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
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 though 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

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

First .................. Then

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

First .................. Then

Dinner time
Healthy Eating
House 1 Evening

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

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

Night staff

First.................   Then
Section 2:

Social Stories About COVID-19

1. About Covid-19
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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)
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.
### My Normal Routine has Changed (page 2)

<table>
<thead>
<tr>
<th>This means that I will miss some of my favourite activities.</th>
<th><img src="image" alt="No Swimming" /></th>
</tr>
</thead>
<tbody>
<tr>
<td>I can still do the activities I normally do at home.</td>
<td><img src="image" alt="Knitting" /></td>
</tr>
<tr>
<td>My support staff will have some new fun ideas of things we can do at home.</td>
<td><img src="image" alt="Watching TV" /></td>
</tr>
<tr>
<td>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.</td>
<td><img src="image" alt="Walking" /> <img src="image" alt="Driving" /></td>
</tr>
<tr>
<td>Things will be different for a while but it will be ok.</td>
<td><img src="image" alt="Smiley Face" /></td>
</tr>
<tr>
<td>I will be able to go back to normal once everyone gets better.</td>
<td><img src="image" alt="Smiley Face" /></td>
</tr>
</tbody>
</table>
My doctor might think I need to have a test to see if I have the coronavirus 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 coronavirus 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 ‘Ahhhhhh’. 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
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 ahhhh 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.
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

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 (page 3)

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.
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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Cookbook</th>
<th>Video tutorial / You Tube</th>
<th>Visual recipe</th>
<th>Staff Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baking / Cooking</td>
<td>Cookbook</td>
<td>Video tutorial / You Tube</td>
<td>Visual recipe</td>
<td>Staff Guidance</td>
</tr>
<tr>
<td>Gardening</td>
<td>Tidy-up</td>
<td>New planting</td>
<td>Bird Feeder</td>
<td>Paint decorations for garden</td>
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<tr>
<td>Mass</td>
<td>TV</td>
<td>Saying prayers with staff</td>
<td>Visiting grave</td>
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<tr>
<td>Walking</td>
<td>Locality</td>
<td>Forest Walks</td>
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<tr>
<td>*keep in mind social distancing</td>
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<tr>
<td>Going for a drive</td>
<td></td>
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<tr>
<td>Memories</td>
<td>Scrapbook</td>
<td>Memory box</td>
<td>Create a personalized jigsaw online</td>
<td>Photobook (online options available)</td>
</tr>
<tr>
<td>Family Contact</td>
<td>Phone Call</td>
<td>Whatsapp / Skype</td>
<td>Send a card</td>
<td>Video Call to another house</td>
</tr>
<tr>
<td>Drive Thru cinema</td>
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<tr>
<td>• Retrodrivein.ie</td>
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<td></td>
<td></td>
<td>Be aware of time needed in car and interest in film</td>
</tr>
<tr>
<td>Home Workout</td>
<td>Joe Wicks online workout</td>
<td>YouTube</td>
<td>Visuals</td>
<td>Follow Staff Lead</td>
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<tr>
<td>Yoga / Chair Yoga</td>
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<tr>
<td>Be Creative!</td>
<td>Furniture restoration</td>
<td>Easter Cards / Decorations</td>
<td>Adult Colouring books</td>
<td>Painting</td>
</tr>
<tr>
<td>Sensory Activities</td>
<td>• Check with current OT recommendations</td>
<td></td>
<td></td>
<td>Water based</td>
</tr>
<tr>
<td>Decorating</td>
<td>Paint your room</td>
<td>Re-arrange furniture</td>
<td>Hang some photos</td>
<td>De-clutter</td>
</tr>
<tr>
<td>Music</td>
<td>Online music events / artists</td>
<td>DVD concerts</td>
<td>Radio / TV</td>
<td></td>
</tr>
<tr>
<td>Spa Day</td>
<td>Relaxing music / face mask / massage</td>
<td>Nail painting</td>
<td>Foot spa</td>
<td>Massage</td>
</tr>
<tr>
<td>Virtual Tours</td>
<td></td>
<td>Zoo</td>
<td>Museums</td>
<td>Journey around the world</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="https://www.houstonzoo.org/explore/webcams/">https://www.houstonzoo.org/explore/webcams/</a></td>
<td><a href="https://www.memphiszoo.org/animal-cams">https://www.memphiszoo.org/animal-cams</a></td>
<td><a href="https://nationalzoo.si.edu/webcams">https://nationalzoo.si.edu/webcams</a></td>
</tr>
<tr>
<td>Learn a new skill</td>
<td>Knitting</td>
<td>Online Shopping</td>
<td>iPad</td>
<td></td>
</tr>
<tr>
<td>Books</td>
<td>Read</td>
<td>Podcast</td>
<td>Story time from space – astronauts reading in outer space, some stories may be appropriate</td>
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<tr>
<td>*Libraries Ireland have an online service for audiobooks etc. Borrow Box app</td>
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<tr>
<td>Picnic (even if it’s in the back garden)</td>
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<tr>
<td>Create a Family Tree</td>
<td>Online Info</td>
<td>Phone Family</td>
<td></td>
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<tr>
<td>Board Games</td>
<td>Minute to Win it Games (google ideas)</td>
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<tr>
<td>Make a list of things you want to do when this is over</td>
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</tr>
<tr>
<td>Share some good news</td>
<td>With Family</td>
<td>Other houses</td>
<td>Staff</td>
<td>On TV – find some good news</td>
</tr>
<tr>
<td>Have a party</td>
<td>Disco</td>
<td>Music</td>
<td>Nice food</td>
<td></td>
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<tr>
<td>Relaxation Hour</td>
<td>• Lights Down</td>
<td></td>
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<tr>
<td></td>
<td>• Soft Music (Calm app)</td>
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<tr>
<td></td>
<td>• Essential Oils</td>
<td></td>
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<tr>
<td>Scavenger Hunt</td>
<td>List of things to find / see on a walk</td>
<td>Visuals of things to look out for on a walk</td>
<td>Staff to point out sounds / smells / colours</td>
<td></td>
</tr>
<tr>
<td>Online Games</td>
<td>Computer</td>
<td>iPad</td>
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</tbody>
</table>
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
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