



Top 31 Ways to use Support Workers while avoiding COVID-19



For some participants, personal care, lifting and other physical support needs means you can't avoid having direct contact with support workers.

But there are many people in the NDIS, who don't need that physical support. If you are one of those people, you can ask your support workers to help support you, but to work to not touch you or get close to you. Here are a stack of ideas. Please feel free to add your own to share!

The most important thing is to always make sure they **wash their hands**, really well, as soon as they arrive or meet you.

So, depending on your support needs, your worker could maybe:

1. meet you outside and go for a walk together, keeping a few metres apart
2. sit outside, 2 metres apart, and learn to play an instrument together (like ukulele, or the recorder)
3. make and/or fly a kite at the local park
4. leave your laundry outside the front door, and ask your support worker to pick it up, take it home, wash and dry, and then return it if they're ok to do this
5. get a free skype account and talk, and read books, help prompt or direct you with cooking something yummy, watch a TV show or movie at the same time as you, play online games together or even do your online shopping together
6. take you for a drive (with you in the back if you're not driving!) with the windows down and play the music loud and sing (this may not be a safe enough distance apart, however)
7. help you find and collect some free or cheap basic gym equipment, set it up outside, and have the worker direct, from a safe distance, a great workout
8. if legal and safe, have a fire pit set up and sit either side of it and tell ghost stories, or eat lots of marshmallows
9. google outdoor yard pranks and have some fun with neighbourhood friends
10. try geocaching
11. sit across an outside table at home, and paint rocks, and then walk to a local park and hide them for others to find (google "painted rocks" to learn more)
12. letterbox the neighbours with you and offer to walk their dogs for free or pay

13. do your shopping and errands without you if you are at risk, so you are less likely to be exposed
14. find a free or cheap outdoor table on gumtree or facebook, make a net from an old pair of stockings, grab some table tennis bats online and play ping pong outside in the driveway (or beer pong if you're old enough and like beer as much as my son!)
15. wash the car together, but always on opposite sides of the car, and wear gloves
16. build a garden together and grow some food, herbs or pretty flowers
17. have your worker help you facetime with your friends
18. learn a new language together (maybe Auslan – sign language)
19. tennis is a low contact game, and maybe renting a couple of kayaks or going for a bike ride could work to get outside
20. remote art programs
21. have them help you sort out a home budget
22. check out the bazillions of online learning apps and homeschool resources
23. do some virtual tours of some of the world's greatest museums and art galleries
24. play Pictionary or scrabble by zoom
25. develop a daily routine and make some visual schedules together
26. learn to do some outdoor household chores – like sweeping or picking up the dog poop
27. teach the dog a few new tricks – tonnes of great YouTube videos to learn this
28. learn a magic trick together
29. buy a cheap blind from the bargain bin, and see if you can borrow or score an old cheap projector, and set up an outdoor cinema at home for an evening – just keep those bean bags a few metres apart
30. learn about botany, and collect samples from your local parks and build an album of dried leaves and flowers
31. make a podcast remotely together

I've not included links for all of these – a quick google, or even a request on this post will probably get you a bunch of good answers!

This list was compiled, in part, with some ideas from the (awesome) people in the “NDIS Self-Managing Participants And Their Families” Facebook Group. Thank you for their brilliant ideas.

Feel free to share this list, with credit, but add your own ideas, too!

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