

Learning Disability England

Stronger, Louder, Together!

Resources that can help



Information for Individuals and Families

Be Human has a webpage for people and families to help share useful links, practical tips and ideas, including information about what people who manage their direct payments have put in place for themselves and their PA's [here](#)

The Challenging Behaviour Foundation have put together a range of resources and guidance specifically for families [here](#)

Carers UK are sharing the up to date guidance and resources on their web site. You can find it [here](#)

The Sensory Projects have shared resources for any families who are trying to home educate through the Coronavirus outbreak. It includes useful multi media resources for anyone about Covid19. You can see these [here](#)



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The **National Autistic Society** has information for autistic people and their families [here](#)

The **Special Needs Jungle** are sharing all the information or resources they think will help SEND families. You can find that [here](#)

British Institute of Human Rights have a webpage with briefings on Coronavirus, the law and Human Rights [here](#)

GPs have been given guidance about how to support their most 'at risk' patients. You can read the guidance [here](#)



Easy Read information

Public Health England have done an easy read version of their advice on keeping safe and what to do if unwell. You can find it [here](#)

Public Health England have also made accessible versions of information on things like hand washing. There are also formats in audio, large print and BSL. You can see these [here](#)

Inclusion North have done easy read information on the virus, including making a plan for if you need to stay at home (self isolation). You can find that [here](#)

Photosymbols have made a series of posters that explain how to stay safe, what to do if you feel unwell and what it means if you have other health conditions. These can be downloaded [here](#)



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social distancing. You can find them [here](#)

Like shopping online? **EasyRead.Info** have made an easy read guide to shopping online [here](#)

Inclusion Europe are sharing information that is easy to read from different european countries. ***Remember the advice is from that country not the UK*** but it could be useful if you know people in other countries. You can find it [here](#)

Talking Mats have made easy read versions of World Health Organisation advice. You can download these [here](#)

Books Beyond Words done a short picture story called beating the virus that is free to download [here](#)

Mencap have made easy read information that includes information and a link to a film on handwashing and what we all need to do. You can find that [here](#)

The Purple All Stars have made a Handwashing rap. You can see that [here](#)

Opening Doors have made an easy read guide to making your plan for staying safe and staying in. You can find it [here](#)

Leeds Teaching Hospitals Trust have made an easy read leaflet that explains having your temperature taken. You can find that [here](#)

Mary's Soap Story graphic: The big messages on keeping well are about washing your hands. Mary has shared her soap story with us:



The **World Health Organisation** have made some posters about managing stress and social distancing. You can see these below:

Social Distancing:

What does it mean?
It means stay away from places where people gather, avoid mass gatherings, and whenever not possible, maintains a distance of at least one metre from each other. Together we can help to slow the infection from spreading away.

Red Light – Avoid / Don't Do

- All gatherings of religious, commercial, official or personal nature (e.g. market/mall, cinema, meeting/conference, wedding, party/picnic, tuition, gym/yoga, dancing etc.) involving a sizeable and flowing crowd
- Social visitors or non-essential workers in your house
- Non-essential visitors in the workplace
- Non-essential travel in public transportation

Yellow Light – Do with Caution

- Attend private gatherings limited to a few family members or known friends
- Travelling in a private transport (public transport only if it is a NECESSITY)
- Visit a local restaurant BUT choose the open-air type, sitting with at least one metre apart whenever possible (takeaway food is a better choice)
- Buying in a grocery store or supermarkets without a crowd
- Pick up medicines from the pharmacy without a crowd
- Play sports in the open air with family or a few known friends

Green Light – Safe to Do

- Take a walk or jog in open park or stadium
- Cycling
- Play in the home garden, or go for a fun drive with family
- Read a book or listen to music in private
- Play games or watch TV/movie at home
- Home cooking and meals at home

Wash your hands frequently with soaps and water, or alcohol-based hand rub.
Best to do thing online whenever possible (e.g. Video chat, e-payment, internet games, or chat over a phone).

1. * World Health Organisation, March 2020.

World Health Organization

Coping with stress during the 2019-nCov outbreak

It is normal to feel sad, stressed, confused, scared or angry during a crisis.
Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.

Don't use smoking, alcohol or other drugs to deal with your emotions.
If you feel overwhelmed, talk to a health worker or counsellor.
Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions.
Find a credible source you can trust such as WHO website or, a local or state public health agency.

Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



Information for Organisations and people who employ their own Personal Assistants

The government guidance for social care includes guidance on residential, supported living and home care settings is [here](#)

In **Control and Be Human** held a webinar gathering for people on direct payments, personal budgets & personal health budgets to share practical tips



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organisational members and family members who are carers or who help manage a family member's Personal Budget [here](#)

Free Training on Coronavirus: Health Education England has on line training about Corona virus for aimed at health and social care workers. However, it is open to anyone. Read more [here](#)

Response has written some information to help organisations and workers think about helping people keep safe whilst at home more. You can read that [here](#)

Voiceability have shared their guidance in the hope it will help other advocacy organisations and those who support self-advocates. You can see this [here](#)

The **Local Government Association** has provided guidance to commissioners about social care provider resilience during COVID-19. This is shared guidance to local authority commissioners from the Association of Directors of Adult Social Services (ADASS), the Local Government Association (LGA) and the Care Provider Alliance (CPA). You can read it [here](#).

ACAS have put together guidance for employers and employees specific to Coronavirus. You can find this [here](#).

Coronavirus emergency legislation: The Coronavirus bill has emergency measures & changes to the law including the Care Act & Mental Health Act & measures to allow more staff in health & social care. You can read more [here](#)

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