



Staying safe from Coronavirus

Coronavirus COVID-19 is making some people sick.

We have made an Easy Read guide about

- What is Coronavirus
- How Coronavirus is spread
- What to do if you feel sick
- Support and information

You can learn how to keep yourself and others safe.

Go to www.cid.org.au/coronavirus



Look after your mental health

Many people are worried about Coronavirus.

If you feel like this you need to look after your mental health.

We can help each other stay safe.

Go to www.cid.org.au/coronavirus

We are working from home



Because of the Coronavirus, CID staff are working from their homes.

We will still be giving you lots of good information.

You will not be able to visit the office, but you can phone and email us.

- Phone **1800 424 065**
- Email info@cid.org.au

Royal Commission hears from us



The Disability Royal Commission held a meeting in Sydney.

It was about health care for people with intellectual disability.

Kylie Scott said doctors should ask short questions in plain English.

Tara Elliffe said doctors should use simple words and pictures and easy read.

Robert Strike said “Treat me as a person first and foremost.”

Go to www.cid.org.au/abuse

A message to all women



Some people think that people with disability aren't capable of doing certain things.

They say "People who have disability shouldn't be thinking about marriage."

That is wrong, we are all equal.

We are strong enough, we can make it, we can still do it.

Go to www.cid.org/inclusion

Why work is important



I like to work for lots of reasons.

I ran a workshop at the VALiD conference in March.

I asked people at the workshop to say why work is important to them.

Most people said having money means they can be more independent.

Go to www.cid.org/jobs-education

The NDIS and Coronavirus



The NDIS has made Easy Read information about Coronavirus (COVID-19).

The NDIS is making changes to the way they work.

They are reducing face-to-face meetings to help reduce the spread of the virus.

They are also making people's NDIS budgets more flexible.

Call the NDIS on **1800 800 110**

Or email enquiries@ndis.gov.au

A place for women with disability



Our Place is a website for women and girls with disability.

You can find out about

- Your Rights
- Life Choices
- Sex and Your Body
- Safety and Violence

They have information in Easy Read.

Go to <https://ourplace.wwda.org.au>

Sunny app for women with disability



Sunny is an app for your phone.

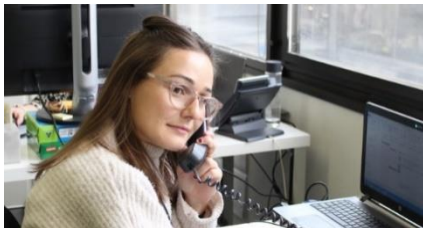
It helps women with disability learn about

- violence
- rights
- how to get support

Sunny is designed by and for women with disability.

Go to www.1800respect.org.au/sunny

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