

Resources to support people with intellectual and/or developmental disabilities

Resource package

Coronavirus (COVID-19) has impacted our community and the way we live, work and access services for our individualised needs in many ways. It has also been a time to use services such as telehealth to continue healthcare during this critical time.

These resources have been developed to promote access to telehealth, provide further information on telehealth and overall health maintenance – including physical and mental, and provide further resources and contacts so people can be better informed and know where to seek further information. The package provides a general overview of known areas of concern for people with intellectual and/or developmental disability, workers and their supports. They have been designed to be used independent of, or as an additional support to telehealth.

The overall themes include;

- **Telehealth:** what is telehealth; how do you prepare for a telehealth appointment; costs involved and further information
- **Behaviour Support:** what is behaviour support; behaviour charts; behaviour support plans and further information
- **Accessing services:** which services can support you; support for carers; support around COVID-19 and further information
- **Keeping active:** exercise and activities; staying safe; additional supports and further information
- **Healthy lifestyle:** what is a healthy lifestyle; medical supports that you can seek and further information
- **Eating well:** what is a balanced diet; medical supports that you can seek and further information
- **Carer support:** information and further support for both paid carers, family members and volunteers.

For more information, contact the Centre for Developmental Disability Health.

Centre for Developmental Disability Health (CDDH) supports health professionals in their care of people with intellectual and other developmental disabilities to enable them to achieve and maintain optimal health, function and quality of life.

We recognise that those living with disability are the experts on their own experience. CDDH therefore has strong collaborative partnerships with people with disabilities and those who support them and values their contribution to our work.

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