

## Resources to use with people with learning disabilities through the Coronavirus restrictions

#### <u>Introduction</u>

The Learning Disabilities Professional Senate has put together this collection of resources that may be useful to support people with learning disabilities during the coronavirus restrictions.

The material contained in this resource has been developed by individuals or organisations and we have acknowledged these wherever possible. We thank everyone for their swift response in developing information.

The Learning Disabilities Professional Senate does not accept responsibility for any of the information in these documents, but hope that they are useful in supporting people with learning disabilities and families and carers who support them.

Different resources may be more appropriate for different people, and we are not recommending any specific resources. Please look through all the resources and choose the ones that are appropriate for your situation.

The guidance in the attached documents is valid at the time that they are developed, but may need amending as government action changes.

Please keep safe

Karen Dodd

Co-Chair - LD Professional Senate

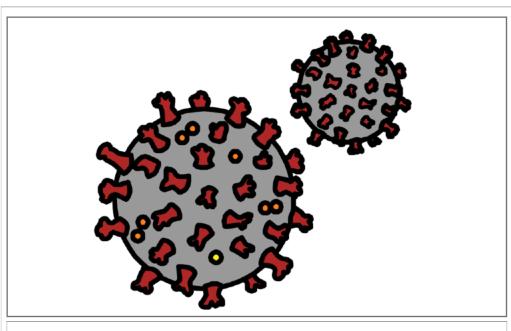
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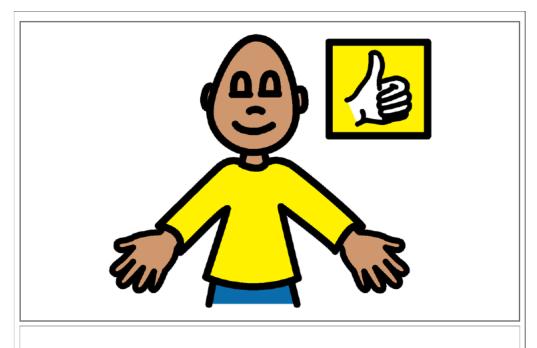
## My Social Distancing Story

## **My Social Distancing Story**

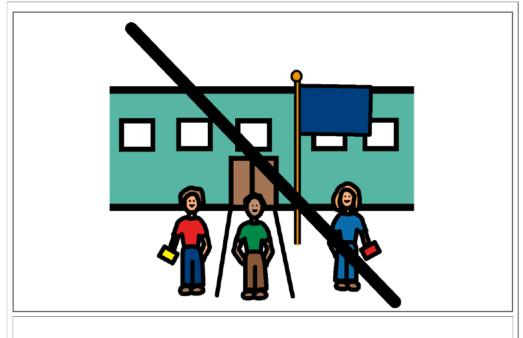




A lot of people are talking about something called Coronavirus.



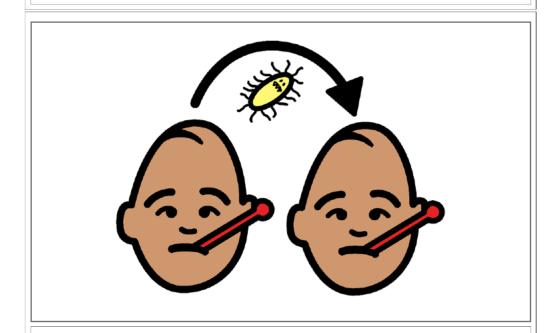
Everyone is working hard to feel safe and be healthy.



My school is closed right now.



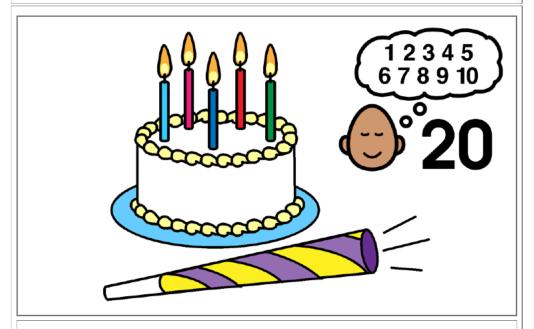
My school is closed because it is being cleaned.



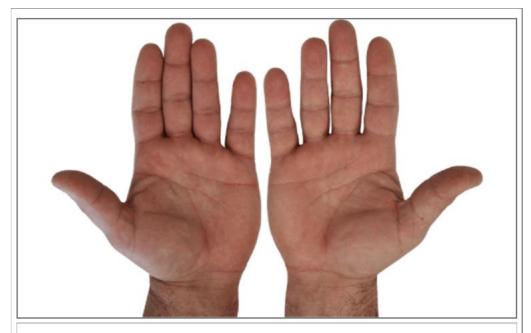
The Coronavirus germs spread VERY easily.



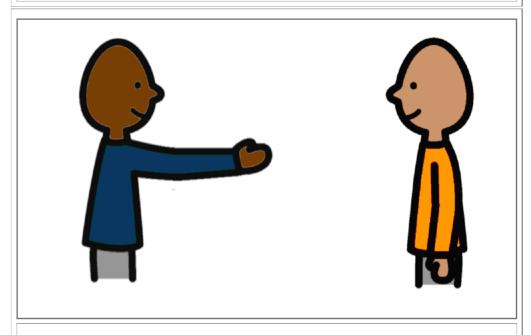
I need to wash my hands A LOT so that I can stay healthy.



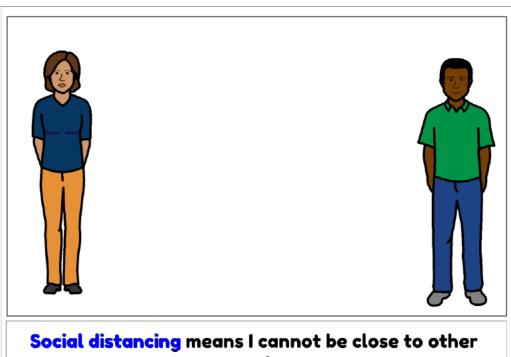
When I wash my hands, I can sing "Happy Birthday," or count to 20!



This will make sure my hands are clean and I stay healthy.



Another thing I can do to stay healthy and safe is called social distancing.



Social distancing means I cannot be close to other people.



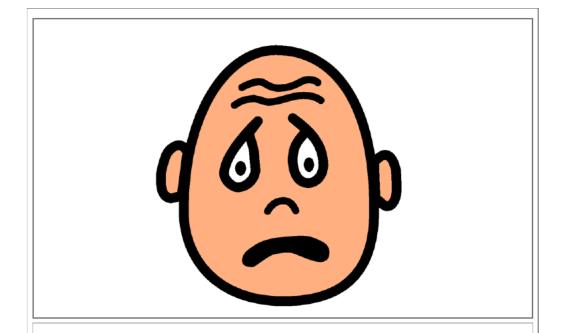
Social distancing also means that crowded public spaces like restaurants, libraries, theaters, and other places might be closed just like my school.



Fun activities or events might be canceled. This is so we can all stay healthy and safe.



These are some things that I CAN do!

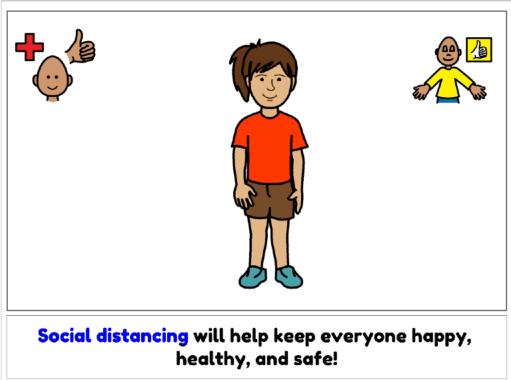


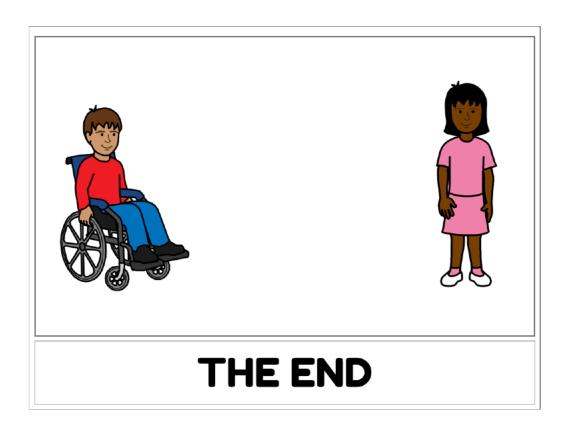
Social distancing might make me feel worried or sad.

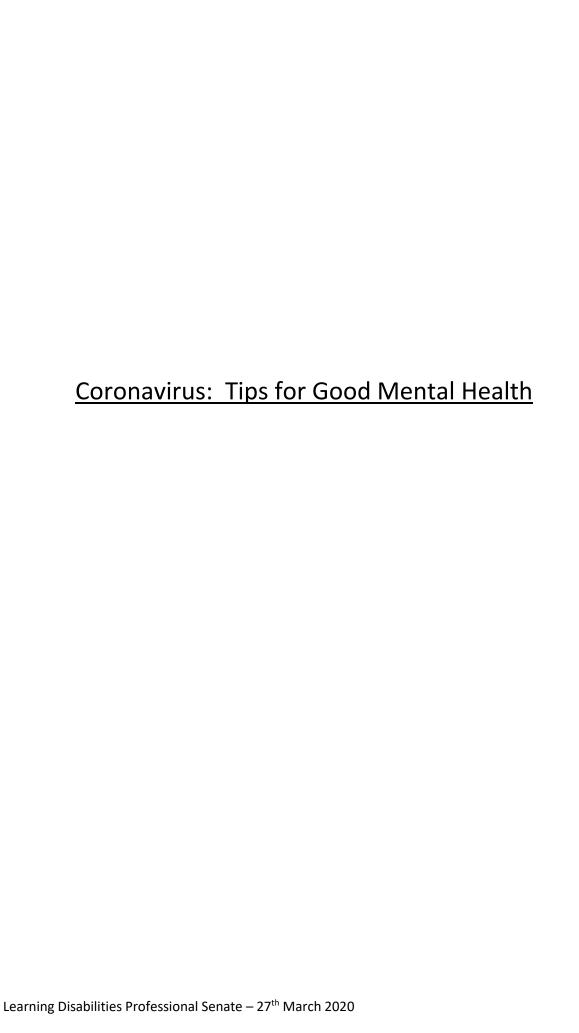


If I feel this way, I can always talk to someone that will help make me feel better.









# Coronavirus Tips for good mental health

Keep a routine. Wake up at the same time every day, shower, eat!







Eat healthy



Go for a walk in the park

Dance to your favourite song



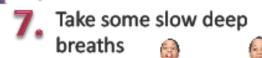
4. Call a friend or family member



Do a fun activity that you enjoy! Such as cooking, baking, art, computer games, music



Avoid reading too much news!





Talk to others about how you're feeling!



## Places are closed

#### Places are closed



Places are closed



College is closed.



The day centre is closed.



The swimming pool is closed.



Restaurants and cafes are closed.



The leisure centre is closed.



The library is closed



Places are closed.



Places are closed to keep me safe from Coronavirus.



Coronavirus is a virus that makes people cough and unwell.



It's okay if I feel scared about Coronavirus. I can keep safe by staying at home.



Everyone is staying at home to keep safe from Coronavirus.



I will be safe at home.

## When the Coronavirus is gone, I can go back to



College



The day centre



The swimming pool



#### Restaurants and cafes



The leisure centre



The library



Until the Coronavirus is gone, I will try and stay at home where I will be safe.

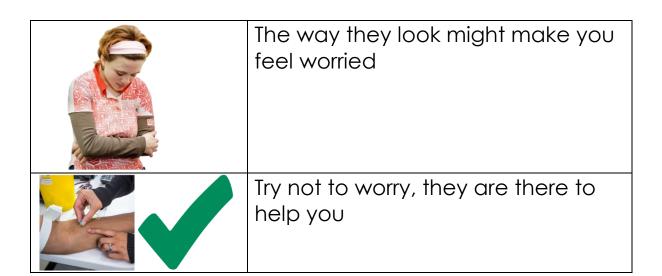
Staff who wear face masks





### Staff who wear face masks

Corona	Coronavirus can spread easily
	It can make people very poorly
1 1 2 2 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	There are ways to keep you and your carers safe when they are with you
	The people who usually see you to help you with your health have to keep you and themselves safe too
	This means they may have to wear something different  This could be gloves, aprons or masks too



## Being stopped by the Police





## Being stopped by the Police

83	You go out in the car or for a walk with your carers for a break
PULT DO	The Police may ask you what you are doing or where you are going
?	You may be worried about being stopped by the Police
	Do not worry the Police are only trying to help you
	Your carers will tell the Police you need some time away from your house. This is how you get your exercise



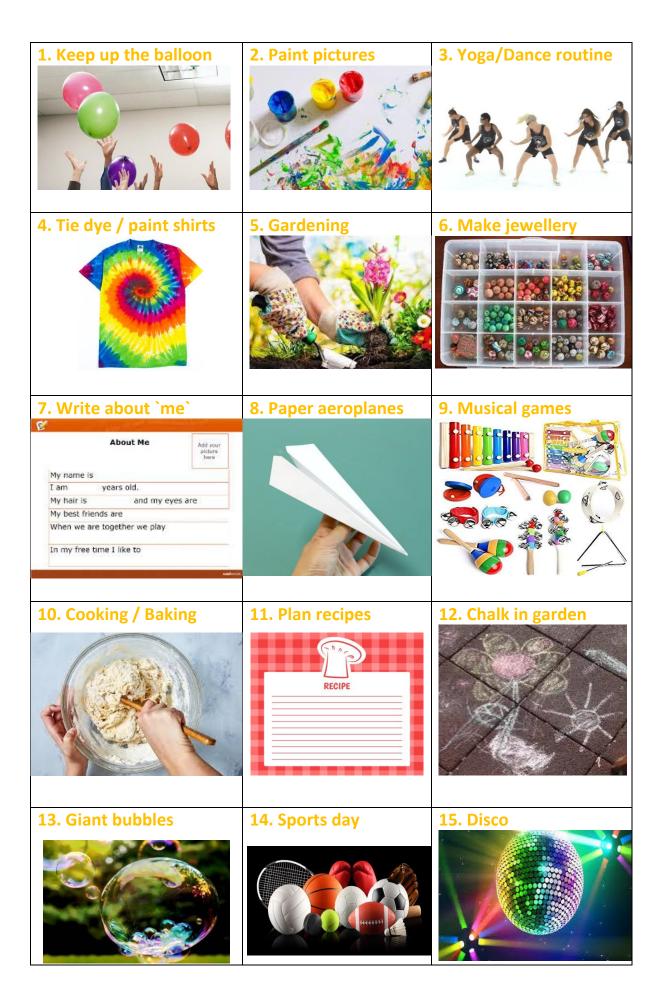
The Police will be happy you are safe

## **Boredom Busters**



- 1. Play keep up the balloon. Focus on stretching and big movements.
- 2. Paint pictures on paper or on the floor outside
- **3.** Have a go at **Yoga or a dance routine** on YouTube.
- **4.** Tie dye or paint t shirts. You can event print a design for these and have someone iron it on.
- 5. Do the gardening
- **6.** Make jewellery (string and beads) if this is safe to do so.
- 7. Make a life story about yourself. Or maybe a mood board of all the things you like!
- **8.** Make paper aeroplanes and boats. Race these. Use descriptive words to talk about what is happening. Try new designs and techniques i.e. fast or slow.
- **9. Play musical games** i.e. musical statues/musical chairs
- 10.Do the cooking/baking
- **11.Plan recipes** Look online at healthy recipes that can be tried
- 12.Decorate the garden with chalk
- 13. Make giant bubbles outside
- 14. Have a sports day
- **15.**Have a disco
- **16.Do a virtual tour online** you could visit a zoo or a museum!
- 17.Do a music making game online:
  - https://musiclab.chromeexperiments.com/
- 18.Treasure hunt
- 19.Indoor/garden picnic
- 20.Skittles or throwing balls into baskets
- 21.Indoor beanbag curling
- **22.Do a workout video online** i.e. Joe Wicks on YouTube.

Please note: All activities need to be risk assessed in line with local policies and procedures.



## Activities to try

# Activities to try Roll forwards on the peanut ball on your tummy In calm room or on mats Roll backwards on the peanut ball on your back In calm room or on mats Blow bubbles March or run around the garden Put on a body sock



## **Butterfly feeder**

## **Butterfly feeder**



#### WHAT WILL YOU NEED:

- 1 x small shallow container with a rim
- 4 x pieces of garden twine
- Scissors
- Photos of butterfly's / nature from magazines.
- PVA glue
- Sugar water
- Small sponge to fit the bottom of your bowl, we cut up some scouring sponges
- Place sponges into container

#### WHAT TO DO:

3	Use the scissors to make four holes equal distance around the bowl
	Cut out images from a magazine
	Glue the images around the sides of the container. Then whilst the glue is drying pass the four lengths of string through the four holes in the rim and (secure with a small knot atop)
	Making sugar water: add 2 parts boiling water to 1 part sugar, dissolve and let cool)
Tabes 1	Take the sponge and dip it in the sugar water, soaking it up, then place inside the bottom of the container
	Hang in the garden on a tree

Created by Polly Dawe- Occupational Therapist
Liberty Care Ltd

## Room fragrance diffuser

#### Room fragrance diffuser

#### Materials/items needed:

- 1 x Small kilner jars per service user (already decorated)
- 1 x Small kilner jars per staff (already decorated)
- 6 x wooden diffuser sticks per service user
- 6 x wooden diffuser sticks per staff
- Baby oil
- Dried petals
- Rose essential oil
- Sandalwood essential oil
- Geranium essential oils

After care – place wooden sticks in the diffuser jar when you would like to use it. If the smell becomes too much or overpowering, take the sticks out and close the jar.



1. Get your jar and wooden sticks



2. Pour in baby oil ¾ of the way up the jar



3. Choose the smells that you want and pour in drops of the essential oils in the jar



4. Put some petals in



5. Once finished, close the lid!
Once home place sticks in

Created by Polly Dawe- Occupational Therapist Liberty Care Ltd



## DIY plastic bottle herb garden

#### DIY plastic bottle herb garden

#### Materials used

- 2 Pint sized plastic milk bottles,
- 3cm wide wooden baton long enough to fit your window
- scissors
- craft or sharp knife
- hole puncher
- ruler
- permanent black marker pen



First give your milk bottle a thorough clean with water and remove labels.

Using the scissors, remove the top and handle of the plastic bottle. You can either do this by following the marking on your bottle by drawing out where you will cut beforehand with a marker.



Using the sharp knife and ruler, cut at 2cm from the longer side of the bottle top edge then make two vertical cuts parallel from the centre of the bottle. The cuts need to be approximately 4cm long and at 1.5cm from either side of the bottle centre (but this depends on your baton size).

Next use the black permanent marker pen to decorate and label each bottle.



Finish the slits by punching holes on the top end of the vertical cuts (this gives the bottles enough space to slide on).



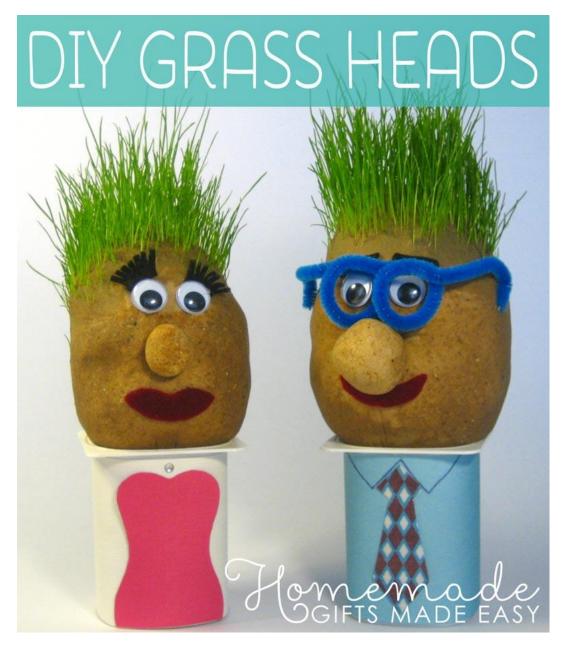
Place your various herbs inside and watch your bottle herb garden flourish!

This can be done by placing potted herbs and any water will be collected in the bottom of the container.

Created by Polly Dawe- Occupational Therapist Liberty Care Ltd



## **DIY Grass Heads**



**Grass Head Materials** 

- Old skin colour tights
- Grass seeds
- Sawdust or compost
- Small yoghurt pot / cup.
- **Decorations** . Googly eyes and fabric scraps for the heads, coloured paper for the bodies, pipe-cleaners for spectacles... get creative :-)
- Water-proof glue. For sticking on the eyes, lips, etc. I used hot glue, but you can use any sort of glue so long as it won't dissolve in water.

#### Instructions



Step 1

Cut tight to size

If not the toe tight a knot in the end and turn inside out to hide knot



Step 2

Stretch the tight over the cup and spoon in about 2 teaspoons full of grass seeds.



Step 3

Pack in some sawdust or potting soil. Aim for the head to be roughly tennis ball sized.



Step 4

Tie a knot to close the end. No need to cut off the dangly bit



Step 5

You can make a round nose or ears by grabbing a bit of tights and twisting. Fasten base of the nose with some thread or a small rubber band.



#### Step 6

Glue eyes on with waterproof glue and draw lips on with a sharpy

#### Growing your Grass Heads when you get home



When you're ready to grow your head, give it a good dunking in a bowl of water to moisten the sawdust/soil. Half-fill the cup / yoghurt container with water, and put the head on top, with the excess stocking dangling down into the water.

Put your creation on a windowsill or somewhere with plenty of sunlight. Check every day to make sure the head is moist - you might need to dribble a few drops of water onto the head now and then.

"Hair" takes about 1 week to sprout . A full head of hair takes 3-4 weeks to grow, and "greying and balding" will occur after about 6 weeks. Experiment with different hairstyles :-) You can make mohawks, pony-tails, crew-cuts... have fun with it!