

Taking charge and being prepared for what is in your control is a good way of allowing us to enjoy what we have and to lessen the impact of external events.

What is a Covid plan?

A Covid plan is some forward-thinking for your family to ensure you have the right support if something out of the ordinary happens due to Covid. No two plans will look the same, they're all individual.

This Covid plan is for (child's name):	
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The first step is thinking about who is in your life. Such as family, friends, supports, and allied health services and write them in the box below.

Who do you feel you can call, and for what reason?

Who is in my life? (family, friends, supports, and allied health service).

Think about who you feel most comfortable with having as a key contact/s in your personal life. Your key contact should be someone you can rely on to 'steer the ship' or let other people know what's happening. Ask them if they are OK with their name and contact details being on a list.

Check to see if they can provide the support you need, and have a chat about how this could look (maybe they have some good ideas or can suggest other people who could help as well).

If you use a service provider, ask for their covid plan, and a key contact there. Key contact name, on-call, and emergency numbers for the organisation:

Child's name		Main Service Provider:	
My main contact there is <i>(name & number):</i>			
My emergency contact there is <i>(name & number):</i>			

Q1. What happens in my family's day that is essential?

Things like: medication, communication aids, food, physical and emotional wellbeing, etc. Use the table below to fill out any routines or preferences for your child.

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Morning							
Lunch							
Afternoon							
Dinner							
Evening							
Bed							
Notes:							

Below are some questions you might want to think about.

Where will I put essential information for my key contacts? On the fridge, e-mailed, in a folder?

If we are quarantined, who can get food, medication, and other essentials for me?

If I am unwell, can I call anyone in to help with the kids? Can my service provider still come into the home?

What equipment (masks, cleaning, continence aids, etc) or medication do I need in case we have to stay home?

Are we able to do any therapy appointments as telehealth/phone/video appointment? Which ones?

Have you got a copy of everything for your key person? (mask or vaccination exemption/certificates, medication, routines, plans, people your child works with)

Being prepared- a checklist and even a bag in case you need for each family member, including a contact list and this plan 😊