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 form 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 Also due to the changing nature of COVID-19 some information may go out of date.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
Government guidance COVID-19: Guidance for care staff supporting adults with learning disabilities and autistic adults. This webpage includes lots of further links to useful COVID-19 related information.	Government publication	➡ Guidance
Government guidance COVID-19 alert levels – what you need to know and local restrictions checker.	Government publication	➡ What you need to know ➡ Find local coronavirus restrictions
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.		Scroll down within this link to adults with learning disabilities and autistic adults.

Easy read COVID-19 alert levels.		➡ **Alert medium risk** ➡ **Alert high risk** ➡ **Alert very high risk**
Government guidance Shielding and protecting extremely vulnerable people.	Government publication	➡ **Guidance**
Government guidance Stay at home guidance for households with possible coronavirus infection.		➡ **Guidance**
Government guidance The Mental Capacity Act (MCA) and Deprivation of Liberty Safeguards (DoLS) during the coronavirus pandemic.		➡ **Guidance**
Government guidance **Easy read** Rules about the MCA and DoLS during the coronavirus pandemic.		➡ **Guidance**
Easy read, BSL, Different languages COVID-19 information.	NHS Lanarkshire	➡ **Website link**
Easy read online About coronavirus.	Easy read online	➡ **Document link**
Easy read online Top tips on keeping safe from coronavirus.	MENCAP	➡ **Document link**
Easy read Coronavirus easy read.	Talking mats **www.talkingmats.com**	➡ **Talking mats**
Easy read Why people with Downs Syndrome have been added to the clinically extremely vulnerable list.	**www.downs-syndrome.org.uk**	➡ **Guide**
Audio clips and images About coronavirus and keeping safe.	**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.	**www.gov.uk**	➡ Face coverings
Easy read Why health workers wear PPE	**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 how to help support a loved one to wear a face covering.	PA Autism Autism and intellectual difficulties in Pennsylvania **www.paautism.org**	➡ Information
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
YouTube 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**
YouTube 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**
YouTube video How to take a coronavirus self-swab test.	Department of Health and Social Care	➡ **Self-swab test**
YouTube 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 Pictorial images showing the home testing process – contains text further down with advice on swab testing.	Books beyond words **www.booksbeyondwords.co.uk**	➡ **Having a home test for coronavirus**
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.	**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
COVID-19 VACCINATION		
Article How an accessible vaccination clinic enabled people with learning disabilities and autism and their carers to be vaccinated against Covid-19. Lots of suggestions about reasonable adjustments and desensitisation techniques	Nursing Times	Article
News story Helping people with learning disabilities reduce any anxiety they may be experiencing before receiving the COVID-19 vaccine.	Guys and St Thomas NHS Trust	Guide
Relaxation technique Technique to help manage stress.	Guys and St Thomas NHS Trust	Technique
Government guidance Coronavirus (COVID-19) vaccines Advises on who can get a COVID-19 vaccine, booster vaccines, age ranges and how to get the vaccine	Government publication	Guidance
Government guidance COVID-19 vaccination: what to expect after vaccination Information for people who have had their first COVID-19 vaccination.	Government publication	Guidance
Easy-read COVID-19 vaccination consent form for adults who can consent.	Government publication	Consent form
Podcast Downs syndrome and Covid 19	Apple podcasts	Podcast
BMJ report Report calling for prompt access to covid-19 testing and healthcare for people with learning disabilities as they have markedly increased risks of hospital admission and death from covid-19, over and above the risks observed for non-covid causes of death.	British medical journal	Report

Easy read and videos Experiences of getting the vaccine in East Sussex	East Sussex County Council	➡ Information and Videos
Vaccine Information Pack This pack can be used by people with learning disabilities and their carers to find out more about the COVID-19 Vaccination.	NHS England	➡ Vaccine Information Pack V2
YouTube Film For people with learning disabilities and autistic people. This is a short film which describes what is a vaccine is, how vaccines are made, why you should get a vaccine, whether a vaccine make you ill and how to decide whether to have a vaccine.	NHS	➡ Information about vaccines: For people with a learning disability and autistic people - YouTube
YouTube Film Alison Conyers, Lead Professional for Learning Disabilities and Autism talks about the importance of getting your vaccination, especially for people who are clinically vulnerable, and how you don't need to be afraid. You can see what happens at the vaccine centre and how to ask for help.	NHS Leeds Teaching Hospital	➡ What happens at the Covid vaccine centre and how to ask for help - YouTube
YouTube Film Getting the COVID-19 Vaccine - what it was like, and why it's important to me.	Hft Learning Disabilities	➡ Getting the COVID-19 Vaccine - what it was like, and why it's important to me - YouTube
Easy read A guide to your COVID-19 vaccination.	UK Health Security Agency	➡ A guide to your COVID-19 vaccination
Easy Read Questions and answers about the coronavirus vaccination.	Mencap	➡ Questions and answers about the coronavirus vaccination
Guide COVID-19 vaccination accessibility and reasonable adjustments for individuals with severe learning disabilities whose behaviour challenges.	The challenging behaviour foundation	➡ COVID-19 vaccination - Challenging behaviour

Webinar About rights, consent and least restrictive approaches to the COVID-19 vaccination roll-out.	Restraint Reduction Network	➡ Restraint Reduction Network
FLU VACCINATION		
YouTube 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 injection during the coronavirus pandemic

Coming out of Covid restrictions

Description	Source name	Link to resource
Resource booklet Moving Forward from Lockdown -a resource booklet for people with learning disabilities, family members and carers to help manage the changes following lockdown restrictions.	Surrey and Borders Partnership NHS Trust	➡ Booklet
Video How to support people with a learning disability ease out of lockdown	Surrey and Borders Partnership NHS Trust	➡ Video
Video Coming out of Lockdown-video for people with learning disabilities to help them to understand the changes as a result of easing restrictions. changes in rules.	Surrey and Borders Partnership NHS Trust	➡ Video
Video Feeling Anxious when coming out of lockdown- video explains to people with learning disabilities that it is normal to feel worried or anxious about coming out of lockdown and offers advice on how to manage their feelings and emotions that arise due to lockdown ending.	Surrey and Borders Partnership NHS Trust	➡ Video

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.	**www.mencap.org**	➡ Hospital, grief and loss
Easy read What will happen if I get coronavirus and must 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
Easy read Social distancing.	**www.mencap.org**	➡ Social distancing
Easy read What is a support bubble	**www.photosymbols.com**	➡ A support bubble
YouTube video Social story explaining social distancing.	**www.youtube.com**	➡ Social distancing story
Easy read Social distancing.	**www.oxfordhealth.nhs.uk**	➡ Social distancing easy read
Easy read A social story about social distancing.	**www.easterseals.com**	➡ Social distancing social story
Easy read Self-isolating when you live alone.	**www.mencap.org**	➡ Self-isolation when living alone

Easy read Self-isolating when you live with other people.	**www.mencap.org**	➡ Self-isolating living with others
Easy read Understanding COVID-19 processes in secure settings and prisons. Guidance and coaching on how to use the resources.	**www.booksbeyondwords.co.uk**	➡ Secure settings and prisons ➡ Coaching guide ➡ Quick guide

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.	**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).	**www.mencap.org**	➡ Bereavement
Easy read Free to download, pictorial booklets. When someone dies from coronavirus (a guide for family and carers).	**www.booksbeyondwords.co.uk**	➡ When someone dies from Coronavirus
Easy read When someone is ill or dies from coronavirus.	**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.paautism.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
Video Makaton COVID-19 signs video: wash hands, feeling poorly/ill, to help, temperature/hot/cold and cough.	**www.makaton.org**	➡ Makaton signs
General communication tools information:		
Makaton is a unique language programme that uses symbols, signs and speech to enable people to communicate. It supports the development of essential communication skills such as attention and listening, comprehension, memory, recall and organisation of language and expression.		➡ About Makaton Makaton
Social Stories are short descriptions of a particular situation, event or activity, which include specific information about what to expect in that situation and why.		➡ Social stories
Talking Mats use unique, specially designed picture communication symbols for all ages and communication abilities.		➡ Talking Mats

The **Picture Exchange Communication System (PECS)** enables people to use cards with pictures, symbols, words or photographs to make requests or comments and answer questions. It reduces the need to rely on speech.		➡ **PECS**
Widgit Symbols are images which are used to support text, making the meaning clearer and easier to understand.		➡ **Widgit Symbols**
Now and next boards can help people to see what the present task is and what is to follow. It can be used as a reward chart, for example: if the present task is completed the next option can be a treat. These can be made to suit the individual using symbols or photos (similar to PECS).		
Objects of Reference are objects that are systematically and consistently used with a person to represent people, places, objects and activities. They are used alongside the spoken word. COVID-19-related objects of reference can include the persons face covering or a hand sanitiser bottle. Allow the person to feel the object as you use the spoken word for the item, followed by using it.		
Communication books with pictures and photos; these can be completely personalised with photographs of the individual carrying out different activities such as washing hands, wearing a face covering, enjoying different activities, etc.		
Easy read is an accessible format of providing information designed for people with a learning disability. The easy read format is easy to understand because it uses simple, jargon free language, shorter sentences and supporting images.		

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.

Description	Source name	Link to resource
Video 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.		➡ St Nicks ➡ Linden Court ➡ Hookstead ➡ Hastings and Rother
Easy read A guide to coronavirus and your well-being including activities and ideas to support well-being.	East Sussex County Council	➡ Well-being easy read
Ways to keep busy during the coronavirus pandemic.	**www.mencap.org**	➡ Keeping busy
Ways to keep busy during the coronavirus pandemic.	Hounslow and Richmond Community Healthcare NHS Trust **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: Good days and bad days during lockdown Jack plans for coronavirus (a guide for family and carers)	**www.booksbeyondwords.co.uk**	➡ Good days and bad days ➡ Jack plans ahead

Peter and 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
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.	**www.bild.org.uk**	➡ Resources
Easy read When it's not safe to stay at home; a guide for people at risk of abuse during coronavirus.	**www.booksbeyondwords.co.uk**	➡ Risk of abuse

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
Training pack Successful health screening for people with learning disabilities; a training and resource pack that can be purchased for healthcare professionals.	Pavilion Publishing	➡ Health screening
Easy read Various health check leaflets, including flu injection, blood pressure, blood tests (not COVID specific)	NHS Dorset Healthcare University **www.learningdisabilitiesdorset.uk**	➡ Health checks
Easy read Having swab tests taken (not COVID specific)	**www.leedsth.nhs.uk**	➡ Swabs
Ideas for supporting someone to be comfortable having their temperature taken.	**www.challengingbehaviour.org.uk**	➡ Temperature information

YouTube 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
YouTube 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

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