



COPING WITH CORONAVIRUS

Support for people with Learning Disabilities during Covid-19

'Learning Disability' is a broad term. Some people with learning disability have jobs, and read and write, and live on their own, whereas some people find these things more difficult because of their learning disability.

Because the sort of support that someone with learning disabilities needs right now depends on who they are, where they live, and what they like to do, we have not tried to create *one guide* to help people with learning disabilities. Instead we have collected together all the wonderful resources out there and put them into this document!

Click on the blue underlined words if you think it sounds like something you would like to read or look at!

I want to know more about coronavirus...

- [This guide explains what coronavirus is, and the new rules about staying home.](#)
- The prime minister has written [a letter to people with learning disabilities explaining a bit more.](#)
- Mencap have made guide called ['What is coronavirus?'](#) and Public Health England have made [a guide on Covid-19](#) too. These are a little shorter.

I am feeling a bit upset about coronavirus...

The Scottish Learning Disabilities commission has made a beautiful set of self-help booklets covering the following topics:

- [Introduction to coronavirus](#)
- [Feeling down](#)
- [Feeling anxious about coronavirus](#)
- [A good night's sleep](#)
- ['You can do it!' being active and feeling better](#)
- ['Sort it out' - a way to help you solve your problems](#)



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Oxford Health (NHS FT) have also made some things to help if you:

- [Feel anxious](#)
- [Feel very sad](#) (you might hear doctors or family members call this 'depression')
- [Feeling very frightened after something bad happens](#) (you might hear doctors or family call this 'trauma')
- [Know someone who has died](#)

Each booklet comes with a guide to using it, for helpers or carers to use to work through the booklet with someone with learning disabilities, if they could do with some help with it. [You can find the guides here.](#)

What do I need to do about coronavirus?

- Wash your hands! The guys at ['Purple All Stars' have a rap to tell you how!](#)
- It is very important to stay away from people other than the people you normally live with. [This guide explains how.](#)
- If you already have some difficulties with your health, or take certain medicines, you will need to 'shield'. [This guide explains what that means.](#)
- It is really important to look after your feelings and your body while you are at home and seeing less people. [This guide has lots of ideas on how to!](#)

I want some ideas for how to stay busy now I can't do what I usually do...

Mencap have a section on their website with all sorts of [ideas for keeping busy including:](#)

- Daily activity and food planners
- Diaries
- Activities to do on your daily walk
- Things to draw and colour



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Mencap TV has lots of fun things you can do! You can:

- [Create with Mencap \(arts and crafts\)](#)
- [Move with Mencap \(do some exercise\)](#)
- [Party with Mencap \(music and dancing\)](#)
- [Cook with Mencap \(recipe ideas\)](#)
- [Fun with Mencap \(quizzes and film reviews\)](#)

Connect with people!

- [Here is a guide on zoom](#), which is something you can use to see and talk to friends without having to leave the house.
- Call people
- Send e-mails
- Make cards for people you miss and send them in the post

I think I might have coronavirus

- If you have a cough or a fever you should call your GP or 111. [Here is a guide on how!](#)
- If the doctor thinks you have it he will ask you to 'self-isolate'. [This guide explains what that means.](#)
- The doctor also might ask you to take a test, just to be sure. [This guide explains what the test is like.](#)

I am feeling really sad or worried and need to talk to someone

- Speak to family, friends or your social worker if you have one
- Call your GP surgery and ask to speak to the doctor if you think you might be sick or if you are really sad or anxious
- The [mencap direct helpline](#) respond to all calls, although there might be a bit of a wait.



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I support someone with learning difficulties. What should I be doing?

- You can help them to fill out their [‘grab and go’ form](#) for if they need to go to hospital
- If the person you support cannot read, there is a series of wordless books with scripts to be read with them about coronavirus and how it might affect them on [Books Beyond Words](#).
- Carers and helpers can also access the [Mencap Direct helpline](#) if you need to speak to someone.
- The [Mencap website](#) includes advice and information for carers.
- The [Oxford Health \(NHS FT\) website](#) has all sorts of easy read resources for different situations, as well as information on how to support someone with LD, and support materials for carers and helpers too!
- The [learning disabilities senate](#) has lots of ideas for activities, as well as information for people with learning disabilities and their carers also.
- [Learning Disabilities Wales](#) also have lots of good resources.