

Activities for Carers and Children with a Disability

As we practice social distancing due to the coronavirus, we've compiled a list of fun and engaging activities that you can do with children and young people at home. Where possible we have included resources which have been prepared specifically for children with disabilities and their carers.

For more information about the coronavirus, including these and other educational activities, please visit the online carer platform: www.childprotection.sa.gov.au/carers.

For all online resources, especially video recordings, we recommended that you view them first before allowing children to watch, to ensure the content is age-appropriate.

For carers

Documentary

Autism Awareness Australia have developed a great resource. The documentary follows stories of twelve fathers with children on the spectrum. The documentary shares the experiences of Aussie dads as they navigate the world of parenting and autism.

URL dadfilm.com.au

How do I manage the coronavirus scare as a parent of a child with autism?

Here are some tips for tackling the coronavirus conversation:

URL bit.ly/3bzkuJl

Online safety accessing programs/ platforms for learning

URL esafety.gov.au/about-us/blog/covid-19-online-safety-kit-parents-and-carers

MyTime

MyTime was developed for parents and carers of children with a disability, developmental delay or chronic medical condition. It's a place for carers to unwind, talk about their experiences and incorporates guidance from facilitators to help access information about services in their area.

URL mytime.net.au



Door sign

Resource for household with people with compromised immune systems.

URL bit.ly/2Y6nKYT

Additional links

URL kidshealth.org/en/parents/coronavirus-autism.html

URL psychologytoday.com/au/blog/adapt-and-grow/202004/coping-coronavirus-families-children-autism

URL raisingchildren.net.au/guides/coronavirus-covid-19-guide/coronavirus-physical-distancing-disability

URL downsyndrome.org.au/resources/coronavirus.html

URL emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak

For children

Here are some child-friendly resources to support understanding of the current coronavirus situation.

Depending on the capacity of a child or young person, these resources may need to be revisited often and a caring person needs to be available to comfort, support and answer any questions the child or young person may have about the current situation.

Coronavirus - A book for children

This book aims to simplify answers to complex coronavirus questions for children. It also addresses common feelings like boredom, anxiety over coronavirus.

URL bit.ly/2XYpldK

Sensory based online activities

During coronavirus, Impact church are providing fun online activities each week that are Sensory Based.

URL impactchurch.me

Playschool coronavirus special

Aimed at pre-school children to explain some of the changes going on related to coronavirus including not going to childcare, pre-school, school and not visiting other houses and places. It also covers how the virus is transmitted, personal hygiene practices, social distancing, video calling family and friends and some calming strategies.

URL tiny.cc/61mlnz

Hey You Mob – Hand washing Video

Animated instructional hand washing video aimed at children 3-10.

URL tiny.cc/v3mlnz

Coronavirus Information Video – Calm Kids Central

Covers basic information on coronavirus and ways to cope with worries associated with the virus, for the general population. Ideal for children aged 4-11.

URL calmkidcentral.com/covid-19

Social Stories to support young people's understanding of coronavirus

Social Stories are used to explain social situations to children and help them learn socially appropriate behaviour and responses. Many social stories have been developed to help children understand coronavirus and how it impacts their current situation. Sue Larkey, a qualified educator who has taught students with autism spectrum disorder in the mainstream and special schools has social stories that can be accessed from her website.

URL tinyurl.com/ybgmqcdp



NDIS News

Changes to National Disability Insurance Scheme (NDIS)

Refer to the NDIS website for coronavirus related updates.

The following information has recently been communicated by NDIS regarding their coronavirus response:

- NDIS plans can be extended by up to 24 months, ensuring continuity of support and increasing capacity of NDIA staff to focus on urgent and required changes to plans
- Face-to-face planning shifted to telephone meetings where possible
- Action plan to ensure NDIS participants and their families continue to receive the essential disability supports they need

URL ndis.gov.au/coronavirus