



# GETTING READY FOR WINTER WITH COVID-19

In recent conversations (Sept 2020) members of **The Gr8 Support Movement** shared their ideas about how they can, alongside those they support, get ready for the reality of a Winter with restrictions due to Covid-19.

We wanted to share their ideas here...



## TESTS AND PPE

URGENT!!!

Make tests available for people and their supporters in Supported Living settings.

Keep stocked up with PPE – just in case!



## PLAN NOW TO ENSURE PEOPLE CAN GET THEIR FOOD SHOPPING.

Help people set up personal online food shopping accounts now to ensure deliveries or, if necessary, allocate a person to shop for a few people to reduce the risk of infection.



## BANK ACCOUNTS

If people don't have a Bank Account and Debit card to set up online shopping, can you help them get one now? If it's not possible quickly, people could pay into, and use, supermarket vouchers to buy food if cash can't be used in shops.



## SET WIFI UP NOW

People with learning disabilities/autism need WiFi just like anyone else! It is the time to help people connect. If money is an issue, write to companies e.g. Giffgaff Neighbourly for possible funding.



## SMART PHONES NEEDED

Support people to get Smart phones/tablets to connect with others via video etc. You could ask people donate an old Smart phone. People often have one lying forgotten somewhere!



## ONLINE VIDEO CONNECTIONS

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## RESOURCE UP NOW!

Budgets are very tight, plan ahead and present your ideas to Managers now. Think of how you can celebrate national and local celebrations taking place over the next few months, Diwali, Halloween etc.



## THINK FAMILY

Chat with those you support and their families. If time together is restricted again how can you improve the online, written, phone connections?



## NEIGHBOURS CONNECT

Support people to be good neighbours/housemates. Can people host mini-events and invite their neighbours /housemates within the Covid-19 restrictions?



## GET READY FOR CHRISTMAS

Start sharing ideas and sowing seeds of how to plan a holiday period with a difference if needs be!



## CREATE STAFF BUBBLES

To reduce the likelihood of infection spreading, ensure staff are working in 'bubbles' and that agency staff are not required.



## CREATE TIME TO CHAT

Busy, busy, busy is the reality. BUT we must make time to just be alongside people, giving each person time to express, in whatever way works for them, how they are feeling and what would help them now.



## SEND A CARD

Why not connect across the UK and send a letter or card. There is something lovely about receiving something in the post that is not a bill!



## KEEP PLANNING FOR FREEDOM

Restrictions will lift. Keep exploring with each person how they can be supported not just to resume their life BUT to improve their life after lockdown!

# REMEMBER... THIS IS NOT FOREVER

Have conversations with ALL to ensure people know that the limitations to their life are NOT forever and that they have the right to freedom, choice and control just like anyone else!

Keep reminding people that because of the awful virus EVERY citizen is having their freedom limited at the moment. PEOPLE must NOT slip back into accepting limitations to their hard-won rights and freedoms.



# Send your ideas to: hello@paradigm-uk.org