



### **BARRIERS IN UNDERSTANDING THE COVID-19 FOR PWD**

Person with disabilities are at elevated risk of developing.

Not able to accessing preventive materials.

Poor self-hygiene.

Dependency on bodily contact with the surroundings or support individuals.

### **HOW TO HANDLE EMOTIONAL/ BEHAVIOURAL PROBLEM**

Encourage them to express their anxiety or stress through drawing or paintings or writing or sign language.

Don't leave them alone as they are more prone to develop mental health issues.

Provide them emotional support through family members and pets.

When the behaviour problem are hazardous or self-injurious parents may use TIME-OUT it is a form of positive reinforcement.

### **FAMILY MEMBERS / CAREGIVERS EXECUTE THE GIVEN SUGGESTIONS**

Follow a healthy lifestyle like daily exercise (as per the physical strength of the person), taking proper food and sleep.

Engage them in play & creative activities as per their ability with the toys / objects.

Reduce the screen time don't encourage them to spend more time in TV/ Mobile.

Activity scheduling for example in the name of "PAN SCHEDULE" caregiver's/ parents advice to make their own new schedule with available resource.

### **HELPING PERSONS WITH DISABILITIES DURING LOCKDOWN**

Information regarding COVID-19 can be displayed on white or notice or communication board through simple pictures or writing format. Moreover, explain as per their level of understanding.

Mass media communication should include heading, national sign language, high contrast, large font print information. On the other hand, scare should not be produced to them.

Demonstrate the safety hygiene methods like regularly washing hands through pictures or sign language.

Provide the disinfection of entrance doors reserved for persons with disabilities, handrails of ramps or staircases, accessibility knobs for doors reserved for people with reduced potency.

### **HOME BASED TRAINING**

If the person was undergoing any therapy such as speech therapy or behaviour therapy or occupational or physiotherapy, then family members or caregivers can continue the same at home and if needed any help then ask the therapist over phone.

Some of the useful links as follows;

- [Exercise for children with Autism during lockdown \(307 KB\)](#)
- [Guidance for children with Autism during lockdown \(1.15 MB\)](#)
- [Activities for kids at home during lockdown \(1.15 MB\)](#)
- [Message to Parents of Divyangjan regarding Corona Virus\(Covid-19\)](#)
- [For COVID-19\(Coronavirus\) information](#)
- [Awareness Posters for Covid-19 \(01.91 MB\)](#)