

FUN WAYS WE CAN SUPPORT YOU WHILE AVOIDING COVID-19

For some customers, 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 without the need to touch you or get close to you.

Here is a list 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, read books, help prompt or direct you with cooking something yummy, watch a TV show or movie at the same time, play online games together or even do your online shopping together.



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. Google 'outdoor yard pranks' and have some fun with neighbourhood friends.



9. Try Geocaching



10. 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)



11. Letterbox the neighbours with you and offer to walk their dogs for free or pay.



12. Do your shopping and errands without you (if you are at risk), so you are less likely to be exposed.



13. 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)



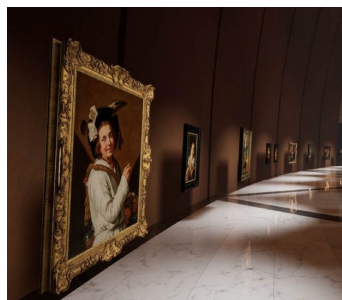
14. Wash the car together, but always on opposite sides of the car, and wear gloves



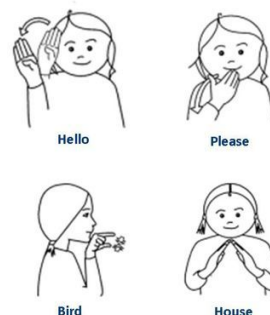
15. Build a garden together and grow some food, herbs or pretty flowers



16. Do some virtual tours of some of the world's greatest museums and art galleries



17. Learn a new language together (maybe Auslan – sign language)



18. Play Pictionary or Scrabble via Zoom



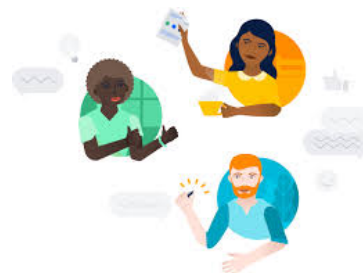
19. Tennis is a low contact game, or going for a bike ride to get outside.



20. Develop a daily routine and make some visual schedules together



21. Remote art programs



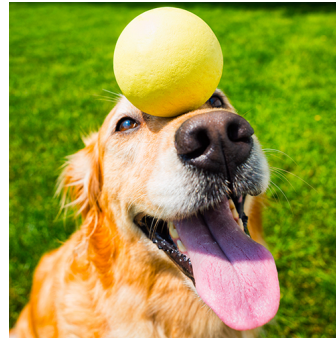
22. Learn to do some outdoor household chores – like sweeping or picking up the dog poop.



23. Have them help you sort out a home budget.



24. Teach the dog a few new tricks – Lots of great YouTube videos to learn this.



25. Check out the bazillions of online learning apps and home-school resources.



26. Learn a magic trick together



27. Hang up a white bed sheet, 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.



28. Learn about botany, and collect samples from your local parks and build an album of dried leaves and flowers.



29. Make a podcast remotely together



30. What is your idea???



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