

Dear All,

The main aim of this resource library is to collect information which might be useful for any families, health and social care staff in supporting people with Covid-19.

- It is an evolving document and I will try to update this, however please feel free to add any resources which you might have or know of but g.

Special thanks go out to all people and the organisations, staff and colleagues who worked on creating and executing the resources below, hopefully these will help in supporting people with learning disabilities and their families more effectively.

If you wish to add to this list, please email me on jaroslaw.turif@uwe.ac.uk

Resources for people with learning disabilities

FREE Books beyond words - Beating the virus, there is a suggested story line at the end of this document. Please add to your basket and proceed to check out, you will receive it into your e-mail inbox.	Beating the Virus — Beyond Words
Hand washing RAP - creative arts for people with a learning disability	https://vimeo.com/134952598
AA àsas see aaq asaaaaaaà asaaaaaawwwwwwwaaaswwsAszaaaaw sàaaaqsaqqqaawasaà AA asaqqqqsssss AA àaaa 1aassaassssqqssqaaßassassqas1aassáa assdddßxss <u>asaàaaegmeà as</u> <u>saawwwaàaàaàaa</u>	Social Distancing Story
Supporting XX with Learning was/ASD Coping with COVID-19 Isolation. Booklet for parents who have children with learning disability and/or autism	http://www.wales.nhs.uk/sitesplus/documents/861/Coping%20with%20Covid%20isolation.pdf?fbclid=IwAR0WZRAAWJOYvBMph6VRDJFq7t1BRoXfhvbNQpKjlaHocOjuMrT2vA8_I34
Information on a variety of vital observation procedures easy read	https://www.leedsth.nhs.uk/patients-visitors/patient-and-visitor-information/patient-information-leaflets/easy-read?fbclid=IwAR1s

	uNSRmc2ofTgs7Aniv3DyPlsb_Cu-IVxBoR OJMwmV3QmdRb3pu80z-LI
Stay at home guidance easy read	https://www.easy-read-online.co.uk/media/53205/self-isolating-low-res-easy-read_v1a.pdf
Advice on the coronavirus; easy read online	https://www.easy-read-online.co.uk/media/53192/advice-on-the-coronavirus-v1.pdf
Learning Disability Wales - additional useful easy read resourcesggjfgigfj	https://www.ldw.org.uk/project/coronavirus/?fbclid=IwAR1F-h9P5GrmqcA9AaqchqLN aXki-EmnPvWrttWhr-Py8_R5Ja3y7VHHnYw
COVID:19 Supporting people with learning disability/Intellectual disability - A multidisciplinary Facebook group with a bank of resources. Thanks to Paula Hopes	https://www.facebook.com/groups/834750680326442/
Australian based easy resources, location appropriate. Thanks to Cathy Basterfield	https://accesseasyenglish.com.au/
Talking mats Accessible resource - If guidance changes the newest version will be on the blog on website Thanks to Talking mats	https://www.talkingmats.com/wp-content/uploads/2020/03/20200324-coronavirus-easy-read-v3_.pdf
Having Swabs taken - (easy read) Thanks to Alabama Conkers	Easy Read
Video from Jordan (Chair of Dimensions Council and the Self Advocate) re Covid19	https://www.youtube.com/watch?v=o-jGaVTxV6o&feature=youtu.be

How to use ZOOM (thanks to LD Wales)	https://www.ldw.org.uk/wp-content/uploads/2020/04/How-to-use-Zoom.pdf?fbclid=IwAR1jTXjAsdX5InoingfK5gr4fzbLLEqKNIZ6XNBS TNakCx5xYGXgKHCmf74
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Activity suggestions

Sofa singers	https://www.thesofasingers.net/
Joe Wicks PE classes	https://www.thebodycoach.com/blog/pe-with-joe-1254.html
Edinburgh Zoo virtual camera tour	https://www.edinburghzoo.org.uk/webcams/panda-cam/
Virtual Museum tours	https://www.theguardian.com/travel/2020/mar/23/10-of-the-worlds-best-virtual-museum-and-art-gallery-tours
Sensory project resources for activities at home, Thanks to Cat Evans	https://sensoryproject.org/2020/03/23/sensory-stuck-at-home-free-resource-for-sharing-sensory-fun-1-using-your-muscles-to-move/?fbclid=IwAR2M8oBrAaBSJO5qde05d5OfIvAkLp_tA2bHcAUxgBV5tCuEDEXZmnUIL20
Online Dance sessions - Playlist updated	https://www.youtube.com/playlist?list=PLyOrQ-SO8SG69BoSmqUS8oA6_r3Q2fEzg

frequently	
Thanks to Dance syndrome	
Learning from Home - Facebook group	https://www.facebook.com/learningfromhomeuk/
Flamingo Chicks - Inclusive Dance School video classes	https://flamingochicks.org/

For parents and staff

NHS Responding to COVID-19: Mental Health, Learning Disabilities and Autism: Update 1	https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/03/covid-19-mh-lh-autism-cell-update-number-1-15-march-2020.pdf
Proposed changes to Mental Health Act	https://www.rethink.org/news-and-stories/blogs/2020/03/coronavirus-temporary-changes-to-the-mental-health-act/?fbclid=IwAR2GaQU94V-6bZtEMiY33rL8gOXNep6L5vEFxY5NRA0bRyvoPY5SJaK9xII
Frailty & COVID-19: why, what, how, where & when?	https://www.scfn.org.uk/clinical-frailty-scale
10 Tips for COVID-19 (Coronavirus) - Advice from a Respiratory Physician	https://www.youtube.com/watch?v=D4Z7cQ7jLGc&t=1s
HEE - Soft signs of deterioration	https://www.youtube.com/watch?v=7gMo13z3BYI

COVID19 symptom tracker, even If you feeling healthy please contribute to this research database	https://covid.joinzoe.com/
Psychology tools - Living with worry and anxiety amidst global uncertainty	https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-gb.pdf
Royal College of Speech and Language therapy resources containing a lot communication resources and remote working guidance. Thanks to Sally Morgan	https://www.rcslt.org/learning/covid-19/resources-for-slts
Clinical guide for front line staff to support the management of patients with a learning disability, autism or both during the coronavirus pandemic – relevant to all clinical specialities	Available HERE
Coronavirus, and helping children with autism (33min podcast)	https://www.acamh.org/podcasts/coronavirus-autism-a-parents-guide/
Hertfordshire Partnership University NHS Foundation Trust & University of Hertfordshire	https://drive.google.com/open?id=1EnUfZJXqCbegoLN-
COVID-19 and People with Intellectual Disability: Guidance on Advances Planning for Treatment Escalation, Ceiling of Care, Palliative Care and End of Life	http://radiant.nhs.uk/uploads/2/7/2/5/27254761/ravi_et_al_2020_end_of_life_and_palliative_care_guidance_on_covid-19_and_intellectual_disability.pdf

Social Care Institute for Excellence	https://www.scie.org.uk/care-providers/coronavirus-covid-19/learning-disabilities-autism?utm_campaign=11483184_SCIELine%2017%20April&utm_medium=email&utm_source=SOCIAL%20CARE%20INSTITUTE%20FOR%20EXCELLENCE%20&utm_sfid=003G000002i9TWelAM&utm_role=Student&dm_i=4O5,6U4HC,OT1ZMA,REEKD,1
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Sensory considerations for washing hands



March 2020 has shown rise to COVID-19 which is a respiratory illness, which means it affects the parts of your body you use to breathe: your nose, throat and lungs. If you're sick with novel coronavirus (COVID-19), your symptoms might include:

* fever, * a cough, * sore throat, *fatigue, *shortness of breath

One way we can help to prevent this is by washing our hands. When we cough or sneeze these droplets can pass on the virus. If we don't wash our hands this can then be passed on through touching other surfaces etc.

"For me, if I touch water, so if I go to wash my hands or take a bath it feels like it's raining needles on my hands... and then I quickly take my hands out of the water as fast as I can, when I dry them off with a towel it feels like I'm rubbing my hands on sandpaper.

So I have needles in my hands, then sandpaper with that feeling of grain on my hands it's twice as bad so I go to grab an ice pack because it feels like my hands are on fire, the ice is water and so starts the cycle again!"

Jaydy11

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@sensorspec

Workshops, exhibitions and installations to create awareness of sensory processing difficulties.

Tactile

Some people may find the tactile feeling of the water or soap on their skin overwhelming. This can be a hyper-sensitivity to certain textures or feeling substances on their skin. Other ways you might notice it is if they don't like getting messy.

Try using a wet towel with soap soaked in to wipe hands on or dry soap that dissolves in their hands.

Smell

The scent of soaps can overwhelm.

Try using unperfumed soaps or have familiar smells around which can help to over ride / comfort.

Visual

The visual complexity of the bubbles in the soap may be too much for some people with hypersensitivities. Or the reflective bright surfaces in a bathroom can be painful.

Try a soap that doesn't make bubbles like a gel or paper soap. You can try wearing sunglasses or hats to reduce glare as well as wash your hands in different environments.

Sensory difficulties

We know some people with Sensory Processing Difficulties will find it difficult to wash their hands. Here I am going to explain what some of these aspects might be and why.

Some general things to consider are using timers, either a visual timer, a music timer or song or a vibrating alert. This will help to prompt when to wash hands and/or how long to wash for.



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Sensory Spectacle educate about & create awareness of Sensory Processing Disorder internationally using immersive learning for parents, professionals & students.

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