

Complete the following My COVID-19 Plan and put in an accessible location at your home.

My COVID-19 Plan



Communication

- ☐ I have my phone and computer/tablet to be able to stay in touch with people or call people in emergency
- ☐ I have enough data and credit to keep in touch
- ☐ Other things I need to do:

My phone company is:

My data for my computer is with:

Other important information about my communication:



Management of Health

- ☐ If there is a medical emergency, I will call 000
- ☐ I have a list of my current medications
- ☐ I have a list of essential supplies
- ☐ I have my contact list of who to call in an emergency

(continued over)

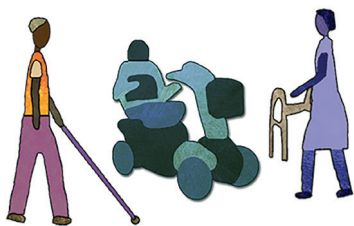
My list of emergency contacts:

My support person for making health decisions:

My list of current medications:

My COVID-19 Plan	
Management of Health (continued) ☐ I 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 ☐ I have a plan for looking after my mental and physical health and well-being if I have to stay home for a long time If I develop COVID-19 symptoms, I will: ☐ Call my doctor or call 13 HEALTH on 13 43 25 84 ☐ let my support workers know that I have COVID-19 symptoms ☐ call 000 if it is a life threatening emergency If someone who supports me gets sick, I will: ☐ call my service provider Notes: I know if I run out of essentials (food; medication) and there is nobody to help me: ☐ I can call the Community Recovery Hotline on 1800 173 349 ☐ NDIA participants, can call the NDIA on 1800 800 110.	My list of essential supplies I need: Things I am going to do to look after my mental and physical health and wellbeing:

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: <https://www.ndis.gov.au/news/4142-urgent-assistive-technology-repairs>

My current AT maintenance schedule is:

My contacts for repairs or fixing my AT:



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 copy of my NDIS plan or My Aged Care support plan

My copies of my important documents are in safe place that is:

My back up list of support workers are:

Phone numbers of my service providers, NDIA and other supports can be found here:

My COVID-19 Plan

Personal Support

(continued)

Notes:

If it is not a medical emergency but I need urgent assistance or urgent supplies (e.g., I have no accessible support or help for critical personal support needs), I will call the Community Recovery Hotline on 1800 173 349.

In an emergency, I will call:



Assistance animals and pets

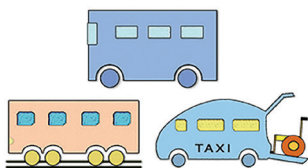
☐ I have a plan for who will look after my animal if I become unwell.

I can develop a detailed preparedness plan for my assistance animal or pet using this information: <https://www.qld.gov.au/emergency/dealing-disasters/prepare-for-disasters/prepare-pets>.

My vet is:

Medications my animal needs are:

Person who will help me if needed with my animals is:



Transportation

☐ I will call ahead to plan appointments

☐ I will make different plans to avoid the need to leave home

☐ I have plan for different ways travel if I need to go out

☐ I have someone who can help me make decisions about transport

My transport options are:

Contacts who can assist me with transport are:

My COVID-19 Plan



Living Situation

- ☐ I have made/reviewed my home fire safety plan
- ☐ I have considered ways to protect me/ others at home if we need to isolate from each other if someone gets sick
- ☐ I have a plan to crease household cleaning so that surfaces are wiped down regularly to decrease spread of germs

Notes:



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

My emergency contact list is in safe place that is:

My plan for staying connected and in touch with people is:
