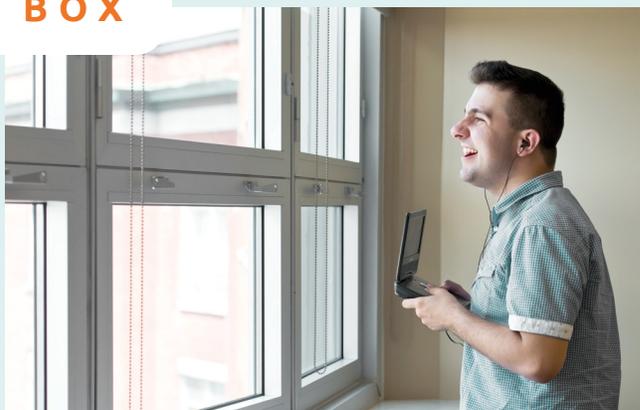


## IDEAS BOX



### I'm staying active and healthy...even during the COVID-19 pandemic

*Document for people with an intellectual disability, autism spectrum disorder, or physical disability and their family caregivers*

During the exceptional situation caused by the COVID-19 pandemic, it is essential to take action to ensure good mental and physical health and, in the case of children, to promote optimal development.

The following pages feature ideas for activities that promote the psychological well-being, physical fitness, nutrition, and communication of people with an intellectual disability, an autism spectrum disorder, or a physical disability.



# First of all, make sure you:



## Maintain a stable routine as best you can:

- Have a routine of getting up and going to bed
- Eat a healthy, regular diet (meals and snacks)
- Take care of your personal hygiene (brushing your teeth, washing regularly, etc.)
- Plan periods of activity, as well as breaks



## Choose activities according to age, interests, strengths, talents, abilities, and living environment



## Vary the duration and type of activity to be done during the day



## Have fun !

Pleasant activities give a new perspective, energize you, and promote wellness

# Psychological well-being

- Solve hidden-word puzzles, crossword puzzles, or sudoku puzzles
- Draw or sketch
- Color images or mandalas
- Make origami
- Do DIY projects
- Write or compose
- Make a scrapbook
- Take photos
- Look at, sort, and retouch photos
- Make videos
- Play video games
- Read or look at a book, comic book, magazine, or newspaper
- Listen to audio books, podcasts, or the radio
- Stay in touch with loved ones by talking to them through social networks, on the phone, or by texting
- Practise yoga, relaxation, breathing exercises, meditation, or mindfulness exercises
- Laugh, watch videos or comedy shows, or tell jokes
- Listen to music
- Sing
- Do jigsaw puzzles
- Play a musical instrument
- Cook
- Paint
- Care for a pet
- Take nature walks and take the time to watch trees and birds
- Engage in craft projects (knitting, sewing, bracelets, string games, etc.)
- Watch or listen to tutorials to learn how to knit, play music, etc
- Watch movies, series, shows, or documentaries
- Do construction or carpentry projects
- Garden and care for plants
- Play table or board games
- Go on virtual visits of museums, zoos, aquariums, or science centers
- Take a relaxing bath or shower
- Create a relaxing atmosphere
- Take a nap to rest

Here are some additional ideas for children:

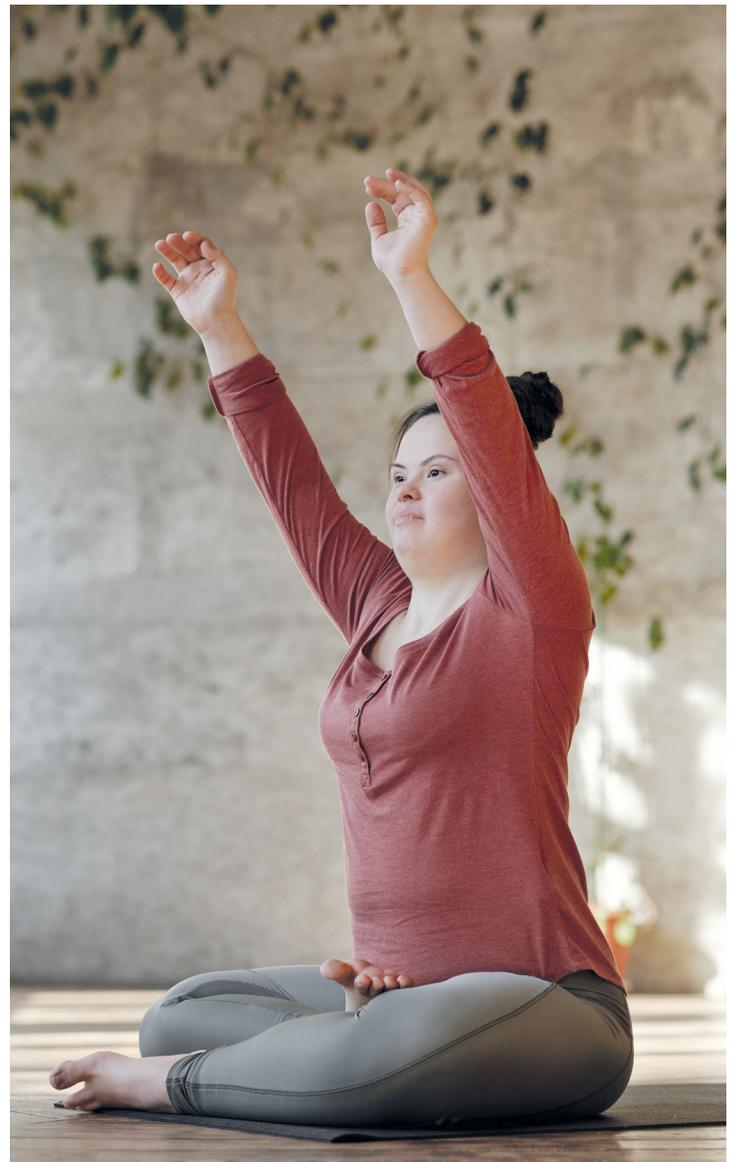
- Play dress-up
- Play with your favorite toys (trucks, trains, dinosaurs, dolls, stuffed animals, etc.)
- Play with clay or glue
- Play outside



# Physical condition

*(independence and mobility)*

- Move about regularly as tolerated (e.g., walking or using a wheelchair in the neighbourhood, on a trail, on a bike path, etc.)
- Do household chores (e.g., putting away groceries, folding clothes, cleaning, sweeping, etc.)
- Do physical exercises or stretching (adapted yoga, stretching while sitting, etc.)
- Pursue sports that you have already practised (cycling, walking, snowshoeing, skating, etc.)
- Dance
- Playing video games that get you moving
- Go outside for some fresh air



# Nutrition



**Have good eating habits**



**Drink fluids often to stay hydrated**



**Eat foods or meals that you like or provide comfort**



**Take the time to taste your food**



**Discover and try new foods**



**Try out new recipes**



**Plan theme meals**  
*(green dishes, Mexican dishes, vegetarian dishes, etc.)*

# Communication

- Play games that involve concepts such as memory, words, mime, turn-taking, cooperation, riddles, brain teasers, charades, teamwork, etc. (Uno, Skip-Bo, War, Monopoly, etc.)
- Plan a time to tell a friend, family member, or significant other about your day
- Keep a diary
- State your limits and adhere to them
- Ask for help, if needed (have groceries delivered, help with meal preparation, etc.)
- Express your emotions
- Express your needs
- Stay informed
- Set realistic expectations (reschedule nonurgent appointments, respect yourself, etc.)



*Contact your CLSC if you need help or advice in implementing these actions.*

7

# Important telephone numbers

*information about COVID-19*

Do you think you have or are you experiencing anxiety related to COVID-19?

**1 877 644-4545** or **santeestrie.qc.ca**

**Info-Social**

**811, option 2**

## Web sites for more ideas

Institut universitaire en DI-TSA (French only): [institutditsa.ca/publications/videos](http://institutditsa.ca/publications/videos)

Autodétermination en période de crise (French only): [vimeo.com/428200129](https://vimeo.com/428200129)

Mieux comprendre l'anxiété en temps de crise (French only): [vimeo.com/469734344](https://vimeo.com/469734344)

Découvrir des nouveaux moyens pour faire face à l'anxiété en temps de crise (French only): [vimeo.com/469735267](https://vimeo.com/469735267)

Quebec Intellectual Disability Society: [www.sqdi.ca/fr/](http://www.sqdi.ca/fr/)

Regroupement pour la trisomie 21: [trisomie.qc.ca/ressources-sur-la-covid-19/](http://trisomie.qc.ca/ressources-sur-la-covid-19/)

Fédération québécoise de l'autisme: [www.autisme.qc.ca/](http://www.autisme.qc.ca/), [myelin.co/#/covid19](https://myelin.co/#/covid19)

**CHUS Sainte-Justine:**

[readaptation.chusj.org/fr/Familles/Sites-d-activites-et-de-jeux-divers](http://readaptation.chusj.org/fr/Familles/Sites-d-activites-et-de-jeux-divers),

[enseignement.chusj.org/fr/bibliotheques/les-Ressources/COVID-19-Ressources-pour-les-enfants](http://enseignement.chusj.org/fr/bibliotheques/les-Ressources/COVID-19-Ressources-pour-les-enfants),

[www.chusj.org/fr/soins-services/C/COVID-19/Trucs-et-astuces-ado-covid](http://www.chusj.org/fr/soins-services/C/COVID-19/Trucs-et-astuces-ado-covid)

**Santé Montréal:** [santemontreal.qc.ca/population/conseils-et-prevention/activite-physique-pour-les-aines/#c38831](http://santemontreal.qc.ca/population/conseils-et-prevention/activite-physique-pour-les-aines/#c38831)

**Autism Speaks Canada:** <https://www.autismspeaks.ca/>



**DOCUMENT PRODUCED BY THE DIRECTION  
DES PROGRAMMES DI-TSA-DP DU CIUSSS DE  
L'ESTRIE – CHUS**

**SOURCES**

Brochure Trucs et conseils pour les aînés, CIUSSS de l'Estrie - CHUS, 2020

Directive pour prévenir le déconditionnement des personnes ayant une DI-TSA-DP ainsi que celles ayant une problématique de santé physique nécessitant des services de réadaptation fonctionnelle intensive, modérée ou post-aiguë en contexte de pandémie, gouvernement du Québec, 2020

Stress, anxiety and depression associated with the coronavirus COVID-19 disease, gouvernement du Québec, 2020

Self-Care Guides - COVID-19, gouvernement du Québec, 2020.

Série spéciale COVID-19: Programmation, c'est bon tout le temps, mais c'est bien meilleur en confinement (conférence multimédia), Véronique Longtin, Ph. D., ps.éd., conseillère experte en TGC, Julie Bouchard, ps.éd., conseillère en TGC, SQETGC, 2020

Coronavirus Disease COVID-19: My child is worried about the pandemic. What can I do to provide support?, gouvernement du Québec, 2020

**REVISION AND LAYOUT**

Service des communications

Direction des ressources humaines, des communications et des affaires juridiques (DRHCAJ)

© Centre intégré universitaire de santé et de services sociaux de l'Estrie – Centre hospitalier universitaire de Sherbrooke

December 2020

[santeestrie.qc.ca](http://santeestrie.qc.ca)

**Centre intégré  
universitaire de santé  
et de services sociaux  
de l'Estrie – Centre  
hospitalier universitaire  
de Sherbrooke**

**Québec** 

