

This guide is for House no.1

Section 1:

Emotional Wellbeing & Routine

Section 2:

Social Stories

1. About Covid-19
2. In MY Control
3. My Normal Routine has Changed
4. Going to the Test Centre
5. Getting the COVID-19 Test done
6. Getting the Test done: Drive-Through

Section 3:

Activities

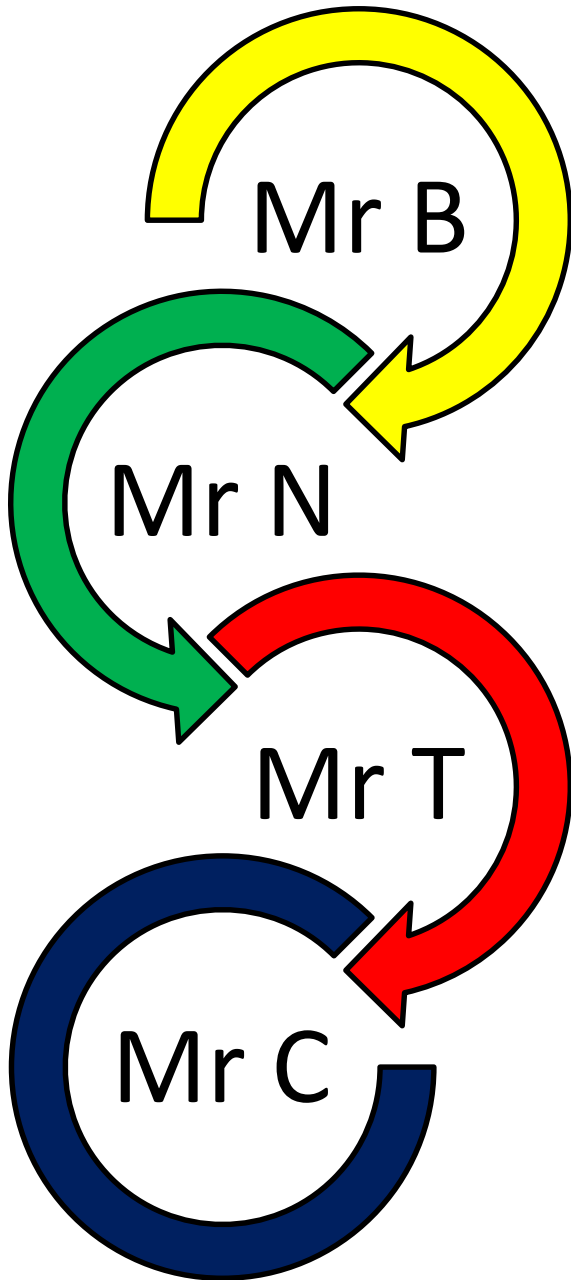
Section 4:

Desensitisation programme, preparing for COVID-19 testing

Section 5:

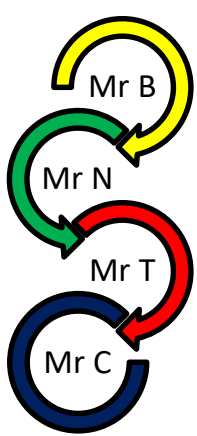
Managing anxieties and Supports

House no. 1



Section 1:

**Emotional
Wellbeing &
Routine**



Section 1: Emotional Wellbeing & Routine

As much as is possible we will support Mr B and Mr N... to keep to normal waking and sleeping hours. Normal routines and try to follow this set pattern every day - predictability is reassuring, especially at times of upheaval and change.

1. Morning time:

Usual routines for showering and dressing.

2. Plan out the day

After breakfast, Mr T, Mr N, Mr B and Mr B will sit down with staff and plan for the day together.

- This can be supported by use of pictures
- This can be supported by talking things through
- ✓ Go through the SOCIAL STORY – In MY control (hand hygiene, cough etiquette, social distancing)
- ✓ Go through steps of DESENSITISATION PROGRAMME– should testing be required in coming weeks each of the residents will be more likely to tolerate it.
- ✓ See ACTIVITY SECTION OF PACK for ideas

3. Visual schedule

This can work well, especially for Mr B.

Helps everyone understand what is happening in that day

NB= each activity begins and ends with Hand Hygiene

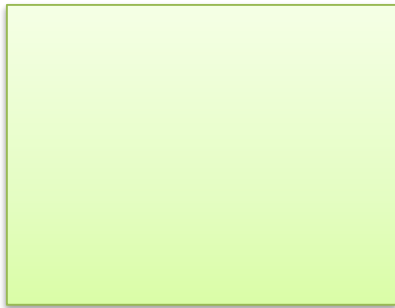
4. Social connectedness

Family links and connections are so important for Mr T, Mr N, Mr B and Mr B. They may feel social isolated from loved ones.

Having visual face-to-face contact will be important.

Facetime / Whatsapp / Skype etc

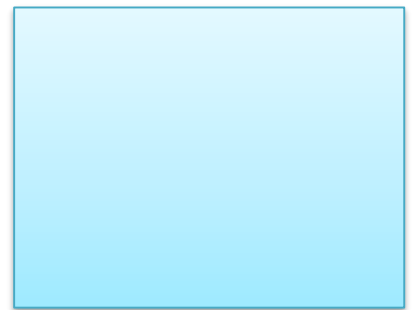
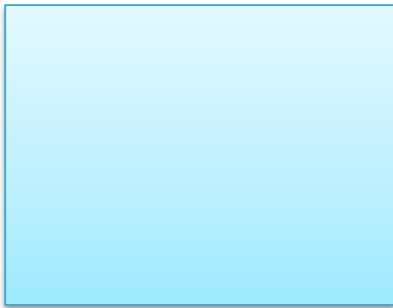
House 1 Morning



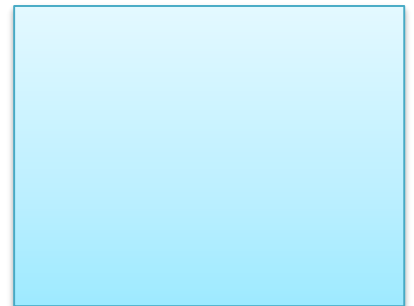
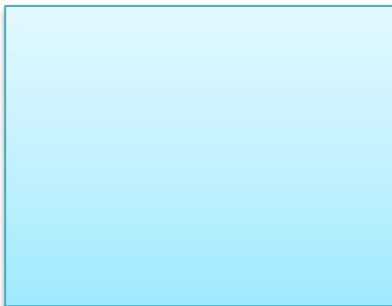
Staff

Planning activities, building in choices.
Remind of social story –
In MY control (hand hygiene, cough
etiquette, social distancing etc)

First..... **Then**

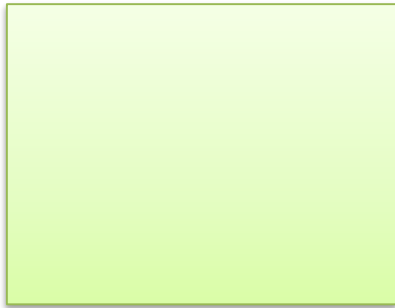


First..... **Then**



Lunch
Healthy Eating

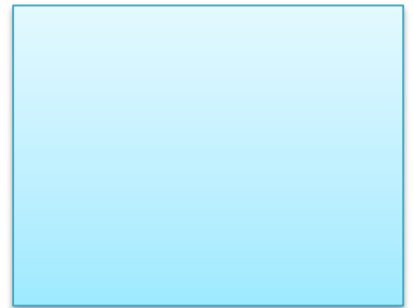
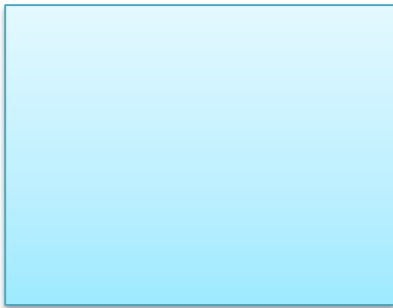
House 1 Afternoon



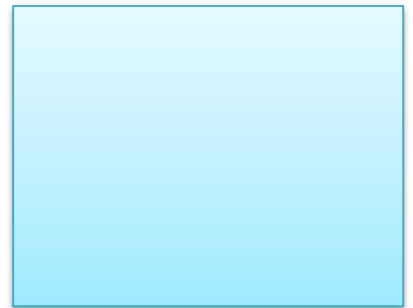
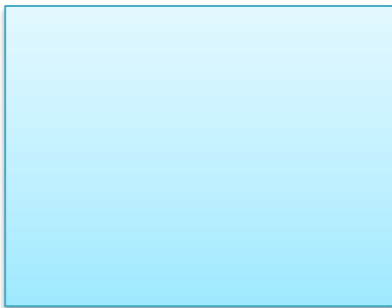
Staff

Try to get outside every day
Keep social distancing rules but
walks, drives, sunlight, parks, lakes
part of the activity list

First..... Then

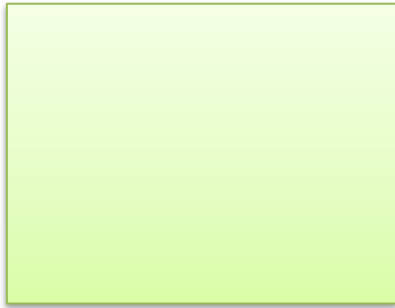


First..... Then



Dinner time
Healthy Eating

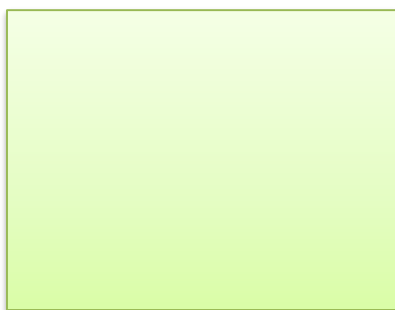
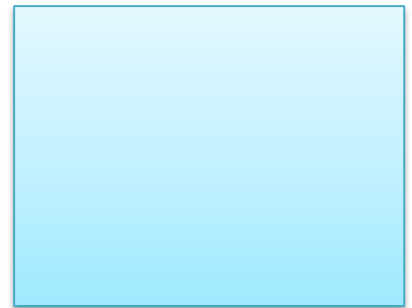
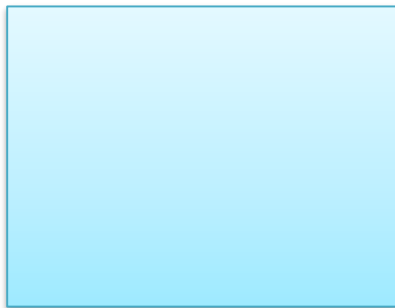
House 1 Evening



Staff

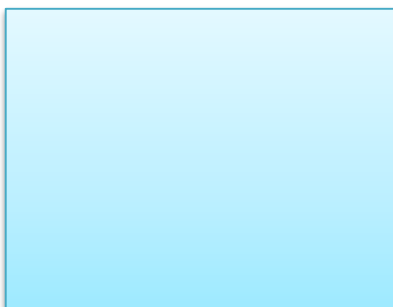
Family links and connections are so important. Mr T, Mr N, Mr B and Mr B may **feel socially isolated** from loved ones. Seeing faces will be important: Facetime / Whatsapp / Skype

First..... **Then**



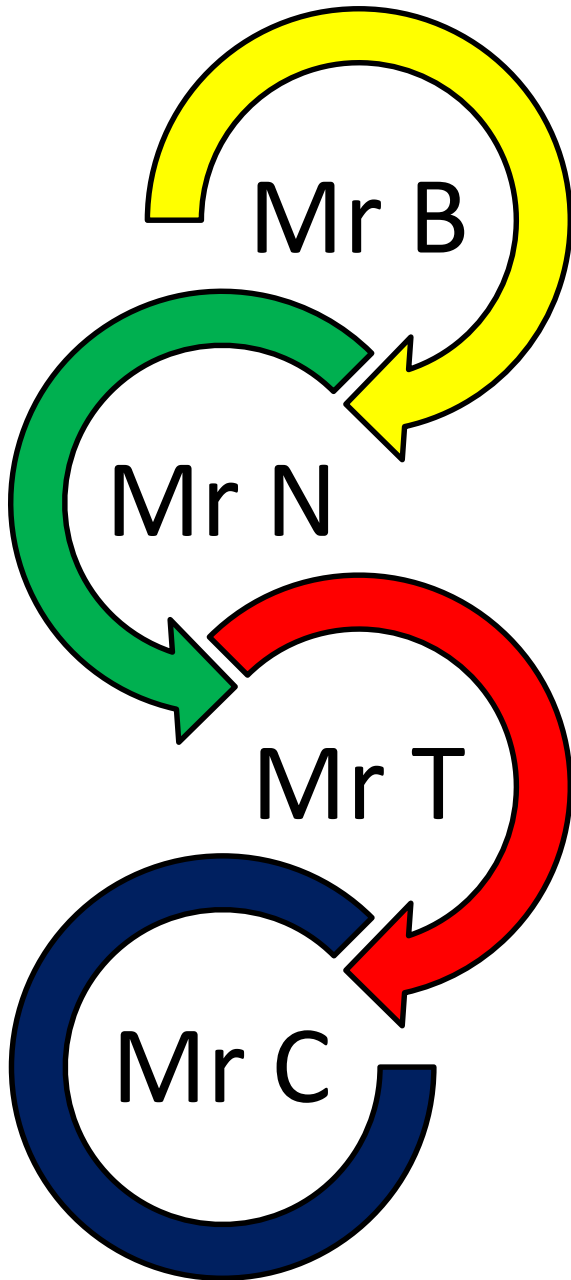
Night staff

Handover – **focusing on positives**, praise and congratulations, and **enthusiasm**



Good sleep hygiene:
Avoid screens for 30 mins before bedtime.
Manage exposure to news, if this becomes a source of anxiety
Normal night time routine

House no. 1



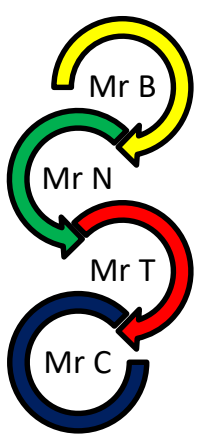
Section 2:

Social Stories About COVID-19

1. About Covid-19
2. In MY Control
3. My Normal Routine has Changed
4. Going to the Test Centre
5. Getting the COVID-19 Test done
6. Getting the Test done: Drive-Through

Section 2: Social Stories

About Covid-19



People are talking about the Coronavirus.

Coronavirus can be called 'Covid19'

There are yellow signs in my house



Covid-19 is a new type of flu.

A flu can make you feel very sick, but it is OK, you will feel better again

Staff will check my temperature.

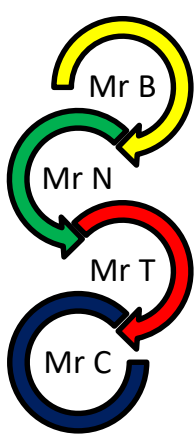
Staff will check if I have a cough, or other signs



My staff will talk with my Doctor, if there are any concerns.

I can read the social story for 'getting tested'





Section 2:

Social Stories

In MY Control

I will try to: 

 I will avoid big crowds of people



 I can keep safe by:

- Washing my hands with soap and warm water



 I can keep safe by:

- If I cough or sneeze, I will cover my mouth with my elbow

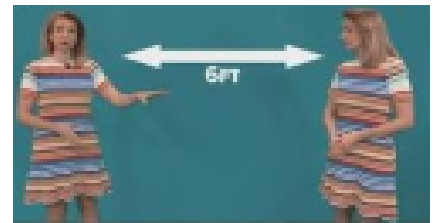


 I can keep safe by:

- I will try to keep my hands away from my face

 I can keep safe by:

- Keeping a safe distance from other people

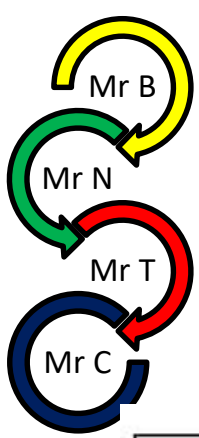


 I can keep safe by

- Not giving hugs, shaking hands or high fives with others (for the moment)



Section 2:
Social Stories



My Normal Routine has Changed (page 1)

The coronavirus is making people sick.

It is like a cold that I can catch from other people.

It is easier to catch than a cold, so I need to be extra careful.



This means that I need to change what I do every day.

Most days I leave my house to go to day service or to do other things.

But most places are closed now.



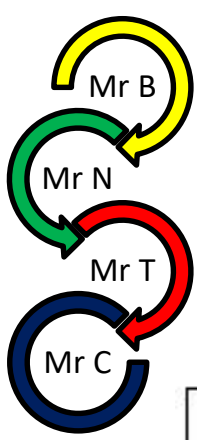
There will be less visitors to my house because they need to stay at home too.



I need to stay at home for a while until everyone gets better from the coronavirus.



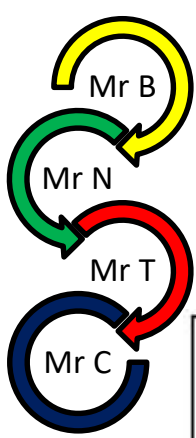
Section 2:
Social Stories



My Normal Routine has Changed (page 2)

<p>This means that I will miss some of my favourite activities.</p>	
<p>I can still do the activities I normally do at home.</p> <p>My support staff will have some new fun ideas of things we can do at home.</p>	 
<p>I can still do some activities outside of my home so long as I don't meet lots of people like going for a walk and a drive.</p>	 
<p>Things will be different for a while but it will be ok.</p> <p>I will be able to go back to normal once everyone gets better.</p>	

Section 2: Social Stories



Going to the Test Centre

My doctor might think I need to have a test to see if I have the corona virus if

- I come into close contact with someone who has the virus

or

- I have a temperature and difficulty breathing



I will go to a tent like this near the hospital to have the test.

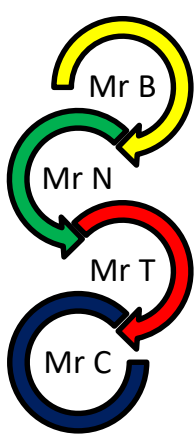


The staff carrying out the test will be wearing protective clothes. This is just to stop them catching the corona virus from somebody else.



When I arrive I will be asked to wear a mask like this

Section 2: Social Stories



Getting the COVID-19 test done

I will be asked to wash my hands.



The staff will ask me some questions about how I am feeling and how long I have been sick. My support staff will help me to answer, if I need them.



I will be asked to blow my nose.

The staff will then place a swab (like an ear bud) in my mouth to take a sample to be tested. I will say 'Ahhhhhhh'. It will only take a minute.



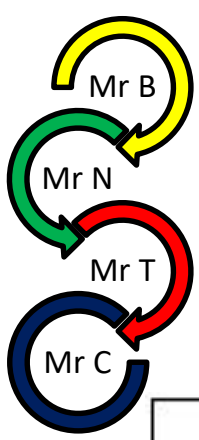
I will have to wait for a few days for the results
The results will tell me if I have the virus



When I am waiting for the results, I will stay away from other people
My support staff will help me during this time.

Read 'In MY
Control'
story

Section 2:
Social Stories



Getting the test done: Drive-Through (page 1)

I will go with my staff in the car to a test centre. I will stay in the car



When you go for the test the nurse will be dressed in a safety suit. This is to protect the nurse from getting sick.



First the Nurse will ask some questions, my staff can help me answer

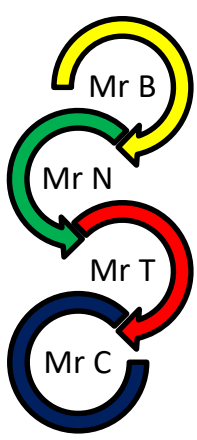


The Nurse will take my temperature

The Nurse will get a swab



Section 2:
Social Stories



Getting the test done: Drive-through (page 2)

The nurse will want to wipe the back of your throat. You will say ahhhhh until your staff counts to 10.

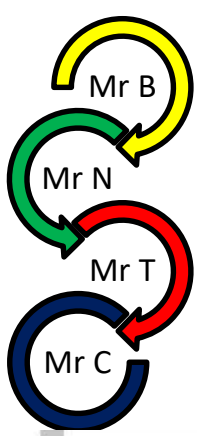


This may feel a little uncomfortable. It will be all done as counting to 10

I am all done and can leave with my staff.



Section 2: Social Stories



Getting tested at home (page1)

I am feeling sick and need to get a test. I might have a cough, a high temperature or a sore throat.



COUGH



FEVER



SHORTNESS OF BREATH

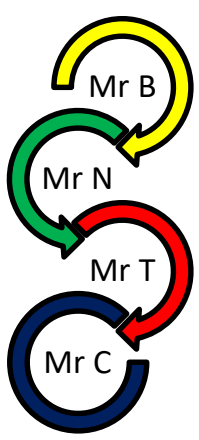
I will wait in my bedroom and someone will come to give me a test.



Staff will give me a mask to wear.



Section 2: Social Stories



Getting tested at home (page2)

Someone will come into my room to do the test with me. They will be wearing goggles, a face mask, an apron and gloves.



Staff will be with me to help me.



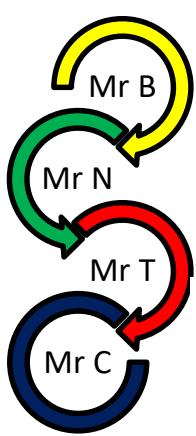
They will take my temperature.



They will do a test on my finger for my oxygen levels and heart rate.



Section 2: Social Stories



Getting tested at home (page3)

I might need to blow my nose.



I will need to tilt my head back and the person will clean my throat with a little swab stick. I will say 'ahhhhh' until my staff counts to 10.



They will also need to swab my nose, this will be quick.

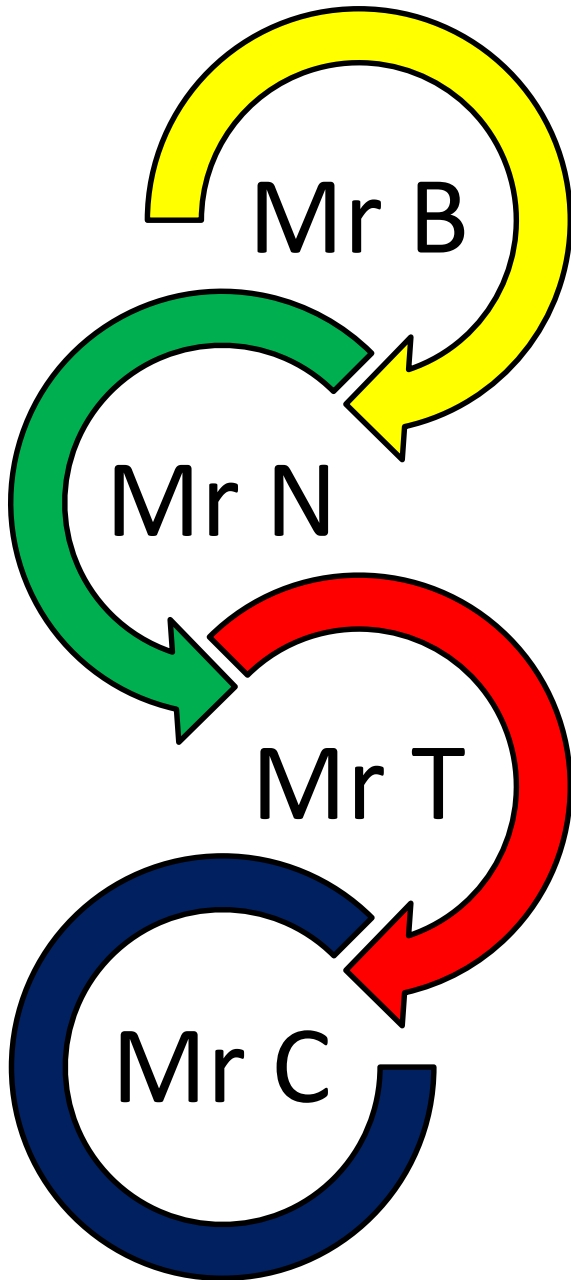


The test will be quick, and the person will leave, my staff will stay with me all of the time.

When the test is over, I will have to wait one or two days or my results during this time I cannot be near my housemates and will have to stay in my room.



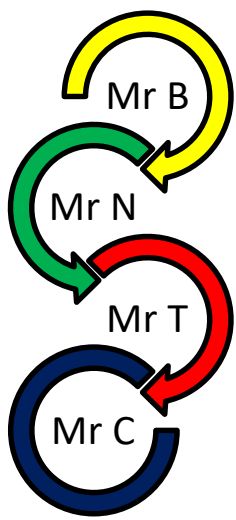
House no. 1



Section 3:

Activities

that may be
considered at times of
social distancing, and
self-isolation



Section 3:

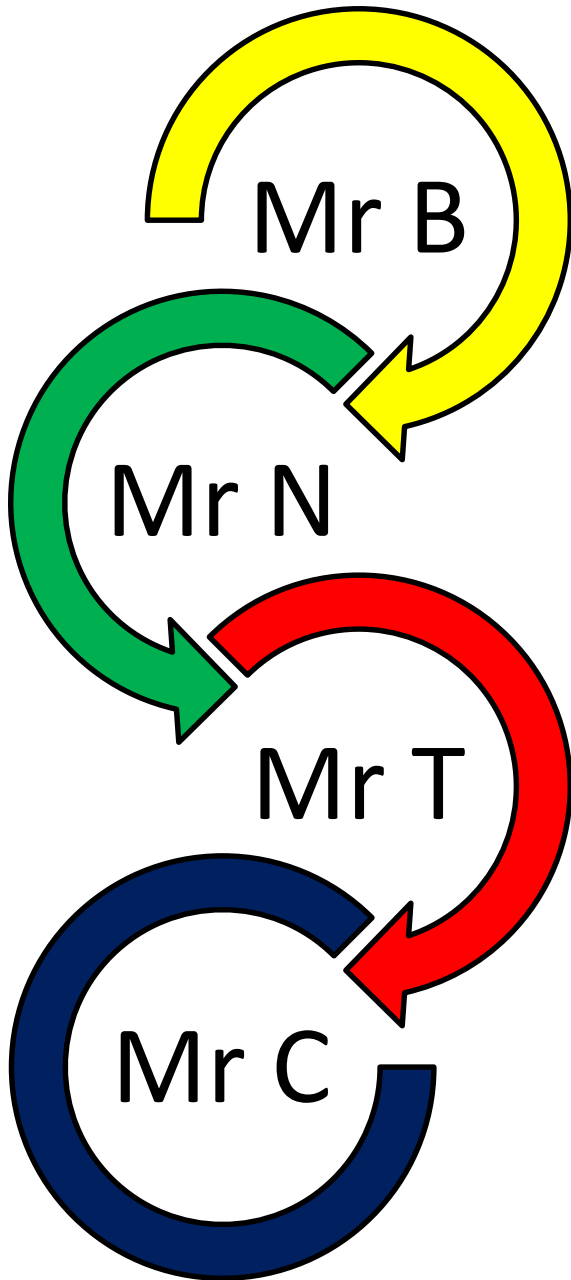
Activities

All can be expanded and creative options explored

Baking / Cooking	Cookbook	Video tutorial / You Tube	Visual recipe	Staff Guidance
Gardening	Tidy-up	New planting	Bird Feeder	Paint decorations for garden
Mass	TV	Saying prayers with staff	Visiting grave	
Walking *keep in mind social distancing	Locality	Forest Walks		
Going for a drive				
Memories	Scrapbook	Memory box	Create a personalized jigsaw online	Photobook (online options available)
Family Contact	Phone Call	Whatsapp / Skype	Send a card	Video Call to another house
Drive Thru cinema				
<ul style="list-style-type: none"> Retrodrivein.ie Be aware of time needed in car and interest in film 				

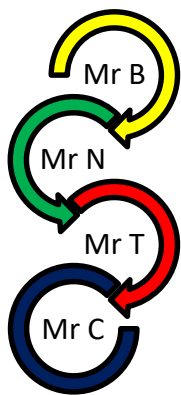
Home Workout	Joe Wicks online workout	You tube	Visuals	Follow Staff Lead
Yoga / Chair Yoga		You Tube	Visuals	Follow Staff Lead
Be Creative!	Furniture restoration	Easter Cards / Decorations	Adult Colouring books	Painting
Sensory Activities				Water based
<ul style="list-style-type: none"> Check with current OT recommendations 				
Decorating	Paint your room	Re-arrange furniture	Hang some photos	De-clutter
Music	Online music events / artists	DVD concerts	Radio / TV	
Spa Day	Relaxing music / face mask / massage	Nail painting	Foot spa	Massage
Virtual Tours	<p>Zoo</p> <p>https://kids.sandiegozoo.org/videos https://www.houstonzoo.org/explore/webcams/ https://www.memphiszoo.org/animal-cams https://nationalzoo.si.edu/webcams</p>	<p>Museums</p> <p>National Museum of Natural History (Dinosaurs, Plants, Early life, Ancient seas, Mammals, Ice Age, Genome) National Museum of Wildlife Art Louvre Museum Guggenheim Museum and Foundation, New York</p>	<p>Journey around the world</p> <p>www.airpano.com/360video</p>	
Learn a new skill	Knitting	Online Shopping	iPad	
Books	<p>Read</p> <p>*Libraries Ireland have an online service for audiobooks etc. Borrow Box app</p>	Podcast	Story time from space – astronauts reading in outer space, some stories may be appropriate	
Picnic (even if it's in the back garden)				
Create a Family Tree	Online Info	Phone Family		
Board Games	Minute to Win it Games (google ideas)			
Make a list of things you want to do when this is over				
Share some good news	With Family	Other houses	Staff	On TV – find some good news
Have a party	Disco	Music	Nice food	
Relaxation Hour				
<ul style="list-style-type: none"> Lights Down Soft Music (Calm app) Essential Oils 				
Scavenger Hunt	List of things to find / see on a walk	Visuals of things to look out for on a walk		Staff to point out sounds / smells / colours
Online Games	Computer	iPad		

House no. 1



Section 4:

**Desensitisation
Programme for
COVID-19
Testing**



Section 4:

✓ Desensitisation programme for COVID-19 testing

COVID-19 Testing Desensitisation Program

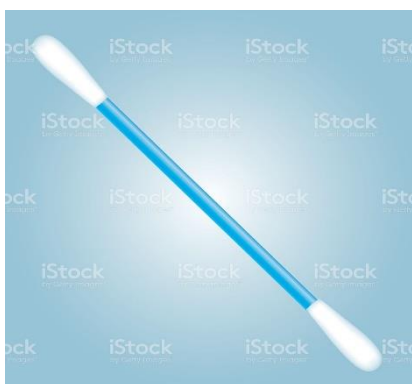
Resources Required

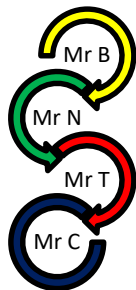
Make a kit to include:

- Box to hold items
- Mouth mask
- Gloves
- Glasses (if possible)
- Apron
- Cotton buds
- Tissues

Visuals:

- First / then and visual of steps
- Social story





Section 4:

✓ Desensitisation programme for testing

COVID-19 Testing Desensitisation Protocol Steps:

1. Individual sits on chair.
2. Staff sit beside / stand to the side of individual while wearing mask, gloves, plastic apron (and protective glasses if possible).
3. Staff ask individual to blow their nose into tissue. (Staff / individual discards tissue into black bag).
4. Staff ask individual to lean their head back.
5. Staff ask individual to say "AHHH" / "open mouth".
6. Staff hold cotton bud in front of individual.
7. Staff place cotton bud on lips of individual's open mouth.

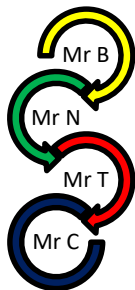
(note: do not place cotton bud into mouth).

****To increase individual's tolerance and exposure to protective equipment, staff should wear the equipment intermittently throughout the day while doing everyday tasks****

How to practice:

- Have a preferred item ready that the individual can have when they have tolerated the step.
- Place a picture of the preferred item on the 'then' section of the first/then visual.
- Start at step 1, when the individual has tolerated the step provide praise and the preferred item.
- If the person is successful after one trial, move on to the next step.
- If the person is unsuccessful tolerating the step, try again later in the day.
- Practice two steps each day.
- You do not need to record, this is just to practice and help the individual's awareness of what to expect if they need to be tested.

******In the event of testing any visual materials brought to the testing will be contaminated, please put into a black bag and throw into the general waste bin outside of the house******



Section 4:

✓ Desensitisation programme for testing

COVID-19 Testing Visual Steps:

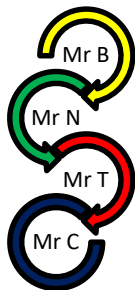
Please cut out and place on the 'first' section of the first/then visual board:

Step 1:



Step 2:





Section 4:

✓ Desensitisation programme for testing

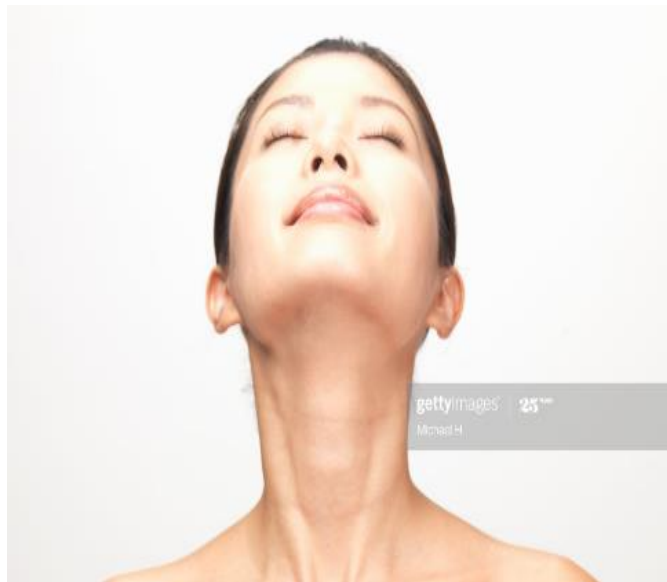
COVID-19 Testing Visual Steps:

Please cut out and place on the 'first' section of the first/then visual board:

Step 3:

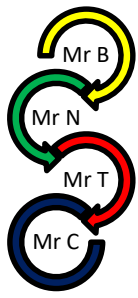


Step 4:



Step 5:





Section 4:

✓ Desensitisation programme for testing

COVID-19 Testing Visual Steps:

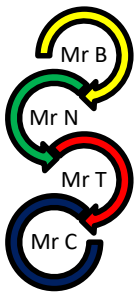
Please cut out and place on the 'first' section of the first/then visual board:

Step 6



Step 7





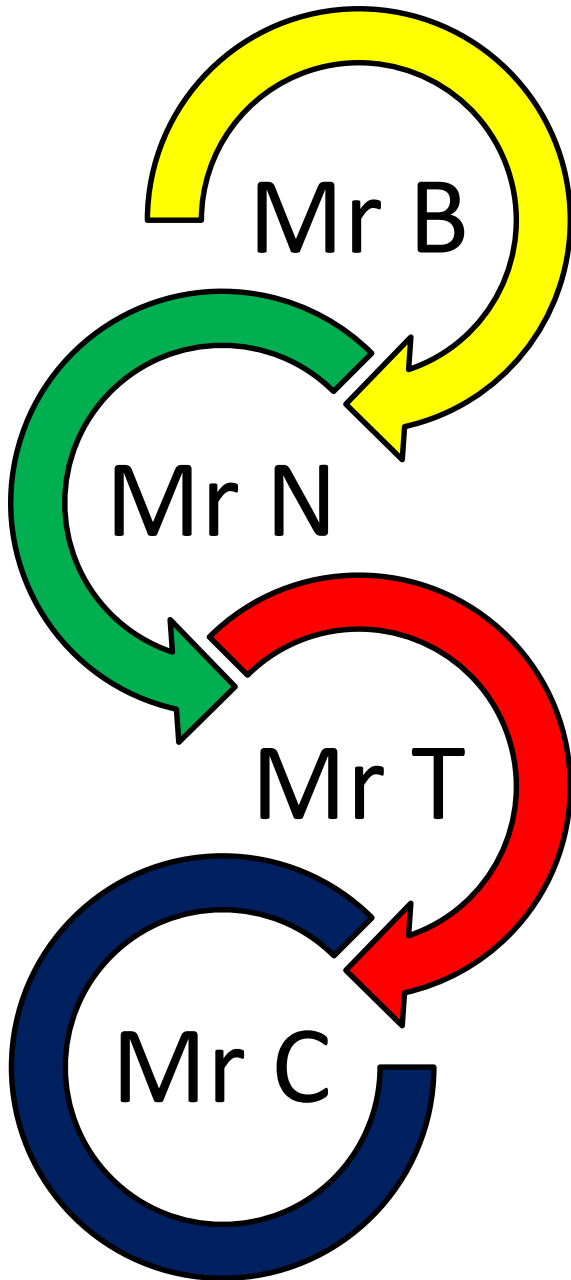
Section 4:

- ✓ Desensitisation programme for testing

First

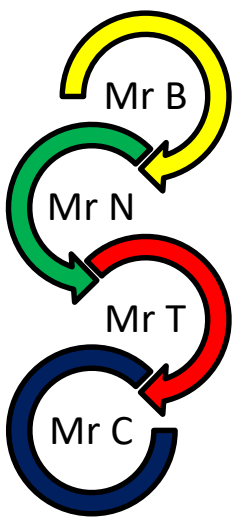
Then

House no. 1



Section 5:

Managing Anxiety and Supports



Section 5:

Managing any anxieties

All of the steps outlined in this document are designed to

- a) Alleviate anxieties
- b) Give predictability as best as is possible
- c) Enhance emotional and physical wellbeing and activities
- d) Nurture social connectedness with loved ones
- e) Managing future anxiety (COVID-19 testing) & desensitisation

Staff in House no. 1 have a wealth of strategies and experience in supporting Mr B, Mr N, Mr T and Mr B. Please be assured of 100% support from colleagues.

If any additional supports are required

e.g. Mindfulness

e.g. Video-calls

e.g. Fine-tuning any social story

... please do not hesitate in contacting any member of the team