



Supporting service users to establish a new routine after lockdown

Some resources to
help you transition
back into a new daily
routine



Introduction

Lockdown has forced us all to create new routines, change the way we perform our activities of daily living and to restrict our social contacts. When lockdown restrictions ease many of us will be keen to get back to a routine that feels more normal however other people may be very anxious about this transition. For some people lockdown has meant a reduction in the amount of demands placed on them and less pressure to enter difficult social situations or environments which are a struggle. Reintegrating into the world may mean facing challenging expectations and environments again.

The government has entered into a phased return to what is being called the new normal. Unlike the initial transition into lockdown which was very clear this phased exit will be much more staggered and difficult to predict. People may find that they are struggling to keep up with the guidance which may feel as if it is forever changing. It is possible that after an initial period of easing restrictions, these may need to be re-introduced to keep people safe. This makes the exit from lockdown complex and abstract and for many anxiety provoking.

Even with the ability to visit more places and return to some sense of what people are used to, it is likely that places and activities will look different to the way they did before for some time yet. We will need to continue to wash our hands more frequently, we will need to keep a 2 metre distance from other people and we may need to wear face coverings in some places. The world may seem like a very different place.



This pack has been developed to offer families and staff resources which can be adapted for individual's to help them understand and plan the transition into what some refer to as the new normal.

The pack is split into 3 sections:

1. Useful resources which will include:
 - Communication resource to support discussions about what people can do
 - Resources to help plan and prioritise the areas of life to reintegrate into first
 - A template for a count down calendar
 - A template for a visual timetable
 - Information about now and next boards
 - Information about managing anxiety
 - Useful apps
2. Information to use with service users, which will include
 - Information about what we still need to do to stay safe
 - Information on test and trace
3. Useful symbols

It has only been possible to offer a brief overview of each resource. Some of the resources in this pack are easier to adapt and use than others. If extra support is needed to implement these resources this can be gained from the Integrated Learning Disability Service via the named worker or duty team. Contact number 0300 123 4019.



Section 1

Resources

1. Communication aid to facilitate discussions about what can be done now
2. Prioritising what to do first
3. Count down resources
4. Visual timetables
5. Now and next boards
6. Breathing exercises



Resource one

Communication aid to facilitate discussions about what can be done now

The guidance about what we can and cannot do is constantly changing and fluid. This is difficult to follow for many of us but may be even harder for those with learning disabilities, autism and impaired communication.

This tool is designed to facilitate and record discussions with individuals about what they can and cannot do at the moment. It will of course be dictated by government recommendations and the law but it may also be influenced by individual risk and of course people's own preferences.

The board on the following page can be completed using the written word, photos or symbols depending on the individuals level of communication and ability.

The first column includes space for activities the person can do now. It might be things such as going to the shop or meeting parents outside in the park. The middle column includes space for activities which may be allowed in the future such as shop for clothes, have a haircut or go to a party. The final column offers space to remind people about the new rules for example, stand 2 metres away from others, stay indoors if you get symptoms etc... It is anticipated that this resource would be constantly under review and changing. As such, it is suggested that the board is printed and laminated and that photos, symbols or words are stuck on as this allows the person to see the movement and changes. It is possible to rewrite the information onto the board as things change. It is recommended that if this is done that people are encouraged to be part of re doing it.

Named workers can offer support to complete this tool if required.

A collection of symbols has been included at the end of this pack which can be used in any of the resources.



Things I can do

**Things I can do
now:**

**Things I might
be able to do
later:**

**Things I need to
remember**



Resource two

Prioritising which activities to do first

As the lockdown restrictions are lifted people may be faced with decisions about what activities to return to first. For some people this will be an easy decision. Some will want to start doing as many of their usual activities as soon as possible and will not need or want to prioritise which activities to do first.

Other people may feel overwhelmed by the prospect of dealing with the hustle and bustle of everyday life. Some people will feel very anxious about suddenly being expected to do activities that they have not been expected to do for the past few months and some people may still feel afraid of catching corona virus .

This resource offers:

- A template to have discussions about which activities the person might want and need to start doing again. As with the previous resource, it can be completed using the written word, symbols or photos dependent on the individuals preferences and ability.
- A template to plan the order in which they will start doing these activities again

This mechanism of prioritising and planning can help to avoid overwhelming people and also allows people time to process and prepare themselves for what is expected of them. The speed at which an individual works through their priority list may vary. Some people may find it helpful to put timescales around the introduction of each new activity. Resource three provides some count down resources to help people with this.

A collection of symbols has been included at the end of this pack which can be used in any of the resources.



**WHAT ACTIVITIES WILL I START DOING AGAIN AFTER
LOCKDOWN?**

**Activities I want to
start doing again**

**Activities I need to
start doing again**



WHAT ACTIVITIES WILL I START DOING AGAIN AFTER
LOCKDOWN?

1

2

3

4

5

6

7

8



Resource Three

Count down calendars

Many people find count down calendars helpful when they are transitioning into new or different activities. Count down calendars offer a visual means of predicting when something is going to happen.

Once the order in which activities will be reintroduced has been established, plans can be put in place about how and when they will transition back to each activity. Some people will be able to go straight back to each activity with little transition but others may need a more phased approach; see the example below regarding returning to day service:

- Day 1: walk past the day service to see the new mechanisms for entering and exiting the centre.
- Day 2: go into the day service to say hello and see the hand washing stations
- Day 3: stay for lunch
- Day 4: stay for half a day
- Day 5: stay for a full day

It is important to remember that even familiar activities may not seem familiar any more. People may need time to understand the new measures in place to reduce the spread of the virus.

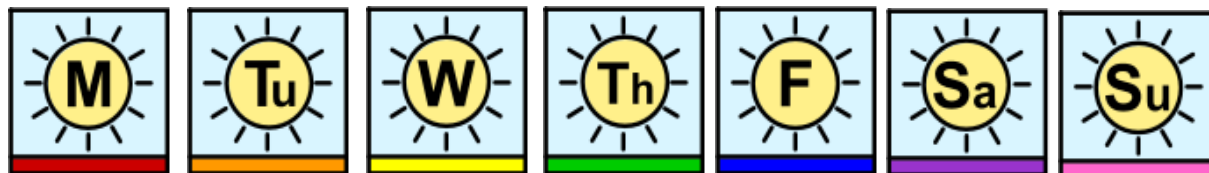
A template has been provided for a count down calendar; dates and activities can be added to this. The first template provides space to populate plans over a month. Some people may need to focus on a shorter time period. As such, a week template is also provided. As with all the other resources each part of the transition can be represented using written word, symbols or photos.

It is important to discuss decisions with the individual if they are able to give you an opinion about how they want to transition back to their activities and when they want things to happen. Having a sense of choice and control often helps reduce people's anxiety. It may also be helpful to involve other people such as the named worker or family members in these decisions.

A collection of symbols has been included at the end of this pack which can be used in any of the resources.



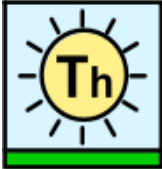
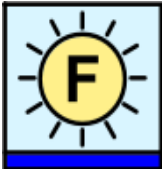




Countdown calendar – one month





Count down calendar – one week



Resource Four

Re-establishing a routine

Lockdown will have forced many people to establish new routines. Some people may have found themselves getting up later in the day and going to bed later. Meal time routines may have changed, self-care routines, exercise and getting out of the house and shopping habits may have changed.

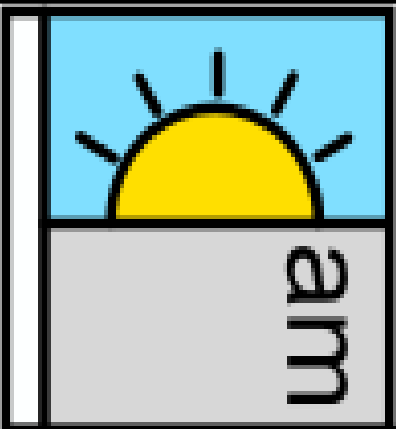
It is likely that many people will have to readjust back to a new normality. It is possible that new routines will be different to the way they were before. Some people may have discovered new things they enjoy and want to make more time for going forward. Alternatively, lockdown may have given people the time to think about things they no longer want to invest time in.

Either way, it will be important to take time to plan what an individual's days and weeks are going to look like. Many people with learning disabilities benefit from doing this planning visually. Some may use a calendar or diary to plan their time. Others may benefit from a visual schedule. Attached are some templates that can be adapted and used. We have included some useful symbols but you may need others. If so, please contact us at the Kestrel Centre on 0300 123 4019. An 'oops' card is also included. The 'oops' card can be used to signify when an activity cannot happen for whatever reason. It is placed over the activity that cannot take place. Following discussion about the fact that the activity can no longer happen, a symbol for the alternative activity can be put in place.

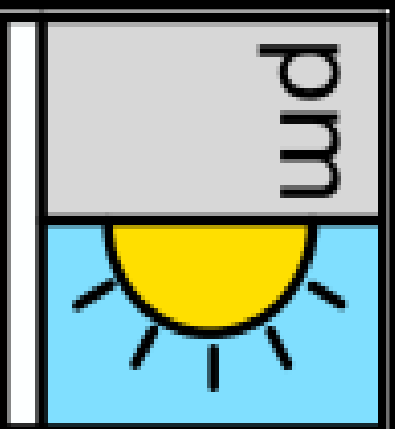
It is important to be aware that people will have individual needs when it comes to visual scheduling. Some people will need their plan broken down so that they only have to deal with one day at a time, others will benefit from seeing what is planned for the day and some may like to look at the whole month.

If additional support is required named workers can support with this. If an individual does not have a named worker, duty (0300 123 4019) can arrange for support to be provided.

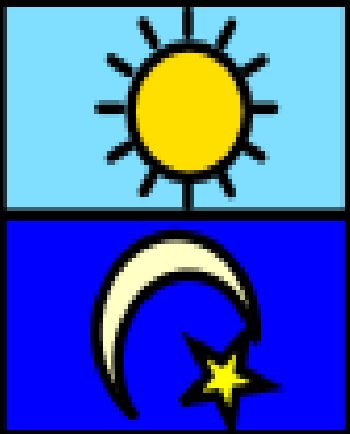
morning



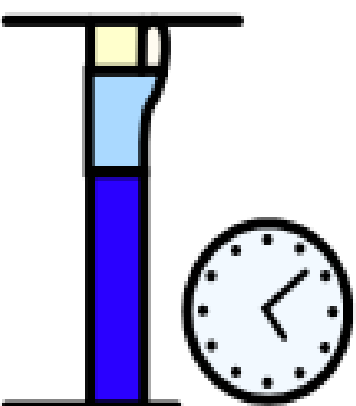
afternoon

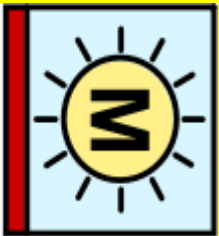


evening

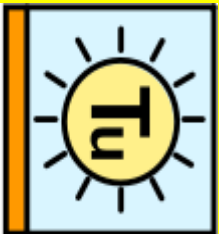


bedtime

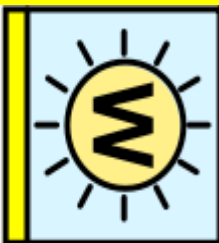




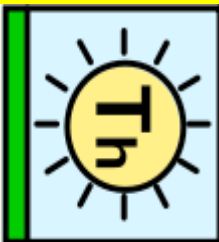
Monday



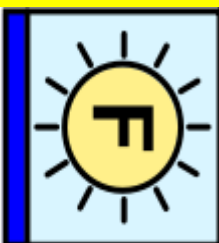
Tuesday



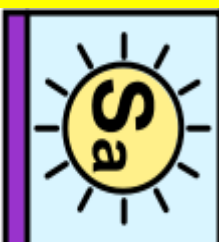
Wednesday



Thursday



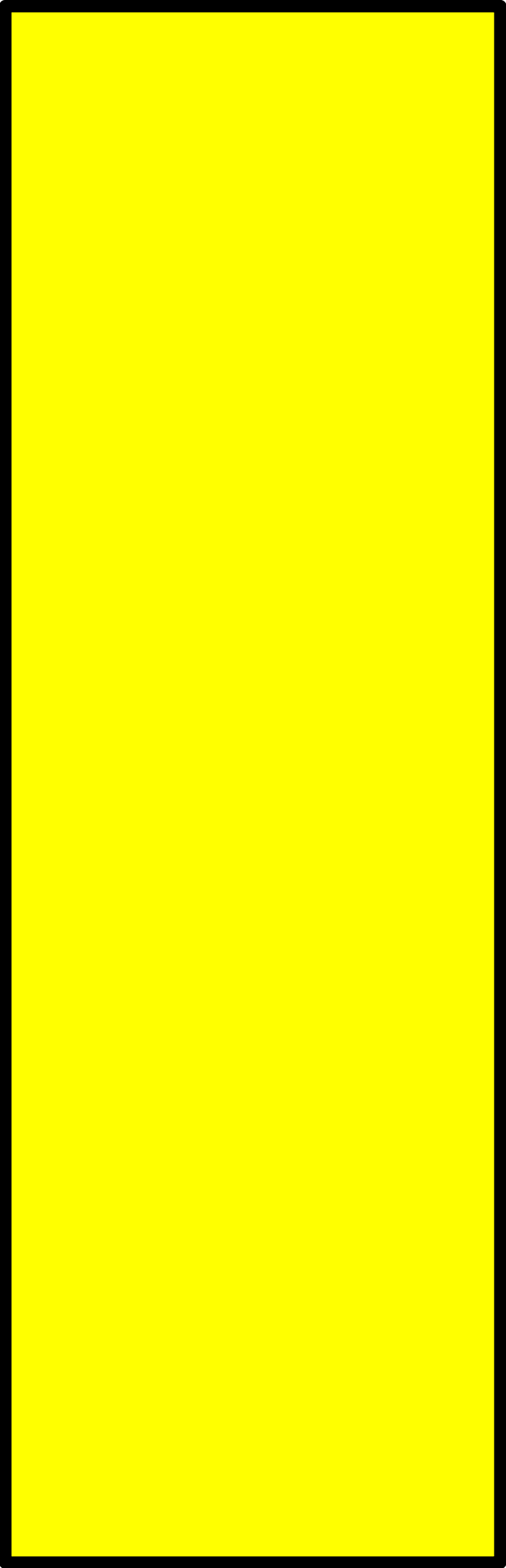
Friday



Saturday



Sunday





Resource Five

Using now and next boards

A now and next board is a helpful visual prompt that can be used to support someone to understand what is presently happening, and what is going to immediately follow. For some individuals having this immediate prompt about what is happening now and what will immediately follow can be very helpful. It can help people stay focused and feel in control of what is happening to them. This can be used in conjunction with a visual timetable or as a stand alone resource.

Attached is a template on which planned activities can be added to. As with the other resources, words, symbols or photos can be used.

Individuals should be involved setting up the board, placing the symbols on and removing them once the activity is complete.

An 'Oops' card can be used to make changes more manageable if an activity cannot take place after it has been placed on the board. As with the visual timetable the 'Oops' card is used to communicate the change and provide information about the alternative activities. The card should be stuck over the top of what was planned to happen whilst the person is told about the change, and then the alternative activity should be placed next to or in the place of the cancelled activity.



Now and Next Board

Now	Next

(Example of a now and next board)



Resource six

Anxiety management

When we are anxious our fight/flight responses kick in to protect us. These responses are very important and useful when we are in threatening situations. However, some stressful situations are not life threatening and therefore our natural fight/flight responses may in fact make it harder for us to function and deal with the demands placed upon us.

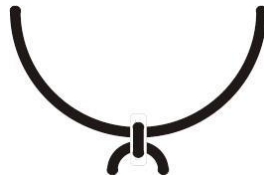
Breathing techniques can be used to help people feel calmer and more able to cope with the transition into a new routine.

There are many kinds of breathing techniques . People can simply be encouraged to place a hand on their chest and a hand on their stomach and to count slow deep breaths. They should be prompted to ensure both their chest and stomach raises. Counting helps to distract the mind from worrying thoughts.

Square breathing is another useful technique. Square breathing involves focusing on a real or imaginary squarish shape (e.g. a door, desk, book) and tracing its four sides one-by-one as you breathe: in (first side), out (second), in (third), out (fourth). Some people prefer to count the pause between breaths, thus: in (first side), pause (second), out (third), pause (fourth)

Attached is a resource to aid service users in carrying out square breathing.

REMEMBER: Breathing exercises are best practiced regularly when in a calm and relaxed mood. This helps embed the exercise so that it is more effective when used in stressful situations.



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Balloon breathing – an individual is prompted to imagine their belly is like a balloon, filling and emptying with air as they breathe in and out. *Place a hand on your belly and follow its movement as you breathe in (belly fills like a balloon) and out (belly empties again).*

REMEMBER: Breathing exercises are best practiced regularly when in a calm and relaxed mood. This helps embed the exercise so that it is more effective when used in stressful situations.

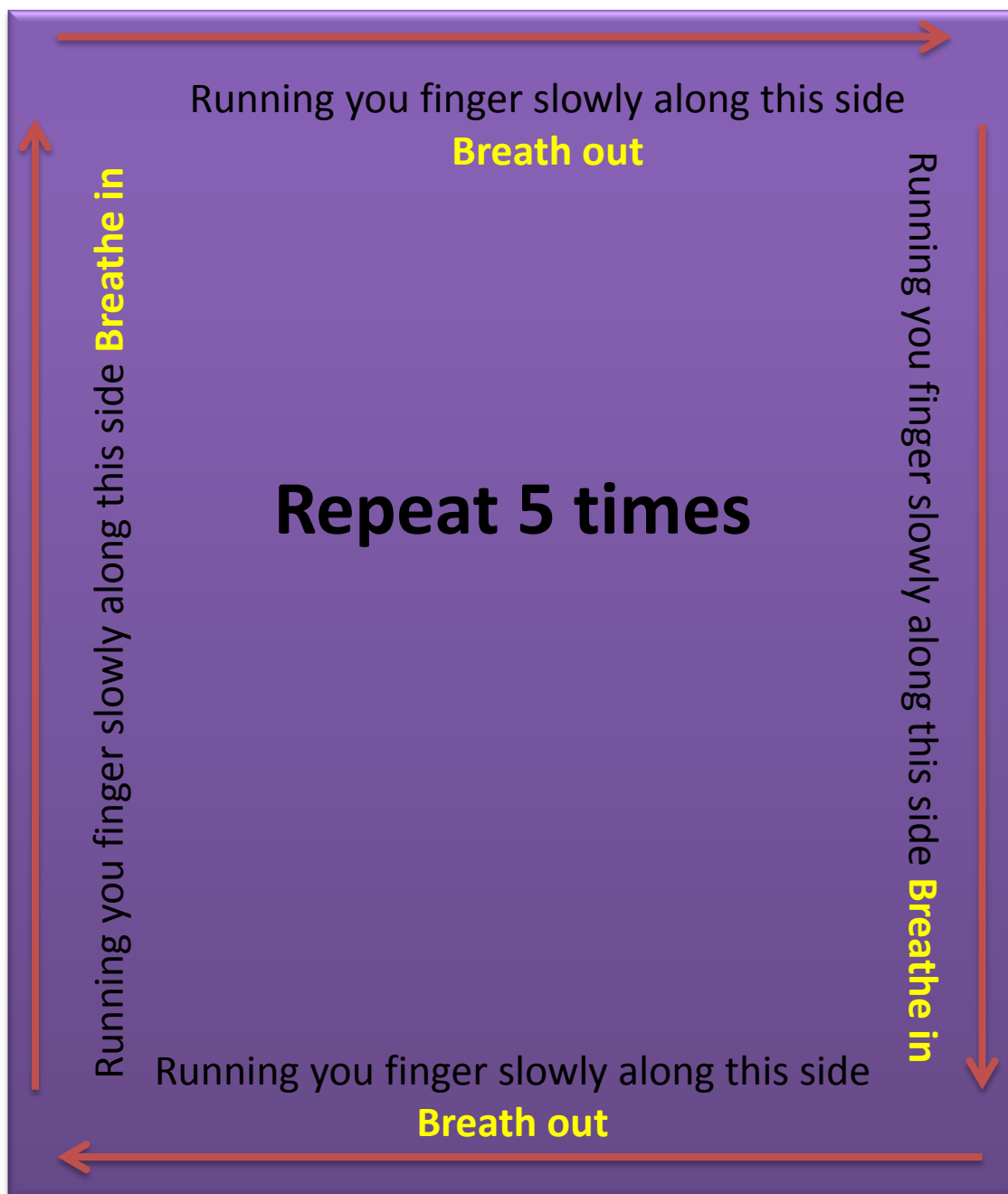


Square breathing exercises





Square breathing exercises





Mindfulness and relaxation

Mindfulness is a way of focusing the mind on the here and now and reducing the worry about past and future. Below are some resources that can be used.

Solent NHS provide mindfulness exercises for everyday. These can be found at:

<https://www.youtube.com/playlist?list=PLFbeQITqQPGTLAmNgKs0srX9Vau7mctFf>

Mindful colouring free resources can also be found at:

<https://www.teachingideas.co.uk/2d-art/mindfulness-colouring-images-animals>

A full library of guided relaxation techniques can be found at

<https://www.cntw.nhs.uk/resource-library/relaxation-techniques/>



Grounding

Grounding is a set of simple strategies to detach from emotional pain. Distraction works by focusing outward on the external world—rather than inward toward the self. You can also think of it as “distraction”, centring,” “a safe place,” looking “outward,” or “healthy detachment.”

Below are some ideas about how this can be done:

- ♥ ***Think of favourites.*** Get the person to think of their favourite colour, animal, season, food, time of day, TV show, etc.
- ♥ ***Picture people you care about.*** Support with looking at photographs of loved ones and listening to their stories behind these photos.
- ♥ ***Plan out a safe treat for yourself.*** This can be a piece of chocolate, a nice dinner, or a warm bath, a pamper session.
- ♥ ***Think of things you are looking forward to in the next week/ month/ year.*** Support in planning for the future, perhaps time with a friend or going to a movie.
- ♥ ***Play a “categories” game.*** Get the person to think of “types of dogs”, “musicians”, “animals”, “cars”, “TV shows”, “writers”, “sports”, “songs”.
- ♥ ***Listen to soothing music.***

Attached is a template to prompt people to focus their thoughts on their senses as a form of grounding. It can be printed on A5 paper and carried with an individual so they can use it to remind them of the exercise when they are out and feeling anxious.



Grounding

When you notice you are starting to feel
anxious or nervous

Look around and identify and name



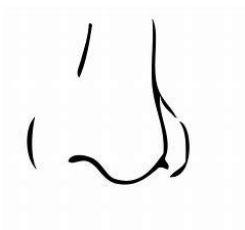
One thing I can see



One thing I can hear



One thing I can touch



One thing I can smell



One thing I can taste



Creating an emergency box

It can be useful to support individuals to create and keep an individual 'Emergency' or 'Soothe' bag or box, in a prominent place, so that when the individual feels overwhelmingly distressed, you can support them to go to their box and find something that will help them cope.

It can be any bag or box or other container, it can be decorated.

Collect together items that are meaningful, if they cannot be put in the box, then use a picture as a reminder of the item. Include items that will help soothe all the senses:

Vision: photo album, DVD, book or magazine, a picture of a beautiful safe place, reminder for funny or inspiring YouTube video, walk or sit in the park or garden.

Hearing: soothing or inspiring music on CD or mp3 player, recordings of a friends voice, reminder of phone numbers to ring, a talking book.

Smell or taste: oils, fruity snack or treat, favourite perfume, a sachet of coffee or ready prepared cake mix.





Touch: soft woolly socks or blanket, teddy bear, comforter or grounding object, hand or foot lotion, massage oil, warm bubble bath, nail varnish, make-up.

Activities that help with an outer focus of attention or use physical energy: Puzzle books, game for game machine, item from hobby or interest, art or craft materials, notebook and pen, prompt for physical exercise or musical instrument.

REMEMBER to risk assess any items that go into the box in case they could be accidentally harmful to the person or to others (if used inappropriately).

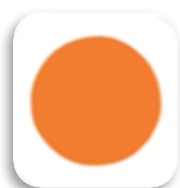


Resource seven

Useful apps



Calm: This app is designed to help individuals with their sleep, meditation and relaxation. **Some features on this app you have to purchase. However, due to Covid-19, Calm have got a webpage with a range of free resources to use. Please see here :**
https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720



Headspace: This app can be used to relax with guided meditations and mindfulness techniques to bring calm and wellness. This can also be used to support with sleep and practicing good sleep hygiene. **(Payment is required after the basic free course if offered).**



Time timer: Changes in routine can be very difficult for the people we support. This app allows you to represent the passing of time visually. It is very good for people with autism or those who struggle with the concept of time. It can be used to indicate how long someone has to engage in a non-preferred task or to time limit a preferred task.



Sand timer: This app is very similar to the time timer by showing the passing of time. The alert tone and colours of the timer can be personalised.



Date and Time Widget: Changes in our routine can lead to feelings of disorientation and anxiety, this app displays information that clearly shows the date, time, day of month etc.



Section 2

Information for

service users

1. Things we still need to do to stay safe
2. Test and trace



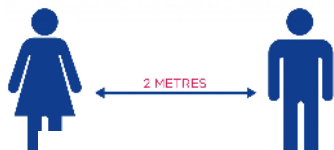
Things we still need to do to stay safe



Wash your hands regularly



Try not to touch your face



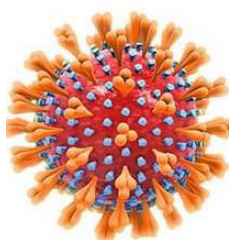
Stay 2 metres away from people who do not live in your house



Wear a face covering if you cannot stay 2 metres away from other people



Do not share things like food or plates or cups with people who you do not live with.

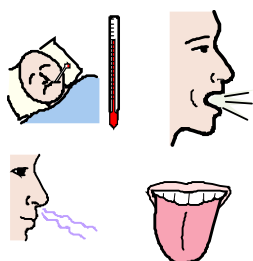


NHS Track and Trace Coronavirus



Test and trace is new.

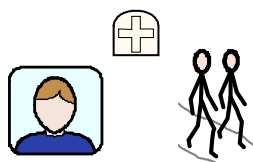
We will use it to help us return to more normal life in a safe way.



Anyone who develops symptoms of coronavirus :

High temperature, persistent new cough; change in sense of taste and/or smell

Can **quickly be tested** to find out if they have the virus



If someone tests positive : they have coronavirus.

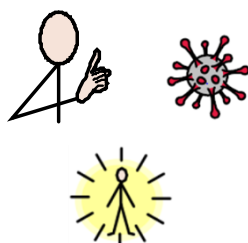
The NHS will then find out who they have been in close contact with recently.



A alert will be sent to all those people by text, email or phone call.



If you receive an alert **YOU MUST STAY HOME** for 14 days from the day when you had contact with the person who has tested positive for coronavirus.



If you develop symptoms you must get a test : www.nhs.uk/coronavirus or call 119

WE WANT YOU TO STAY WELL



Section 3

Useful symbols

Note that a few commonly used symbols have been included in this section of the pack in order to aid people to get started in using the resources.

Symbols have been taken from widgit. Please note that widgit are offering a 30 day free trial during the corona virus pandemic. This may be useful in personalising images for individuals. See link below:

https://mailchi.mp/widgit/wo?utm_source=Widgit+Bulletin+List&utm_campaign=697df1f259-WIDGIT-JOURNAL-APRIL-2020&utm_medium=email&utm_term=0_ff234fd52c-697df1f259-501185983&mc_cid=697df1f259&mc_eid=a3550f2a5f

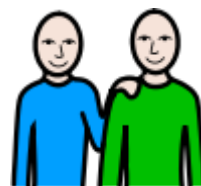
If a few additional symbols are required and access cannot be gained to widgit on line please contact the Kestrel centre 0300 123 4019 who will be able to assist.



shopping



Going to day
services



Seeing
friends



Going to
Respite



Going to
work



Seeing family



restaurant



Going to the
cinema



Stacy Centre
Friday club



Going to the
beach



Going to the
park



Going to church



Café



pub



going out



Hairdressers



Picnic



bowling



Cleaning



cooking



bbq



tv



doctor



dentist



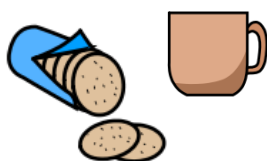
breakfast



lunch



tea



supper



drink



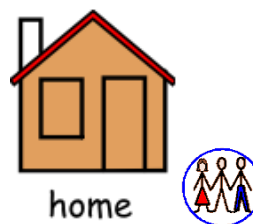
drink



snack



shower



home



sleep



bath



Oops