

Introductory note: Supporting children and adults with disabilities during COVID-19



WHAT?

- Get up to date information and resources on COVID-19.
- Visit when possible in country regulation.
- Conduct phone consultations where visits are not possible.
- Instruct family members how to enable their children to be more functional and independent.
- Raise awareness about COVID-19.
- Educate family members on COVID-19 related local regulations. Provide contact information of people or agencies related to COVID-19.

WHERE

- Conduct the care and rehabilitation work preferably in open areas.

REMEMBER TO

- Wash your hands as you enter and leave the compound.
- Avoid touching the child during home visits.
- Ensure to maintain appropriate physical distancing.
- Use hand sanitiser.
- Use gloves and face masks appropriately.
- Avoid touching materials in the house, including assistive devices the child is using.
- Bring your own instructional materials and protect them from getting contaminated.
- Monitor family members' health situation; report COVID-19 related symptoms, if any.

Conducting your work

How to conduct care and rehabilitation work?

- Prepare a specific rehabilitation plan.
- Use the provided materials (written, pictorial, or video) or prepare your own.
- Help the family to identify resources at home and in the community.
- Encourage family members to use their own materials.
- Encourage family members to observe the specific needs of their family member with a disability and explore ways to adapt the activities to the child's and family's daily life.
- Instruct a family member to follow these steps:
 - Clearly discuss the rehabilitation plan with a family member.
 - Instruct the family member to perform each steps for at least two weeks.
- Visit or call at least once in two weeks.
- Report challenges, if any, for further actions and learning.

Required steps to follow during a visit

- Ask if the family is healthy (no cold, cough, fever).
- Start by proper handwashing practise.
- Demonstrate proper handwashing to family members .
- Encourage family members to sanitise all the toys used during the rehab work.
- Use your own materials to demonstrate the activity (don't share it with the child).
- Always explain the changes to the child.
- Greet the child warmly (maintain appropriate physical distancing).
- Encourage the child to participate in the rehab work actively (become their own best therapist).
- Educate the child about COVID-19 and prevention methods.
- Always teach family members why physical distancing is needed.
- Provide current information on COVID-19.
- Wash your hands before you leave.

Topics:

- Active lifestyle
- Communication
- Eating & drinking
- Epilepsy, nodding syndrome and medication



Enablement



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FOR THE WORLD



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