

Update on your Lifestyle Support services during Coronavirus

Easy English booklet 25 June 2020



How to use this booklet

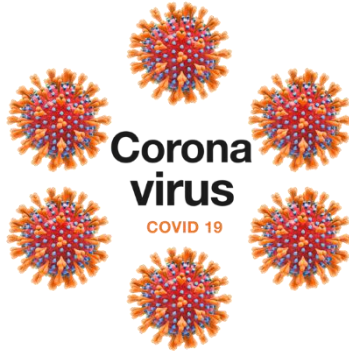
- This document was written by Life Without Barriers in Easy English.
- We use pictures to explain some ideas.
- Some words are written in **blue**. We explain what these words mean.



- This document explains some ongoing changes to your group activities (also known as 'Lifestyle Supports' or 'day programs') during **Coronavirus**.

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

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



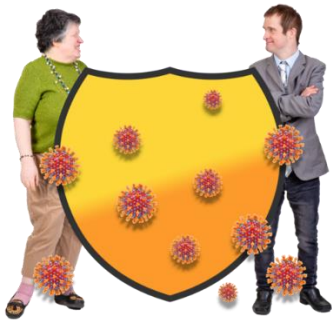
- Coronavirus is a bit like the flu. You can't see it but if you catch it, you may feel very sick.



- You can get the virus from someone coughing, sneezing or touching you if they have it.

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- Life Without Barriers is trying to help make sure you don't get sick in our services or at your group activities.



- Now only a very small number of people have Coronavirus in Australia, the Australian Government has said it's okay for you to enjoy group activities with more people if you choose.



- Before you join larger group activities again, we will talk with you, your family and sometimes your support coordinator or supported living provider.

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- When your activities start again, some things will still be a little different: This includes:



- ✓ **No more than 10 people may be allowed in your group activity including staff.**

This is to help keep everyone safe.



- ✓ **Social distancing in your group.**

This means you should try to stay more than 1.5 metres from other people in the group, so no touching, hugging or shaking hands to avoid the virus.

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✓ **Daily Wellness Check.**

Your staff will check if you feel well every day so we can help you if you get sick.



✓ **More handwashing.**

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

This includes when you return home after any activities – you will need to wash your hands as soon as you get home.

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✓ **More cleaning.**

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



- 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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