



## COVID-19 Self-Management Plan

COVID-19 is out in the community and you should think about a simple plan to prepare for possibly becoming unwell.

COVID-19 affects people differently, for some the symptoms are merely as annoying as the common cold. For others, it can develop into a severe illness.

As a valued client of Assured Home Care, we have prepared a simple Self-Management Plan as a tool to assist and equip you in the event that either yourself, or another member of your household, becomes ill or has contracted COVID-19.

▶ We ask all clients to provide us with a completed copy if possible by emailing to [admin@assuredhomecare.com.au](mailto:admin@assuredhomecare.com.au)



Protect yourself and others



## Who can I contact for support?

*Create a list of local organisations* you and your household can contact in case you need access to information regarding healthcare services, support, and resources. Make a list of how they can be of support to you.

If you, or a member of your household, receive support services from Assured Home Care, or another service provider, how would you like to continue receiving these support services?

What essential service must continue should you get sick?

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## Who is in my Neighbourhood?

Get to know your neighbours - *create a list*. Talk with your neighbours about emergency planning. Exchange mobile numbers, social media pages etc so you can stay in contact. Drop a note in their letter box with your details. If you do not know them, explain you are putting a plan together.

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## How can I remain informed?

There is a lot of information currently in the media and on websites about COVID-19. Both SA Health and the Australian Government Department of Health have dedicated website pages with extensive information regarding COVID-19.

*Visit the Assured Home Care website* where we have compiled useful information which we are updating regularly: [www.assuredhomecare.com.au/covid-19-information](http://www.assuredhomecare.com.au/covid-19-information)

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## What activities can I do?

What activities can you remain doing to keep yourself calm and happy? Plan inside activities should you need to remain indoors.

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## Centrelink supports

Know what Centrelink payments you are entitled to if you are isolated and cannot work.

*Visit the Centrelink website:*

[www.servicesaustralia.gov.au/individuals/centrelink](http://www.servicesaustralia.gov.au/individuals/centrelink)

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## What if someone in my household gets sick?

If a member of your household contracts COVID-19, please:

- refer to SA Health's information on home isolation: [www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)
- and/or contact your GP.

## Who is able to care for the sick house member?

Who is available to assist the sick person with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs?

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## What parts of the house should they be able to access?

If possible or deemed appropriate, choose a room in your house that can be used to separate sick household members from others if needed.

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## What are the essential needs of each person in the house?

What can you prepare for now e.g. medications needed, incontinence products etc?

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## Suggested Household Prevention

For further recommendations on what actions should be taken, follow the links available from our website and/or visit:

- [www.health.gov.au/sites/default/files/documents/2020/03/coronavirus-covid-19-isolation-guidance\\_6.pdf](http://www.health.gov.au/sites/default/files/documents/2020/03/coronavirus-covid-19-isolation-guidance_6.pdf)
- [www.emergencydepartments.sa.gov.au/](http://www.emergencydepartments.sa.gov.au/)
- [www.assuredhomecare.com.au/covid-19-information](http://www.assuredhomecare.com.au/covid-19-information)

