

Isolation Preparedness

for People Living with a Disability or a Chronic Health Condition



There are some simple steps you can take to help you prepare for the possibility of having to isolate at home during an emergency. Learn what to do if you have a chronic health condition or disability, by reading this document alongside the Australian Red Cross RediPlan.

Preparing Just in Time

If you know or suspect that you will need to isolate in the immediate future, doing some preparation will reduce your stress levels.

- Contact your care and healthcare provider to find out how they will maintain your care. Write down the numbers of any alternative providers they recommend. Do this even if you do not have scheduled appointments during the time you're expecting to isolate for.
- If you live with others, educate them on any care you need. If possible, try to get more than one person trained on all tasks, and provide them with a written plan.
- Save any reliable news or emergency communication sources in a place where it is easily accessible.
- Tell others you will be isolating and plan to have regular phone calls with them. Ask them to also contact you regularly.
- Read the Prepare Your Mind section (p.6 & p.24) in the Australian Red Cross RediPlan to identify signs of stress and plan to manage them.
- Consider what you need to isolate and ask yourself if you have everything you need (e.g., knowledge and resources). If not, contact your support network and/or healthcare provider to discuss where you might evacuate to.
- Consider your living space, mental wellbeing, and your healthcare needs. It may help to have some exercise equipment at home such as a yoga mat, resistance bands or weights. You may ask someone in your support group to deliver these to you or buy them online.

During Isolation

It is important to take care of your mental and physical health during isolation. The following suggestions may be helpful.

- Connect with your local community; this could be through social media groups.
- Establish a routine to help you to restore a sense of calm and normality. Stay healthy, eat well and be physically active when you can.

- Watch out for signs of stress (refer to RediPlan p.24 for signs of stress) and seek out assistance early. Consider calling support lines such as:
 - » Friend Line (Social Support) 1800 424 287
 - » Beyond Blue (Mental Health) 1800 512 348
 - » Lifeline for crisis support 13 11 14 (available 24/7).
- If you don't feel safe in your home, contact a support service such as www.1800respect.org.au or 1800 737 732.
- If you are not receiving the healthcare you need, contact your healthcare providers who may be able to direct you in how you can obtain healthcare, medications, medical aids, and supplies. Enquiries can be escalated if you are isolated due to an emergency. You may need to request an urgent care plan review.
- Keep daily notes on how you are and take notice of your symptoms and ensure you are following your usual prescribed treatments.
- Take advantage of telehealth to attend your scheduled health appointments.



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