Hard Words

This plan has some hard words.

The first time we write a hard word

• the hard word is in blue

• we will write what the hard word means.

You can get help with this plan.

You can get someone to help you

• read this plan

• know what it says

• find more information

This plan comes from the ACT Government.

When you see the word ‘we’, it means the ACT Government.
About COVID-19

COVID-19 is a sickness that spreads easily from person to person.

Some people can get very sick from COVID-19.

To stop the spread of COVID-19, we have all made big changes to how we live our lives.

For people with disability, COVID-19 and the changes to our lives may cause extra problems.

About the ACT COVID-19 Disability Strategy

We made a plan to help people with disability during this time of COVID-19.

We call the plan the ACT COVID-19 Disability Strategy.
Why we need the plan

We know that many people with disability worry that COVID-19 may make life **harder**.

You may worry that you will

- find it hard to understand the information about COVID-19 and the changes you need to make
- be more likely to get sick or die from COVID-19
- find it harder to get the health services and other important help you need
- feel more alone and lonely
- have money problems because of COVID-19.
We have *listened* and want to help.

We made the plan to look after the *rights* of people with disability.

**Who the plan is for**

The plan is for

- people with disability, their families and carers
- disability services
- community and health supports and services.
How we will make the plan work

To make the plan work, we will

- ask people with disability what they need

- make sure our information is easy to find and understand

- get advice from disability support services, like
  - the National Disability Insurance Agency (NDIA)
  - the ACT Government
  - community and not-for-profit organisations.
We will

- get advice and information on COVID-19 and health issues from
  - the Australian Government Department of Health
  - ACT Health

- check the plan often to see how well it is working

- change the plan when we need to, to make it better for people with disability, carers and families.
Our plan

We will

- give information about COVID-19 that is
  - easy to find
  - easy to understand

so that people with disability, carers and families will

- know what to do
- know how to get help
We will

- make sure people with disability and support people can get

  - **personal protective equipment**

  **Personal protective equipment** means clothes or things you wear that help protect you from COVID-19, like face masks or gloves.

  Personal protective equipment is sometimes called **PPE**.

  - **hygiene supplies**, like hand sanitiser and disinfectant

  - **food and medicine**

  - **other things you need**
We will

- work with **disability providers** to make sure they
  - can continue to give **essential services** - help that people need to stay healthy and feel okay, like in-home care
  - have information on how to work with people in a safe way
  - can give training to support workers on how to stay safe
  - have enough staff

- make sure that people with disability can still get **emergency supports**, like emergency accommodation.
We will

- make sure that health providers treat people with disability fairly

- give health providers information, advice and support so that they know how to help people with disability

- help people with disability, carers and families stay connected to the community, so they do not feel alone

- find ways to help people with money problems caused by COVID-19

- work to keep people with disability safe.
Contact us

If you have any questions or comments about this plan, you can contact the ACT Office for Disability

- Email

  officefordisability@act.gov.au

- Phone

  (02) 6207 1086
More information and resources

- Information on COVID-19

- Resources to support your health, family, work and other community help
  COVID-19 Community Service Information webpage

- Advocacy resources
  https://www.advokit.org.au/
Advocacy for Inclusion wrote the Easy English

Contact details
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Image Acknowledgments