

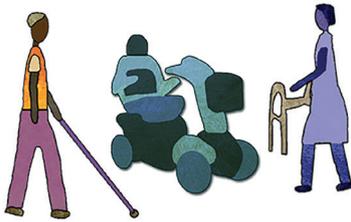
**Table 3: My COVID-19 Plan. Complete the following plan and put it in a safe and easy to find place in your home**

My COVID-19 Plan	
 <p><b>Communication</b></p> <p><input type="checkbox"/> I have my phone, computer or tablet to be able to stay in touch with people or call people in emergency?</p> <p><input type="checkbox"/> I have enough data and credit to keep in touch?</p> <p><input type="checkbox"/> Other things I need to do?</p>	<p>Write the name or your phone company here:</p>  <p>Write the name of the company the data for your computer is with here:</p>  <p>Other important information about my communication:</p>
 <p><b>Management of Health</b></p> <p><input type="checkbox"/> I have my list of who to call?</p> <p><input type="checkbox"/> I know if I'm in a medical emergency – call 000.</p> <p><input type="checkbox"/> If I develop COVID-19 symptoms, I will call my doctor first or the National Coronavirus Helpline on 1800 020 080</p> <p><i>(continued over)</i></p>	<p>Write your list of emergency contacts here:</p>  <p>Write down the name of your support person for making health decisions:</p>



My COVID-19 Plan	
<p><b>Management of Health</b> <i>(continued)</i></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Then call my service provider to let my support workers know that I have COVID-19 symptoms.</li><li><input type="checkbox"/> Have my important health information printed and accessible including my medications, blister packs, essential supplies and contact information if I have someone who helps me with my health decisions</li><li><input type="checkbox"/> I have a plan for looking after my mental and physical health and wellbeing if I have to stay home for a long time?</li><li><input type="checkbox"/> I know if I run out of essentials (food, medication) and there is nobody to help me, I can call the Disability Information Helpline on <b>1800 643 787</b> or the National Coronavirus Helpline on <b>1800 020 080</b>.</li></ul>	<p>Write down a list of your current medications:</p>     <p>Write down a list of essential supplies you need:</p>     <p>Things I am going to do to look after my mental and physical health and wellbeing:</p>

## My COVID-19 Plan



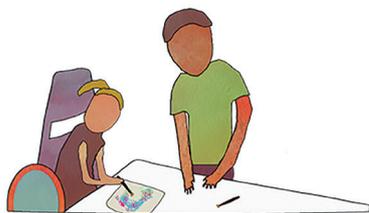
### Assistive Technology (AT)

- I have my power sources and back-up power supplies
- Other:

#### Notes:

Repairs to AT in an emergency are considered by the National Disability Insurance Agency (NDIA) as urgent repairs. More information can be found [here](#).

Write down your current assistive technology maintenance people:



### Personal Support

- I have clear COVID-19 personal support instructions for my support staff, including any new support staff?
- I have communicated my COVID-19 care instructions to all of my support staff?
- I have written COVID-19 care instructions down and posted them in an accessible location at home?
- I have discussed my plan with my emergency contact?
- I have a copy of my NDIS plan or My Aged Care support plan?

Write down where copies of your important documents are kept:

Write down the names of your back-up list of support workers here:

Write down the name and phone number of who you will call in an emergency:

Write down phone numbers of service providers, NDIA and other supports here:

## My COVID-19 Plan



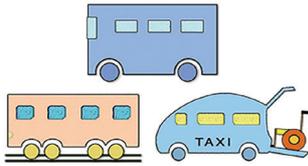
### Assistance animals and pets

- I have a plan for who will look after my animal if I become unwell?
- I can develop a detailed preparedness plan for my assistance animal or pet using [this information](#).

Write down the name and phone number of your vet here:

Write down the name of people who will help you with your animals if needed:

Write down your animals needs here:



### Transportation

- I will call ahead to plan appointments?
- I will make different plans to make sure I don't have to leave home?
- I have a plan for different ways to travel if I need to go out?
- I have someone who can help me make decisions about transport?

Write down your transport options here:

Write down the contact details of who can assist you with transport:

## My COVID-19 Plan



### Living Situation

- I have made or checked my home safety plan?
- I have considered ways to protect me and others at home if we need to isolate from each other if someone gets sick?
- I have a plan to increase household cleaning so that surfaces are wiped down regularly to decrease spread of germs?

Write any notes here:



### Social Connectedness

- I have an emergency contact list?
- I shared my emergency contact list with my support network?
- I have a plan for staying connected and in touch with people?

Write down your contact list of name and phone numbers here:

Write down your plan for staying connected and in touch with other people here: