

How we are continuing your support during the Coronavirus pandemic

Easy English booklet 03 APRIL 2020



How to use this booklet

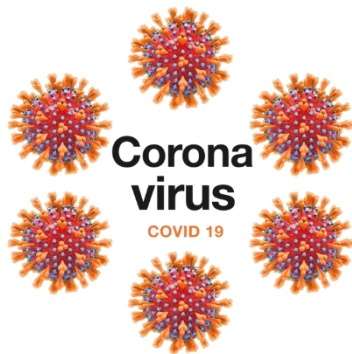
- This document was written by Life Without Barriers in Easy English.
- We use pictures to explain some ideas.
- Some words are written in **blue**. We explain what these words mean.



- This document explains how we are continuing your Mental Health services during the Coronavirus pandemic.

HOW WE ARE CONTINUING
YOUR MENTAL HEALTH SUPPORT
EASY ENGLISH BOOKLET

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- There is a virus going around called **Coronavirus**, which is making some people very 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 unwell.



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

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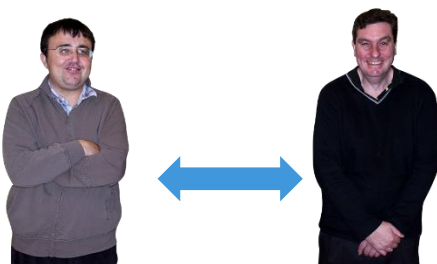
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- Life Without Barriers is committed to continue supporting you, if you would like us to.
- So that we can continue to support you safely and protect you from Coronavirus, we are making some small changes to your Mental Health services.



- It is important we try not touch other people or go to busy places to avoid Coronavirus.



- There are even new rules from the Australian Government about this, that everyone must follow to stay safe.

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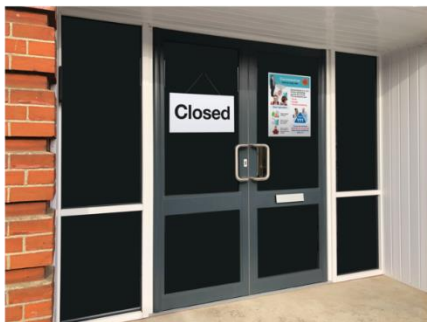
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- As part of these new rules, there are some small changes you can expect in your Mental Health services.

This includes:



- Continuing your supports in a way that works for you, such as in your home, one-to-one, on a phone or a computer.



- Our physical centres and some group activities won't happen for a little while



- Respite support is only available if your family really needs us.

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- If you choose to continue your Mental Health support, your staff will also be washing their hands more and cleaning surfaces more.

This is known as **good hygiene**.



- If you start to feel sick, tell your support team straight away.

It's very important staff know if you are unwell so they can help you.



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

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- 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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