

# Information for Participants



What Valued Lives is doing to help stop  
Coronavirus (COVID-19) from spreading  
plus other helpful information

**Easy Read Version**

## How to use this information

Valued Lives have written this fact sheet in an easy to read way. We have used pictures to explain some things.

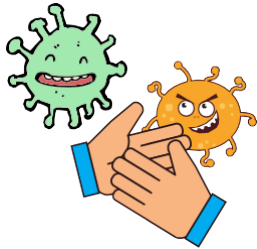


This Easy Read information is a summary of another number of documents.



A friend, family member or support person may be able to help you read this fact sheet.

# About the Coronavirus (COVID-19)



Coronavirus (COVID-19) is a virus. A virus is an illness or disease that can easily spread from person to person.



Coronavirus is a pandemic because it is spreading quickly and has affected many people around the world.



The Australian Government has implemented a Coronavirus Emergency Response Plan.

We refer to this as the Plan.

Valued Lives is following the Plan. It explains what we must do to stop Coronavirus from spreading.

# What is Valued Lives doing to stop Coronavirus Spreading?



Valued Lives will continue to provide updates and information to participants on a regular basis.



You can also find information on the NDIS website.

<https://www.ndis.gov.au/understanding/ndis-and-other-government-services/ndis-and-disaster-response>



If you are worried about catching Coronavirus, we can have meetings over the phone.



We will ask to have a phone meeting if you have just come back from overseas or have been in contact with someone who has Coronavirus.



We are putting off any non-essential travel.

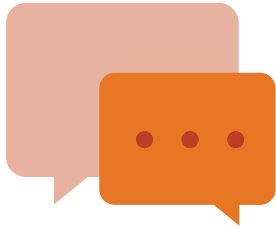


We are postponing events and gatherings.

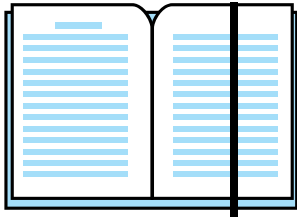


We are taking these measures to keep everyone safe.

## What can you do?



Talk to us and come up with a plan to keep you safe and healthy over the next few months.



If you are due for a plan review, your plan can be renewed for up to 24 months if you are happy with it.



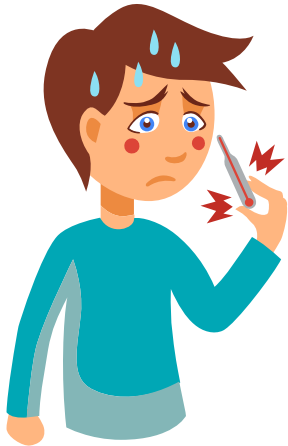
If you want to talk about or change your plan you can discuss this with your planner without having a face-to-face meeting.



We want to make sure you can still get the supports and services you need.

# How to protect yourself and stop the spread?

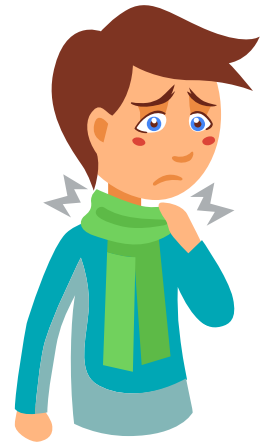
## Know the symptoms...



Fever



Cough



Sore throat



Shortness of breath



Tiredness

Some people will get a little bit sick, while others can get very sick and need to go to the hospital.

## Good hygiene



Cover your coughs and sneezes with your elbow or tissue and put tissues into the bin.



Wash your hands often with soap and water for 20 seconds, especially before and after eating and after going to the toilet and use alcohol-based hand sanitisers.



Avoid touching your eyes, nose and mouth.



Clean and disinfect surfaces as often as possible, such as benches, handles other objects such as phones and wallets.



Increase the amount of fresh air available by opening windows.



# Social distancing



Social distancing is where you keep space between yourself and others which makes it hard for the virus to spread. This means keeping 1.5 metres away from others where possible.



Avoid physical greetings such as handshaking, hugs and kisses. Wave hello.



Avoid using cash by using tap and pay.



Stay home unless going out is necessary.



Speak over the phone or video chat.

## Help with everyday services



If you need prescription medication, you can have it delivered from your regular pharmacy through Home Medicine Service. Contact your pharmacy for more information.



You can have appointments with your doctor over the phone or by videoconference. This is only a temporary service. Contact your doctor for more information.



You may be able to have your shopping delivered to your home. Visit the Woolworths website (as an example) for more information.

<https://www.woolworths.com.au/shop/discover/priorityassistance?icmpid=sm-hp-ribbon2:priority-assistance>

# Connecting with Peers



**Give us a call on 1800 844 933**

We will be having virtual day time catch-ups and a Peers in PJ's evening session each weekday by Zoom.

To connect to the daytime meetings you need to click the following link on your computer/phone/iPad/Tablet and follow the instructions that appear on your screen: Join Zoom Meeting

<https://zoom.us/j/824236992>



To connect to the Peers in PJ's meeting on Wednesday evenings click the following link on your computer/phone/iPad/Tablet and follow the instructions that appear on your screen: Join Zoom Meeting

<https://zoom.us/j/898841234>

## Other information



You can now get Support Coordination through your Core Budget. You can use this line item if you have run out of Support Coordination funding, or if you do not already have it in your current plan.



It is not necessary to ask your support workers to wear a face mask if they are not sick. Surgical masks are only helpful in preventing people who have coronavirus from spreading it to others.



There are new rules in Australia that have been introduced by the Government to stop the spread of coronavirus (COVID-19).

- You must stay at home unless going out for essentials (such as food, exercise, medical needs).
- Restaurants, movies, playgrounds and many other places are closed.
- You are not allowed to be together in groups.
- You should keep at least 1.5 metres away from other people.
- You should not touch anyone.



## Who can I contact and get up-to-date information from?



If you are worried that you might have Coronavirus, you can call the Department of Health's Coronavirus Hotline.

**1800 020 080**



You can contact us!

Valued Lives Foundation

[info@valuedlives.org.au](mailto:info@valuedlives.org.au)

(08) 9274 7760



The Australia Government Department of health has current and up-to-date advice on their website.

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

The NDIS Disaster Recovery Page also has information about what they are doing about Coronavirus.

<https://www.ndis.gov.au/understanding/ndis-and-other-government-services/ndis-and-disaster-response>



You can call the National Relay Service if you have a speech or hearing impairment.

**133 677**



If you speak a language other than English, contact Translating and Interpreting Service – TIS.

**131 450**