

YOU DON'T HAVE TO GO IT ALONE

It's important that we all do the right thing and stay home right now to slow the spread of the Covid-19 (Coronavirus) germs. But staying physically isolated doesn't mean you have to be alone. We came up with a few ideas to get you started and you may have some of your own!

SUPPORT WITHOUT PHYSICAL CONTACT

It's no secret that our best weapon in beating the isolation blues at the moment is the internet. We came up with a list of ideas for things you can do online, but we'd love to hear about the great things you're doing too!

- Host a Party! You can host a watch party through Netflix, get together via video link and do some karaoke, or even have a video birthday party
- Play games! Apps like Houseparty allow you to play different games together, but you can also try joining other online video game groups
- Stay fit together, lots of places such as yoga studios and fitness centres have started online classes. You could join together and keep each other motivated. Plus, if you have been given a routine by your therapist, your support person can help you do this by encouraging you and providing guidance over videolink
- Exercise your mind! Have you ever wanted to learn something new? All over the world universities, TAFE's, museums and other places are offering free short courses you can try together. Also, there are lots of museums all over the world offering free virtual tours.
- Talk to the animals - many zoos and aquariums are offering free live streams of your favourite animals, some even have the ability to answer your questions
- Build a new (or update an old) daily schedule together, including making lists of the things you might need to complete activities
- Got a list of jobs that still need doing? You and your support team can make a list, with all the steps you need to do to complete the job written in. Your support team can call in to help keep you motivated.
- Join a peer group - all over the world groups of people are getting together online to help each other get through this tough time. They can be a great place to get help and information and help you feel as though you are not alone.

ASSISTANCE WITH DAILY TASKS

There are a number of things you can ask your support team to do for you during this time, which will help you to stay safe. For example, your support team could:

- Take your pet for a walk
- Pick up some groceries
- Collect or drop off scripts at the chemist
- Pick up your consumable items
- Tidy up the garden, and make sure it stays watered
- Take your washing to their home and do it for you

FLEXIBILITY OF SUPPORT

You may not want to have all of your support offered in large chunks of time on a daily basis. You can work with your support team to come up with flexible ways to be supported that suit your needs at this time. Some examples are:

- Asking your support worker to call you on a daily basis to check on your wellbeing, and creating an action plan if you don't respond after an agreed amount of time
- Calling your support worker a number of times during the day when you feel anxious rather than staying on the line for a few hours
- Gathering all your support team together at once to do some training
- Using your core support to pay for a support coordinator to help you find new providers or work with your current team

WE ARE HERE FOR YOU

Valued lives is working hard to make sure everyone we work with feels safe and supported during this challenging time. We are here for you, and although our team is now working in a very different way than you might be used to, we are committed to making sure you receive the supports and services you need. Some of the things we have implemented are:

- A dedicated helpline for information and support, available Monday to Friday, 8am to 5pm on **1800 844 933**
- Daily online Virtual Lunches to help you stay informed and connected to others in your community, see our Peer-to-Peer Networks website for more details
- Our Support Coordination team are here to help you work with your providers, utilise your plan and problem solve any issues that may arise
- Our Direct Support team are working hard to help keep you and your support team safe at all times