

Update on your Supported Independent Living (SIL) services during Coronavirus

Easy English booklet 06 May 2020



How to use this booklet

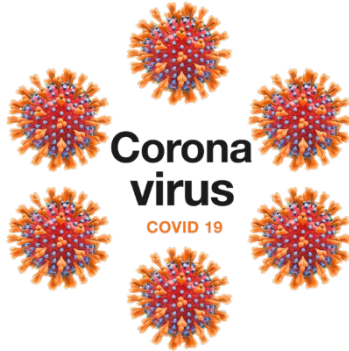
- This document was written by Life Without Barriers in Easy English.
- We use pictures to explain some ideas.
- Some words are written in **blue**. We explain what these words mean.



- This document explains some ongoing changes to your Supported Independent Living (SIL) services during **Coronavirus**.

UPDATE ON YOUR SIL HOME
DURING CORONAVIRUS
EASY ENGLISH BOOKLET

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- As you may know, **Coronavirus** is a virus going around that is making some people sick.

- Coronavirus sounds like 'ca-ro-na-vy-rus'.



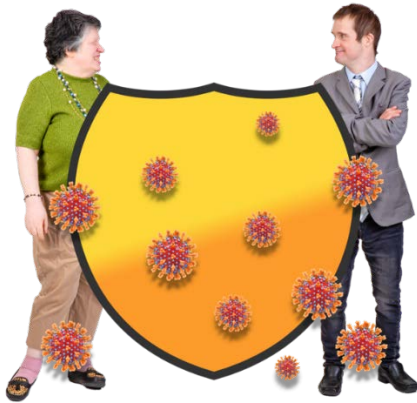
- Coronavirus is a bit like the flu. You can't see it but if you catch it, you may feel very sick.



- Coronavirus is spread when we cough, sneeze, or touch people who have it.

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- Life Without Barriers is trying to help to protect you from catching Coronavirus in your home
- As part of this, you may have noticed some changes to your support over the past few weeks.
- Some of these temporary changes have included:



- ✓ **More time at home instead of in the community.**

The Australian Government has asked everybody to stay at home more to help stop the virus spreading.

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- ✓ **Less visitors in your home,** to help reduce the risk of the virus reaching you. You can still contact your family by phone or video call.



- ✓ **More handwashing.** Washing your hands with soap for 20 seconds is the best way to stop Coronavirus making you sick.



- ✓ **Lifestyle Supports delivered differently.** To help keep everyone safe, your day programs may have changed, like Lifestyle Supports provided in your home.

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✓ **Daily Wellness Check.**



Your staff have started to fill out a checklist every day to help track how you're feeling, so we can provide fast support if you get sick.



- If you have any questions about Coronavirus and how you can stay safe from it, talk to your support network.



- You and your supporters can also call the Life Without Barriers National COVID-19 Response Call Centre on **1800 313 117**



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