

KEY REMINDERS ON COVID-19

A highlight of key points from this week regarding support and precautions on coronavirus (COVID-19) for older people and people with disability.

The **Ageing and Disability Abuse Helpline** is available to report concerns of abuse, neglect and exploitation of older people and adults with disability. Call 1800 628 221 (M-F, 9-5).

1



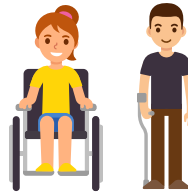
The **Woolworths Basics Box** is available to provide products for people who are currently unable to visit stores, and are in genuine need. The box is \$80 and includes meals, snacks, essential items and delivery. **Visit [woolworths.com.au](https://www.woolworths.com.au) to order for you or someone you know.**

2



People aged 70+, 65+ with chronic medical conditions, people with compromised immune systems, and Aboriginal and Torres Strait Islander people 50+ are at greater risk of more serious illness if they are infected with COVID-19, and are **strongly advised to stay home.**

3



Council for Intellectual Disability has **provided easy read guides on what it means to stay at home.** Please share these with your networks, or talk through with someone you know either on the phone, or while maintaining relevant social distancing guidelines.

4



Red Cross TeleCHAT can help keep older people connected, and are also involved in making special COVID-19 calls to those who are currently undergoing mandatory quarantine. If you know someone who may benefit from this service, please call **1800 885 698.**

5



Relationships Australia Victoria has shared **this** free resource on **tips and simple strategies to take care of yourself, and how to manage stress levels and responses.** A helpful read for everyone at this point in time.