’s progress when learning to tolerate new things, like using hand sanitizer or wearing a face covering.	PA Autism Autism and intellectual difficulties in Pennsylvania www.paautism.org	Record log

Hand washing

Description	Source name	Link to resource
You tube video The Handwashing Rap 'Purple All Stars' show how you can prevent the spread of germs and infection in this fun video	Hertfordshire County Council www.hertfordshire.gov.uk	Handwashing Rap
In this document there are some practical suggestions to make handwashing a fun activity, including advice on using pictures, symbols and objects of reference.	Challenging Behaviour Foundation www.challengingbehaviour.org.uk	Handwashing tips
NHS How to wash your hands	NHS	How to wash your hands
You tube video Handwashing instructions using MAKATON	Makaton	Makaton handwashing

Testing for coronavirus

Description	Source name	Link to resource
This guidance includes information on making best interest decisions around testing for coronavirus	www.scie.org.uk	Best Interests decisions
You tube video How to take a coronavirus self-swab test	Department of Health and Social Care	Self-swab test
You tube video Coronavirus test tutorial for care homes	Department of Health and Social Care	Tutorial
Film A film to help people with learning disabilities understand more about testing for coronavirus	Hft Learning Disabilities www.hft.org.uk/	Open link and scroll down for film: Film
Easy read Pictorial images showing testing process – contains text further down with advice on swab testing.	Books beyond words www.booksbeyondwords.co.uk	Having a test for coronavirus
Easy read	Books beyond words www.booksbeyondwords.co.uk	Having a home test for coronavirus

Pictorial images showing the home testing process – contains text further down with advice on swab testing.		
Easy read Having a test for coronavirus	Guys and St Thomas' NHS Foundation Trust	Having a coronavirus test
Easy read Having a swab test		Swab test
Easy read 'Drive through' swab testing	www.teach.com	Drive through test
Pictorial 'Drive through' swab testing	Books beyond words www.booksbeyondwords.co.uk	Drive through testing
Webinar: Alex Ruck Keene, Chelle Farnan and Dr Elisabeth Alton from the National Mental Capacity Forum (NMCF) look at the law, dilemmas and good practice in testing, focusing in particular on those with impaired decision-making capacity.	www.scie.org.uk	Testing
NHS guidance on Pulse Oximetry to detect early deterioration of patients with Covid-19 in primary and community care settings.		Pulse oximetry

Vaccinations- Covid-19 and Flu

Further resources may become available further to the publication of this list.

Description	Source name	Link to resource
Easy read Who gets the Covid vaccine first	Photo-symbols www.photosymbols.com	Covid vaccination
Easy read About the covid vaccination	Mencap www.mencap.org	Covid vaccination
You tube film A film for people with learning disabilities to help understand about the flu vaccination. (produced 2020)	NHS England	Flu vaccination
Easy read Having your flu injection during the coronavirus pandemic – what to expect.	NHS and Public Health England	Flu vaccination during pandemic

Going to hospital

Description	Source name	Link to resource
Covid-19 grab and go To be used in conjunction with a hospital passport. Guidance notes on completing the grab and go form (includes links on creating a hospital passport)	NHS England	Grab and Go Grab and Go guidance notes
Easy read What to expect if someone I know goes into hospital with coronavirus.	Mencap www.mencap.org	Hospital, grief and loss
Easy read What will happen if I get coronavirus and have to go into hospital	www.mencap.org	Going to hospital because of Coronavirus

Social distancing and self-isolating

Description	Source name	Link to resource
Easy read The 2-metre rule	Mencap	Easy read document

<p>Easy read</p> <p>Social distancing</p>	<p>Mencap</p> <p>www.mencap.org</p>	<p>Social distancing</p>
<p>Easy read</p> <p>What is a support bubble</p>	<p>Photo-symbols</p> <p>www.photosymbols.com</p>	<p>https://www.keepsafe.org.uk/posters/support-bubble</p>
<p>You tube video</p> <p>Social story explaining social distancing</p>	<p>www.youtube.com</p>	<p>Social distancing story</p>
<p>Easy read</p> <p>Social distancing</p>	<p>Oxford Health NHS Trust</p> <p>www.oxfordhealth.nhs.uk</p>	<p>Social distancing easy read</p>
<p>Easy read</p> <p>A social story about social distancing</p>	<p>www.easterseals.com</p>	<p>Social distancing social story</p>
<p>Easy read</p> <p>Self-isolating when you live alone.</p>	<p>Mencap</p> <p>www.mencap.org</p>	<p>Self-isolation when living alone</p>
<p>Easy read</p> <p>Self-isolating when you live with other people</p>	<p>Mencap</p> <p>www.mencap.org</p>	<p>Self-isolating living with others</p>
<p>Easy read</p> <p>Understanding Covid-19 processes in secure settings and prisons. Guidance and coaching on how to use the resources.</p>	<p>Books beyond words</p> <p>www.booksbeyondwords.co.uk</p>	<p>Secure settings and prisons</p> <p>Coaching guide</p> <p>Quick guide</p>

Travel during coronavirus pandemic

Description	Source name	Link to resource
Easy read COVID-19 Safer travel guidance.	Department for Transport	Travel guidance
Easy read How to travel safely.	MENCAP www.mencap.org.uk	How to travel safely

Bereavement and loss

Description	Source name	Link to resource
Covid-19 related information on dealing with a loss, including resources about how to discuss death with a person with a learning disability (including EASY READ).	Mencap www.mencap.org	Bereavement
Easy read Free to download, pictorial booklets When someone dies from coronavirus (a guide for family and carers).	Books beyond words www.booksbeyondwords.co.uk	When someone dies from Coronavirus

Easy read When someone is ill or dies from coronavirus.	Books beyond words www.booksbeyondwords.co.uk	When someone is ill or dies from coronavirus
---	--	--

Communication

Clear communication is a vital part of the support we provide to individuals. Please see the framework and links below which may help support Covid-19 specific conversations.

Description	Source name	Link to resource
A selection of Covid-19 related images to support communication.	www.aphasiafriendly.co/covid-19-accessible-information.html	Communication
Feelings cards that can be cut out and used.	www.hft.org.uk	Feelings Cards
Tips for supplementing communication while wearing a mask.	PA Autism Autism and intellectual difficulties in Pennsylvania www.pautism.org	Communication tips
Visual support resource pack, including timetable templates, now and next, and 'how are you feeling'.	Hounslow and Richmond Community Healthcare NHS Trust www.scie.org.uk	Visual resources

<p>Video</p> <p>Makaton covid-19 signs video: wash hands, feeling poorly/ill, to help, temperature/hot/cold and cough.</p>	<p>Makaton.org</p>	<p>Makaton signs</p>
<p>General communication tools information:</p>		
<p>For information on Makaton</p>		<p>About Makaton</p> <p>Makaton</p>
<p>For information on social stories and how to create one.</p>		<p>Social stories</p>
<p>For information on Talking Mats.</p>		<p>Talking Mats</p>
<p>For information on PECS.</p>		<p>PECS</p>
<p>For information on Widgit.</p>		<p>Widgit</p> <p>Symbols</p>

Well-being and activities

People are experiencing longer periods of time at home due to Covid-19 and usual services and activities may be cancelled. This can have an impact on individuals' mental health and well-being. Here is selection of links with ideas on how to keep occupied and how to support mental health during this difficult time.wat

Description	Source name	Link to resource
<p>Video</p> <p>Good practice examples of virtual tours around day services in East Sussex; supporting individuals to know what has been put in place to protect them from coronavirus.</p>		<p>St Nicks</p> <p>Linden Court</p> <p>Hookstead</p> <p>Hastings and Rother</p>
<p>Easy read</p> <p>A guide to coronavirus and your well-being including activities and ideas to support well-being.</p>	East Sussex County Council	Well-being easy read
Ways to keep busy during the coronavirus pandemic.	Mencap www.mencap.org	Keeping busy
Ways to keep busy during the coronavirus pandemic.	Hounslow and Richmond Community Healthcare NHS Trust Via www.scie.org.uk	Activities at home

Information sheet on challenging behaviour and supporting your loved one at home.	www.challengingbehaviour.org.uk	Supporting someone at home
Social Story video About friendships during coronavirus 'One day everything changed'	www.cloverleaf-advocacy.co.uk	Friendship story
Maintaining activities for older adults during Covid-19. Includes lots of links, suitable for people with dementia and learning disabilities.	www.healthinnovationnetwork.com	Activities
Easy read Free to download, pictorial booklets, including: <ul style="list-style-type: none"> ▪ Good days and bad days during lockdown ▪ Jack plans ahead for coronavirus (a guide for family and carers) 	Books beyond words www.booksbeyondwords.co.uk	Good days and bad days Jack plans ahead
Peter & friends talk about COVID-19 and having a learning disability and/or autism.	Cronin, P., Hardy, S., Roberts, M., Burke, C., Mahon, D. and Chaplin, E. (2020) Peter & friends talk about COVID-19 and having a learning disability and/or autism, London: Penge Publishers	Peter and friends
Activity ideas during isolation.	www.bild.org.uk	Activity ideas

<p>The Learning Disabilities Professional Senate has put together this collection of resources that may be useful to support families/ carers of people with learning disabilities during the coronavirus restrictions.</p>	<p>www.bild.org.uk</p>	<p>Resources</p>
<p>Easy read When it's not safe to stay at home; a guide for people at risk of abuse during coronavirus.</p>	<p>Books beyond words www.booksbeyondwords.co.uk</p>	<p>Risk of abuse</p>

Non Covid-19 specific health checks

The following health links are not Covid-19 specific, however may be helpful in the support you provide.

Description	Source name	Link to resource
<p>Training pack Successful health screening for people with learning disabilities; a training and resource pack that can be purchased for healthcare professionals.</p>	<p>Pavilion Publishing</p>	<p>Health screening</p>
<p>Easy read</p>	<p>NHS Dorset Healthcare University</p>	<p>Health checks</p>

Various health check leaflets, including flu injection, blood pressure, blood tests (not COVID specific)	www.learningdisabilitiesdorset.uk	
Easy read Having swab tests taken (not COVID specific)	The Leeds Teaching Hospital NHS www.leedsth.nhs.uk	Swabs
Ideas for supporting someone to be comfortable having their temperature taken.	Challenging Behaviour Foundation www.challengingbehaviour.org.uk	Temperature information
You tube video What to do if you are poorly or worried. Easy read document and animation.	NHS Leeds CCG	Video NHS guide
A range of resources have been developed to support the implementation of health checks for people with learning disabilities (including easy read)	National Development Team for Inclusion www.ndti.org.uk	Health check resources
You tube film A narrated short film going through the process of a health check for adults with learning disabilities (Not COVID specific)	Kent Community Health NHS Foundation Trust https://www.kentcht.nhs.uk/	Film

Compiled by: East Sussex County Council, Adult Social Care Training Team

November 2020

DRAFT