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, following country regulation.
- Conduct phone consultations when visits are not possible.
- Instruct family members on 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 in relation 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.
- 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 prepare your own.
• Help the family 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:
  o Clearly discuss the rehabilitation plan with a family member.
  o 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 with proper handwashing.
• 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 (but 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