



Plan

As a family, you can plan and make decisions now that will help you and your family during a COVID-19 outbreak.

The plan looks at the needs and daily routine of your household members.

Get information and stay in touch

Get up-to-date [information about COVID-19 from the HSE](#) and from television, radio and newspapers that you trust.



Talk with the people who need to be included in your plan.

Meet with the people you live with, other relatives, and friends.

Talk over what to do if you or a family member become ill due to COVID-19.



Emergency Care Plan

This booklet is for family carers to think about who could offer support, and what that person would need to know, in the event the primary family carer is unable to provide care due to an emergency.



Talk about what each person might need. Make sure everybody in your house knows what they should do.

If a family member has high support needs you can complete [an emergency care plan](#).

Then others know what to do if the main carer becomes unwell.

Plan ways to care for those who might be at greater risk for serious complications.



If worried, ask your doctor for more information about monitoring your health [for symptoms suggestive of COVID-19](#).

Ask about [how to protect yourself and others from Covid 19](#).

Plan ways to care for those with higher support needs.



Think about increasing the number of caregivers you can call on in case some caregivers become unwell or cannot work.

If you organise care or support through a service, find out what plans the service have in place if staff become unwell.

Talk to family and friends about extra support they could provide, and when you may need to call upon them.



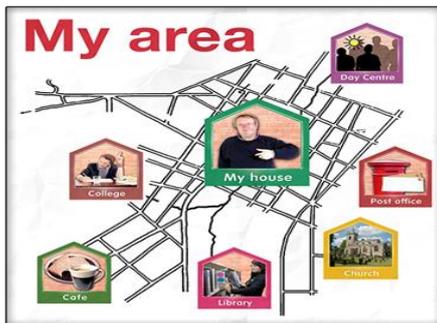
Get to know your neighbours.

Talk with neighbours you know about your emergency planning.

Introduce people in your support network to each other. Then they can connect and work together easily if you or a family member become unwell.



Think about joining a neighbourhood social media group to keep in contact with neighbours and local information.



Find organisations in your community that can help.

Make a list of the local organisations that you can contact if you need information, health care services or other supports. Call 0818222024 for community supports with shopping and medical appointments



Make a telephone contact list.

Include family, friends, carpool drivers, your doctor, local disability service providers and anyone else you know who may be of help.

Inclusion Ireland's telephone number is 01-8559891

Please phone us if you would like to talk to someone about Covid 19 supports and resources for people with intellectual disability.

For more information visit:



[Health Service Executive \(HSE\)](#)



[Inclusion Ireland](#)