

## Coronavirus - Information for families with children with disability



Easy English



## Hard words

This information has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

## You can get help with this book



You can get someone to help you

- read this book
- know what this book is about
- find more information.

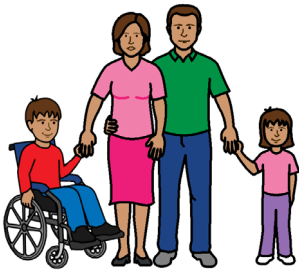


## About this book



Health  
and Human  
Services

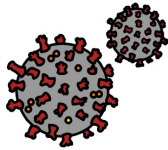
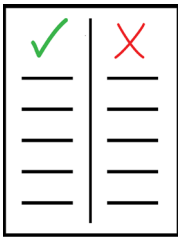
This book is by the Department of Health and Human Services.



This book is about

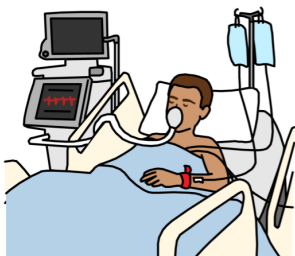
- support for families with children with disability

and



- **restrictions** because of **coronavirus**.

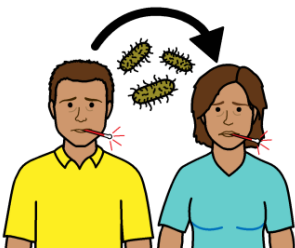
Restrictions are rules that mean we have to do less of some things.



Coronavirus

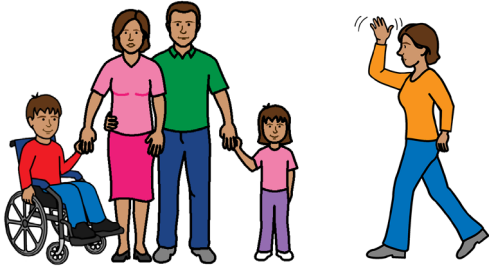
- can make people very sick

and



- is spread when you are close to someone else.

## Who can come to my home to help me care for my child with disability?



A relative or friend can come to your home for **care giving reasons**.



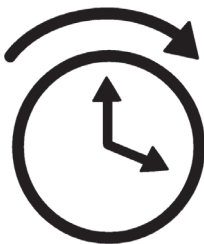
Care giving reasons means they

- help with your child's disability support needs

or



- help you give care and support to your child.



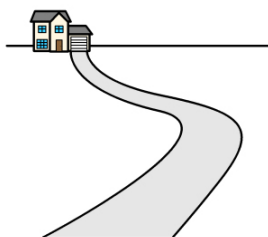
To travel to a house for care giving you can go

- at any time

and

- any distance.

For example, more than 5 kms.



## Can someone look after my child while I work?



A relative or friend can come to your home to look after your child while you work.



Only 1 person can come to your house to look after your child while you work.

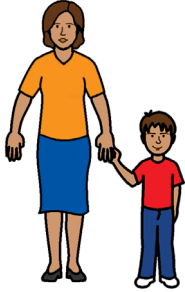


The relative or friend who cares for your child in your home **must** wear a face mask unless they have a reason **not** to that is within the rules.



You can talk to your child about why people wear face masks.

## Can my child with disability go to a relative or friend for respite care?



Yes. Your child with disability can go to a relative or friend for respite care.



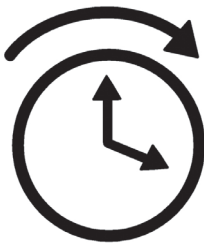
Your child can stay at the house overnight if you need them to.

The overnight stay must be to support

- your child's disability support needs

or

- your role as a parent or carer.



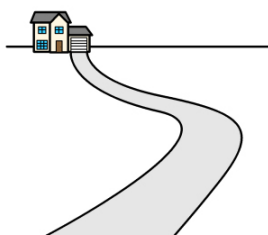
To travel to a house for respite care you can go

- at any time

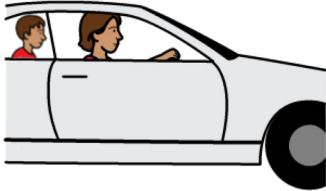
and

- any distance.

For example, more than 5 kms.



## Can I take my child with disability for a drive to help manage their behaviour?



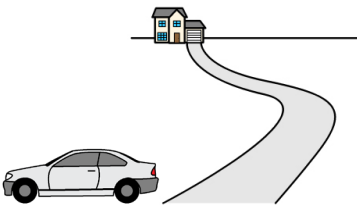
Yes. You can only take your child for a drive to

- help manage their complex behaviour needs

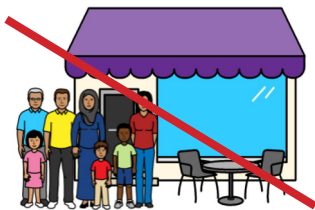
and



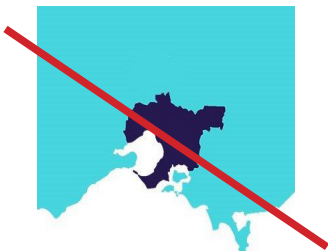
- escape harm. This includes harm to themselves.



The drive can be more than 5 km from your home.



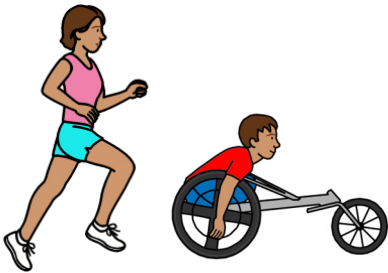
If you take your child for a drive you must **not** stop anywhere unless it is essential.



You **cannot** drive to regional Victoria if you live in metropolitan Melbourne.

You **cannot** drive to metropolitan Melbourne if you live in regional Victoria.

## Can I take my child out for exercise and then exercise again by myself?

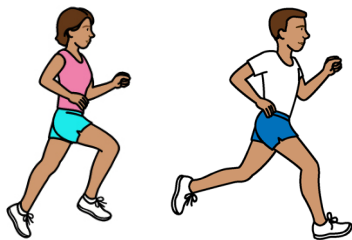


Yes. You can

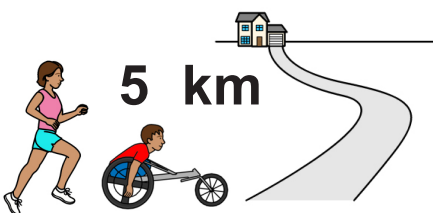
- take your child out if they need support to exercise

and

- exercise again by yourself.



The exercise to support your child with disability is separate to the 2 hours of exercise allowed for parents or carers each day.



If you live in metropolitan Melbourne you **must** stay within 5 km of your home for exercise.

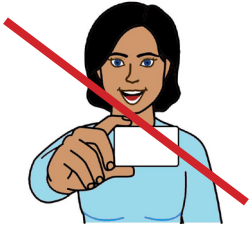


If you live in regional Victoria

- you can go more than 5 kms from your home to exercise
- you **cannot** leave regional Victoria for exercise.



## Do I need a permit to do these things?

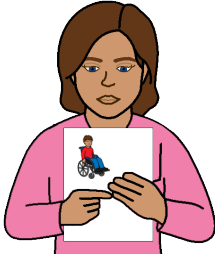


You do **not** need a permit.

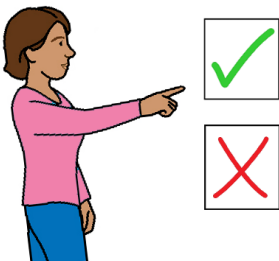
The police might ask what you are doing.



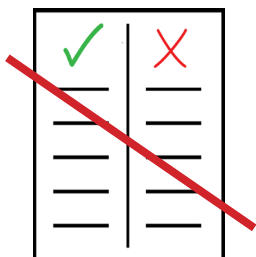
Tell the police you are supporting the care of a child with disability.



You might feel more confident if you have a letter about your child's disability from your doctor or therapist.



You can choose if you want to ask your doctor or therapist for a letter.



It is **not** a rule that you must carry a letter about your child's disability.

## More information



### For more information about restrictions

Go to the DHHS website.

[www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19](http://www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19)



### For information about coronavirus

Call the Coronavirus Hotline.

1800 675 398

Press 0 if you need an interpreter.



Call the disability information helpline.

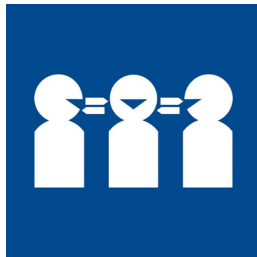
1800 643 787



**If there is an emergency**

Call Triple Zero.

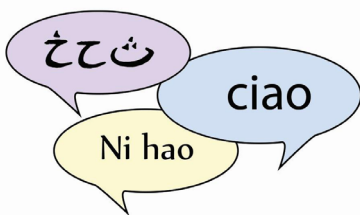
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**If you need help with English**

Contact the Telephone Interpreting Service.

131 450



**If you need information in another language**

Go to the DHHS website.

[www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19](http://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19)



## If you need help to speak or listen

Use the National Relay Service.

Website

[nrschat.nrscall.gov.au/nrs/internetrelay](https://nrschat.nrscall.gov.au/nrs/internetrelay)

Call 1300 555 727



Give the relay officer the phone number you want to call.

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Scope's Communication and Inclusion Resource Centre wrote the Easy English in October 2020 [www.scopeaust.org.au](http://www.scopeaust.org.au).

For the original contact the Department of Health and Human Services.

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Services

