

Coronavirus Easy Read info

We have made new Easy Read info guides about Coronavirus

- [Looking after your health during Coronavirus](#)
- [What to do if you think you have Coronavirus](#)
- [Wearing masks during Coronavirus](#)

See all guides at www.cid.org.au/covid-19

What is self-isolation like?



Shu spent 2 weeks self-isolating.

She was worried about being infected.

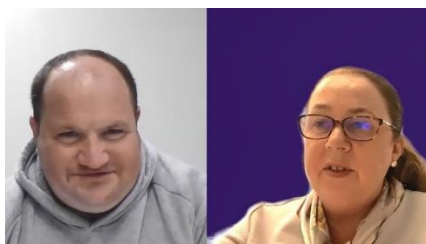
She got tested twice.

She did new things to stay happy.

The good news is Shu did not have COVID.

Go to www.cid.org.au/coronavirus

Royal Commission hears about Coronavirus



Anthony Mulholland told the Disability Royal Commission about his life during Coronavirus.

He said

- I felt so isolated
- There were different messages. It was very confusing for me
- I have learnt that I have to look after myself and my mental health

Go to www.cid.org.au/coronavirus

All about friends



We have made an Easy Read info guide about friends.

You can find out

- Why friends are important
- What makes a good friend
- How to meet new friends

To get the guide call us on **1800 424 065**



Royal Commission public hearings

The Disability Royal Commission
Commission will have public hearings
on

- medicating people
- education
- criminal justice
- First Nations people
- training of health care professionals
- employment

Most people are not allowed to go to the
hearings because of Coronavirus.

But you can give evidence in other ways and
watch the hearings online.

For info call the Disability Royal Commission
1800 517 199

Videos about Coronavirus and health



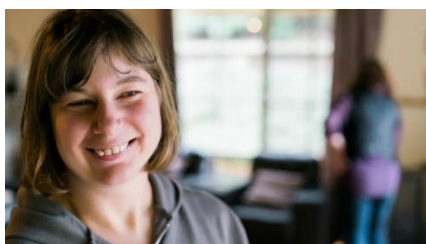
We have helped make videos about COVID-19.

The videos are about

- What is COVID-19?
- Getting tested
- How to self-isolate
- Going to hospital
- Supporting people with disability

Go to www.health.nsw.gov.au or call NSW Health **1800 643 787**

Your health rights during Coronavirus



The Human Rights Commission has made guidelines to protect the rights of people with disability.

Call the Commission **1300 369 711**

Your health rights



The Commission on Safety and Quality in Health Care has made a guide about good health care.

The guide tells you about

- what to take with you to hospital
- getting the right information
- making choices about your health care
- what healthcare staff will do

Call the Commission **02 9126 3600**

Disability Expo



This year the Disability Expo will be online.

There will be accessible webinars.

You can ask questions online.

There will be entertainment and prizes.

The Expo starts on September 4.

Go to www.virtualdisabilityexpo.com.au.



National Youth Disability Summit

The National Youth Disability Summit starts on September 29.

You can find out about

- Education
- Employment
- Mental health
- The NDIS and housing
- Access, awareness and inclusion

The Summit will be online because of Coronavirus.

For more information call CYDA **03 9417 1025**



Inclusive research Easy Read guide

Inclusive research is when people with disability are part of the research team.

There is a guide to doing inclusive research with people with disability.

The guide helps organisations work better with people with disability.

To get a copy call the Disability Innovation Institute **02 9385 9114**



How are people during Coronavirus?

People with disability were asked what impact Coronavirus has on their lives.

People said they feel

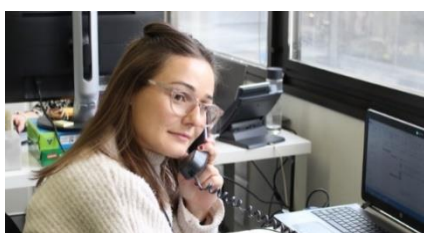
- stressed
- forgotten
- ignored

They said their cost of living had gone up.

They were struggling to make ends meet.

For info contact Every Australian Counts
info@everyaustraliancounts.com.au

Got a question?



Our friendly info service team can answer your questions.

They can help you find the information you need.



Call us on **1800 424 065**.

This is an easy read version of Council for Intellectual Disability's eNews. You can sign up for this eNews at www.cid.org.au/news