

New changes to your disability services in Victoria during Coronavirus

Easy English booklet 08 July 2020



How to use this booklet

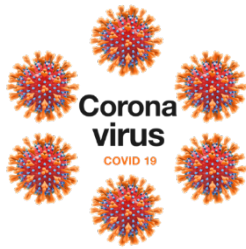
- This document was written by Life Without Barriers in Easy English.
- We use pictures to explain some ideas.
- Some words are written in **blue**. We explain what these words mean.



- This document explains some new changes to your support in Victoria that you need to know about now.

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



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



- Coronavirus has recently made lots and lots of people around Melbourne very sick.



- To stop more people catching it, the Victorian Government has told everyone in Melbourne to stay home.

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- This means we have to bring back some changes to where you can go in the community and the activities that you can do. This will be discussed with you, your family or supporters and your staff.

- Changes to your support include:

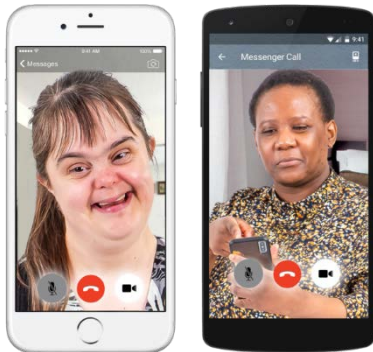
- ✓ **More time at home instead of in the community.**

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



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- ✓ **Lifestyle Supports delivered differently.**

To help keep everyone safe, your day programs may have changed, like Lifestyle

Supports provided in your home or by video.



- ✓ **Social distancing.**

This means you should try to stay more than 1.5 metres from other people, so no touching or hugging.



- ✓ **Less visitors.**

There will be less visitors at your house to help reduce the risk of the virus. If your family or friends want to visit you,

they should check with staff
first.

✓ **More handwashing.**

You and your staff will keep
washing their hands a lot more,
to help stop Coronavirus
making you sick.

This includes before you eat,
after sneezing or coughing, or
after using the toilet.



✓ **More cleaning.**

Your staff will also be cleaning
more, including cars or buses
you travel in, to help protect
you from getting sick.

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✓ **Being careful about where
you go.**

Like everyone in Melbourne at the moment, you can only leave home if you need to get medical help, for exercise, or groceries.



- If you have any questions about Coronavirus and how you can stay well talk to the people who support you.



- 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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