

## Activity 1:

# Tolerating face coverings

Why might someone find it difficult to tolerate a face covering?

# Activity 2:

## Coping with anxiety

Think of a time when you felt anxious or scared about something, such as a job interview.

How does your body react when you are anxious or scared?

What techniques can you use to help overcome anxiety?

Imagine not being able to use these coping strategies without support; how might you communicate them instead?

**REMEMBER:** COVID has brought new challenges for us all, but for some, these challenges may take longer to adjust to.

# Activity 3

## Group discussion: face covering styles

We have all had to get used to wearing a face covering; what style is your preference?

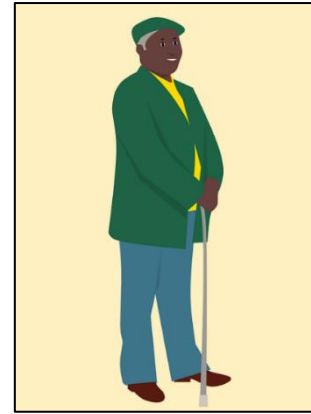
Did you find one that you found comfortable straight away, or have you tried different styles?

Why is the one you use your preference?

**REMEMBER:** The person you are supporting will also have their own preferences and it may be trial and error to find what that is.

# ACTIVITY 4

## CASE STUDY: TAYO



This case study can either be discussed in small groups or completed by individuals.

Tayo is a 62 year old man who has a learning disability. He lives in a residential home with three other people and has basic reading and verbal language skills.

Before the coronavirus pandemic, Tayo enjoyed meeting friends at his day service three times a week.

Tayo is a life-long Arsenal supporter and loves to watch old DVDs of his team playing.

Since lockdown was lifted, Tayo's day service has re-opened, however although Tayo really misses seeing his friends in person, he is really scared about catching the coronavirus and doesn't want to leave the house.

Tayo's support staff have tried to encourage him and have talked to him about how he can keep safe. Tayo has become confused and forgets what staff have said to him. Tayo's biggest worry is wearing a face covering.

Before lockdown, there was an incident where a staff member put a disposable blue mask on his face without explaining the reason for it. Tayo panicked because he thought he couldn't breathe. He pulled it off and shouted at the staff member. As a result, he hasn't left home since and has become isolated, mostly spending time in his room watching his football DVDs.

Although due to his anxiety and distress Tayo can be exempt from wearing a face covering, he has heard things on the news about how important it is to wear them in public places and that some people get called stupid for not wearing one. He now won't leave the house at all.

- 1) Imagine you are Tayo's keyworker. What can you do to help?
- 2) You've tried various methods to support Tayo, but he still doesn't want to wear a face covering or leave the house. What further support can you try?

# Activity 5

## Best Interest Decisions

### Group discussion

If a best interest decision has been made to support someone to wear a face covering, it's important to consider the most comfortable and dignified ways of providing support.

What sort of things might you need to consider?

# ACTIVITY 6

## CASE STUDY: SALLY



This case study can either be discussed in small groups or completed by individuals.

Sally is a 27-year-old woman who has profound and multiple learning disabilities. Sally uses a wheelchair and has limited movement in her arms; she is reliant on full support for all her care needs.

Sally has limited communication skills but staff who know her well recognise changes in her body language, vocal signs and eye movements which indicate when she is relaxed or distressed.

Staff use objects of reference to assist Sally to make choices. This is currently limited to choosing clothing and drinks. Sally will briefly look at her choice when they are held up in front of her.

Sally has attended a pony club for people with disabilities since she was in her teenage years and its clear from her reactions to the ponies how much she enjoys her time there.

The pony club had to close during lockdown but once back open, the club decided all clients would have to wear a face covering to attend, due to the close proximity of the pony club staff.

Staff have tried putting a disposable face covering on Sally, but she didn't respond well. She moved her head from side to side and made vocal sounds that usually indicate that she is distressed.

The staff would like to support Sally to return to the pony club as they know how much she enjoys it.

- 1) Imagine you are Sally's keyworker. What steps would you take?
  
- 2) You find that Sally is relaxed with a bandana face covering for a short period of time and a best interest decision is made by the manager, Sally's mum and you, to try and take Sally to pony club. Each week different staff support Sally and you are concerned because after about 15 minutes of wearing the bandana, you recognise signs in her body language which usually indicate she isn't relaxed, but are aware that not all staff pick up on these cues. What could you do?