

Top Tips for caring for people with a learning disability and or Autism during the Covid 19 outbreak.

1. Try to speak in short simple sentences.
2. Check that someone has understood , by asking them What they, need to do/ what is going to happen?
3. People with a learning Disability and or Autism may need more time to process what has been said before they are able to respond.
4. People may have either a mini COVID Hospital Passport or a full hospital passport with them, this will have useful information about their health needs, their communication and their preferences.
5. A phone call to the learning Disability Team or their family or carer may provide useful information about them.
6. People with a learning disability with Autism, may well have difficulties processing sensory information, so maybe very sensitive to noise for example or may need to jump or spin to meet their sensory needs..
7. People maybe calmer if they can have familiar items with them and may have particular items which help them to remain calm, such as an ipad, soft blanket,.
8. People may find it difficult to take on board information. Easy read formats will help some people and some resources can be found at

<https://www.oxfordhealth.nhs.uk/learning-disability-service/useful-stuff/>

If you need advice in relation to caring for someone with a learning Disability team please contact their local Community team:

North Oxfordshire LDT 01865 903500

Oxford City LDT 01865 904555

South Oxfordshire LDT 01865 903100

The learning disability team in Buckinghamshire is run by Hertfordshire Partnership NHS Trust and can be contacted on 01494 586408