

## Coronavirus (COVID-19) : Severe Learning Disability

### Information Cards

This pack is designed to help you explain to members of the public and the police that your relative is permitted:

- To go out with more than 1 person as this keeps them safe,
- To be closely supported by carers and members of their household but will be supported to maintain social distancing from anyone else
- To go out for exercise 2 or 3 times a day if they need to
- To travel beyond their local area to a quiet, open space to exercise.

### A4 Information sheet

This could be used in a number of ways:

- To proactively inform your relative's neighbours that they will be going out and not following all social distancing guidance.
- To send to your local police station to inform them of your relative's rights.
- To share on social media to raise awareness in the general public and so fewer families are made to feel uncomfortable in their communities.

### Information Cards

These can be printed. If you select 'print double sided' and then cut along the dotted lines, the card will contain all the information you need. Alternatively, you can print single sided and stick the front and back together. Please share with support staff who may also be out and about with your relative and so they can also print copies.

If you do not have a printer you can take a screen shot on your phone and save this somewhere it is easy to access. It can also be sent to support staff in this format via messaging, WhatsApp or email.

These are intended to be handed to anyone who asks why you are out and about. They contain all the information that the police or public need to understand why your relative is not following the social distancing guidance. We hope this will save you or your relative's support worker time explaining and allow you/them to focus on supporting your relative.

We hope that these resources will promote kindness and tolerance towards people with severe learning disabilities during what is already a very difficult time for them and their families.

**PLEASE DO NOT SHOUT AT ME!**  
**Please be kind & respectful**

I have a Severe Learning Disability

**This means I can't understand lockdown.**

- I can go out with more than 1 person as this keeps me safe.
- My support/carer helps me to keep 2 metres apart from anyone who is not my carer or a member of my household.

Government guidance says that, because I have a specific health condition that requires me to leave home to maintain my health, I can:

- go out for exercise 2 or 3 times a day if I need to
- travel beyond my local area to a quiet, open space to exercise

**I have a care plan that confirms this**

For more information search 'Government guidance coronavirus FAQs what you can and can't do'

To find out more about people who have severe learning disabilities, visit:  
[www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk)



PLEASE DO NOT SHOUT AT ME!

Please be kind & respectful

I have a Severe Learning Disability

- This means I can't understand lockdown.
- I can go out with **more than 1 person** as this keeps me safe.
- My support/carer helps me to keep 2 metres apart from anyone who is not my carer or a member of my household.



PLEASE DO NOT SHOUT AT ME!

Please be kind & respectful

I have a Severe Learning Disability

- This means I can't understand lockdown.
- I can go out with **more than 1 person** as this keeps me safe.
- My support/carer helps me to keep 2 metres apart from anyone who is not my carer or a member of my house-



PLEASE DO NOT SHOUT AT ME!

Please be kind & respectful

I have a Severe Learning Disability

- This means I can't understand lockdown.
- I can go out with **more than 1 person** as this keeps me safe.
- My support/carer helps me to keep 2 metres apart from anyone who is not my carer or a member of my household.



PLEASE DO NOT SHOUT AT ME!

Please be kind & respectful

I have a Severe Learning Disability

- This means I can't understand lockdown.
- I can go out with **more than 1 person** as this keeps me safe.
- My support/carer helps me to keep 2 metres apart from anyone who is not my carer or a member of my house-



PLEASE DO NOT SHOUT AT ME!

Please be kind & respectful

I have a Severe Learning Disability

- This means I can't understand lockdown.
- I can go out with **more than 1 person** as this keeps me safe.
- My support/carer helps me to keep 2 metres apart from anyone who is not my carer or a member of my household.



PLEASE DO NOT SHOUT AT ME!

Please be kind & respectful

I have a Severe Learning Disability

- This means I can't understand lockdown.
- I can go out with **more than 1 person** as this keeps me safe.
- My support/carer helps me to keep 2 metres apart from anyone who is not my carer or a member of my house-



PLEASE DO NOT SHOUT AT ME!

Please be kind & respectful

I have a Severe Learning Disability

- This means I can't understand lockdown.
- I can go out with **more than 1 person** as this keeps me safe.
- My support/carer helps me to keep 2 metres apart from anyone who is not my carer or a member of my household.



PLEASE DO NOT SHOUT AT ME!

Please be kind & respectful

I have a Severe Learning Disability

- This means I can't understand lockdown.
- I can go out with **more than 1 person** as this keeps me safe.
- My support/carer helps me to keep 2 metres apart from anyone who is not my carer or a member of my house-





