




pp positive partnerships

Health & Hygiene in the home



Acknowledgement of Country



All Aboriginal and Torres Strait Islander people are advised that this presentation may contain images or voices of deceased persons.



Introductions

We acknowledge that there is a wealth of experience joining our webinars. Our facilitators intend on drawing on your expertise and experience to support others via our chat box.



Trish



Rachael

Using the Zoom tools

Speaker view or Gallery view

You can open the chat window and pop it on the side of your screen

Mute & video

Type here to answer or ask a question and click enter

Chat window

The screenshot shows a Zoom meeting in progress. The main window displays a video of a man and a woman with the text 'Parent/Carer workshop'. A callout box points to the 'View' menu, which includes 'Speaker View', 'Gallery View', and 'Exit Full Screen'. Another callout points to the 'Mute' and 'Stop Video' buttons in the bottom toolbar. A third callout points to the 'Chat' button, which has opened a chat window on the right side of the screen. The chat window shows a list of participants and a text input field with the placeholder 'Type message here...'. A fourth callout points to this input field.

Webinars

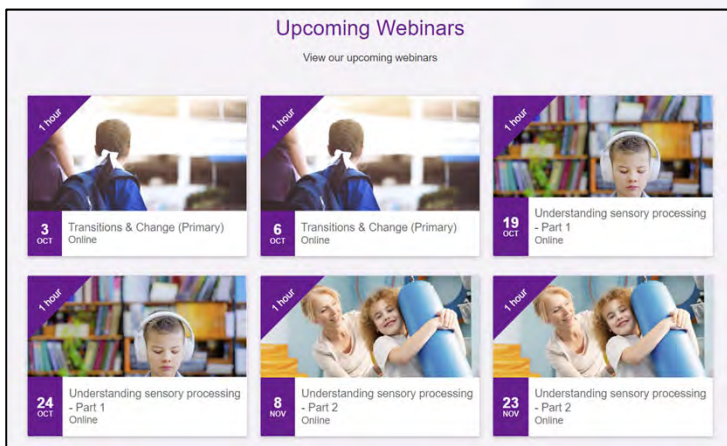


- A recording of the webinar will be available on our online learning hub
- To chat, please make sure your messages are going to 'Everyone' and not just the presenters

Have you registered through our **website** (not Zoom) for this webinar? If not, please go onto our website and do so now.

This will ensure you receive a certificate.

Registration remains open for **1 Hour** after the webinar finishes.



The image shows a grid of six upcoming webinar cards. Each card includes a date, a 1-hour duration, and a topic. The topics are 'Transitions & Change (Primary) Online' and 'Understanding sensory processing - Part 1' and 'Part 2'.

| Date | Topic | Duration |
|--------|--|----------|
| 3 OCT | Transitions & Change (Primary) Online | 1 hour |
| 6 OCT | Transitions & Change (Primary) Online | 1 hour |
| 19 OCT | Understanding sensory processing - Part 1 Online | 1 hour |
| 24 OCT | Understanding sensory processing - Part 1 Online | 1 hour |
| 8 NOV | Understanding sensory processing - Part 2 Online | 1 hour |
| 23 NOV | Understanding sensory processing - Part 2 Online | 1 hour |



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Consider how the characteristics of autism impact on an individual's understanding and experiences with their health and hygiene.



Share some practical strategies and resources in supporting young people on the spectrum with their health and hygiene



Discuss structure and routine as a way to support individuals to stay healthy at home.



Share some ideas to establish and support positive sleep, physical activity and hygiene habits

Session intentions

What does staying healthy look like at your house?

Self-Care

Eating well

Washing hands

Showering

Sleeping

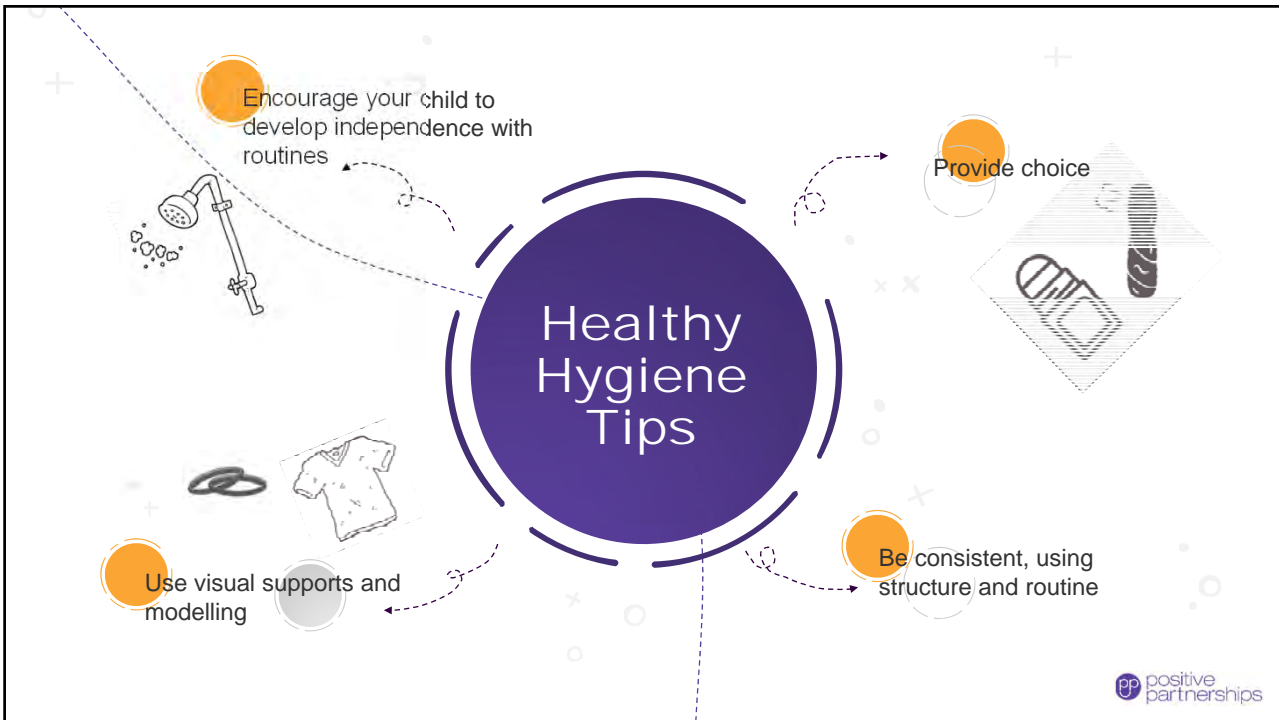
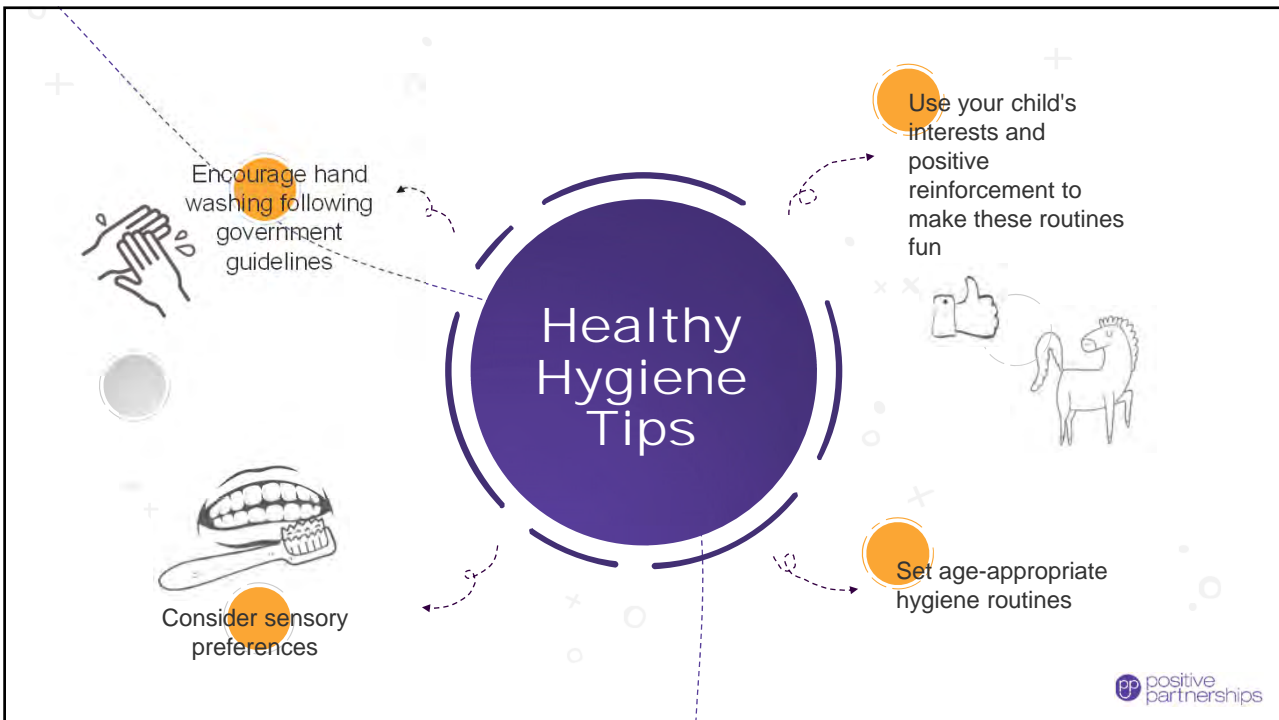
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Hygiene

Physical activity

Sleep





Hygiene Resources

STAYING HEALTHY
Antibiotic Action

Protect yourself and your family
Wash your hands regularly

1. Wet your hands
2. Put some soap on
3. Rub the soap over all parts of your hands for at least 20 seconds
4. Move your hands under running water
5. Dry your hands thoroughly with disposable paper towels or a clean cloth

Stay germ free and healthy!

My Disinfectant Story
When you get out your underpants...
The cat makes a stinky smell...
Make the smell go away by washing or having a shower every day...
When your underpants are clean and dry, you can put on underpants...
What kind do you like?
Your friends all think you're really neat when you have underpants that don't stink!

Washing Hands

Protect Yourself
WASH YOUR HANDS
DON'T TOUCH YOUR FACE
DON'T TOUCH OTHER PEOPLE
DON'T TOUCH SURFACES
DON'T TOUCH YOUR EYES
DON'T TOUCH YOUR NOSE
DON'T TOUCH YOUR MOUTH

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Coronavirus Resources

What's COVID-19?

Coronavirus (COVID-19), physical distancing and children with disability, autism and other conditions

COVID-19: I Can Help!
- Carol Gray

Coronavirus: A book for children
By Elizabeth Aronson, Sara Wilson & Pia Scharn
Illustrated by Axel Scheffler

COVID-19

Tips on avoiding COVID-19 or Coronavirus
Use these signs when describing actions on avoiding the flu or viruses.

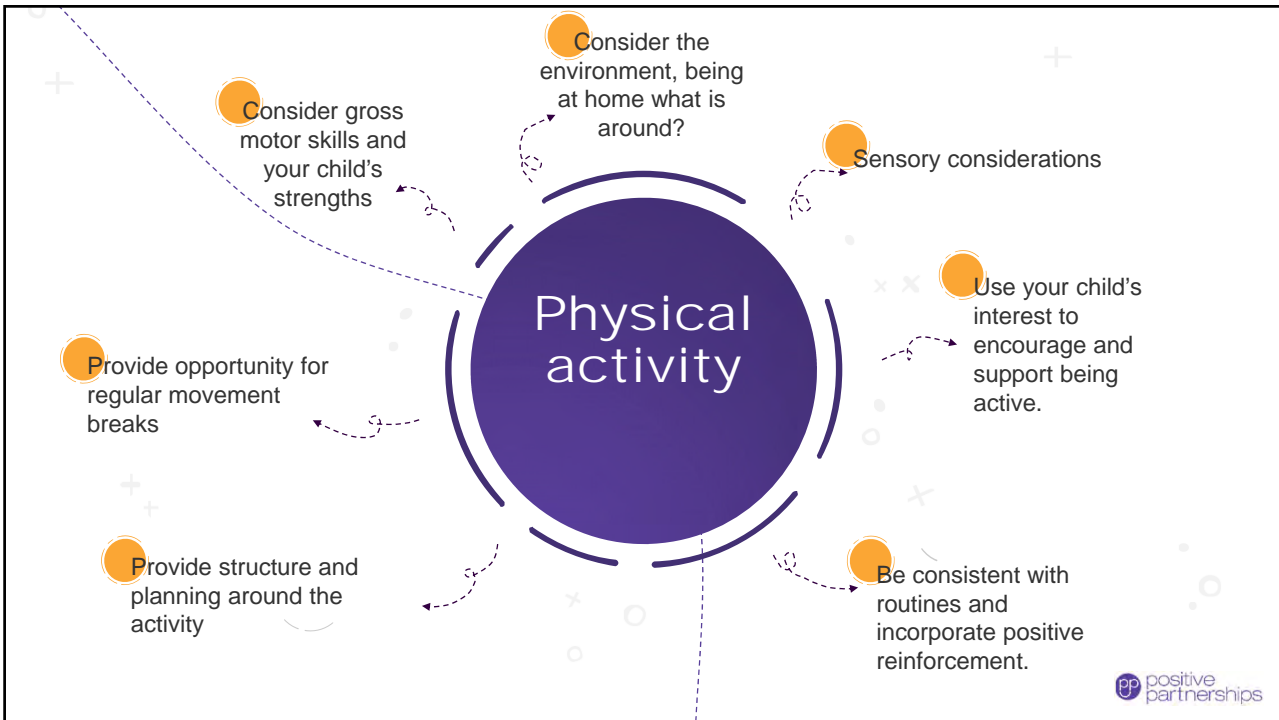
- Wash your hands
- with soap
- for longer
- Cover your cough or sneeze
- avoid
- with a tissue
- and throw it
- in the bin
- Stay home
- if you are sick
- Stay at a distance from people
- Say hello with a elbow or elbow

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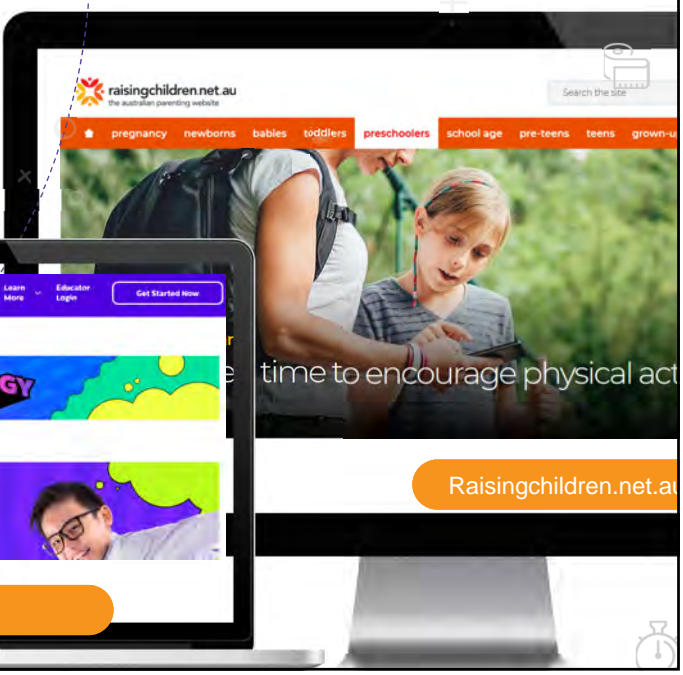
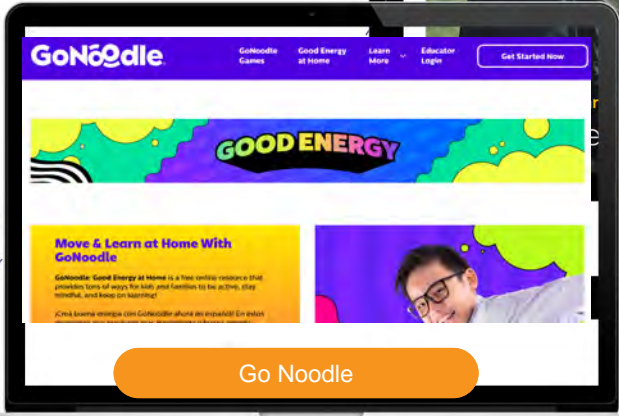


Physical activity

It's recommended that all young people engage in a minimum **60 minutes** of physical activity per day.



Physical activity strategies



Resources



Resources

The Inspired Treehouse

Raising Dragons

AUTISM in CRICKET

INCLUSIVE BEACHES - Surf Life Saving

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How much sleep is your young person getting?



How much sleep should we be getting?

Other common sleep issues

The infographic features a central title 'Other common sleep issues' in purple. To the left is a decorative icon of a moon, stars, and a crescent. Five icons represent different sleep issues: a person walking (Sleep walking), a distressed face (Night terrors), two eyes (Insomnia), a nose and mouth (Sleep apnoea), and a worried face (Anxiety). Each icon is accompanied by a small orange circle and its corresponding label.

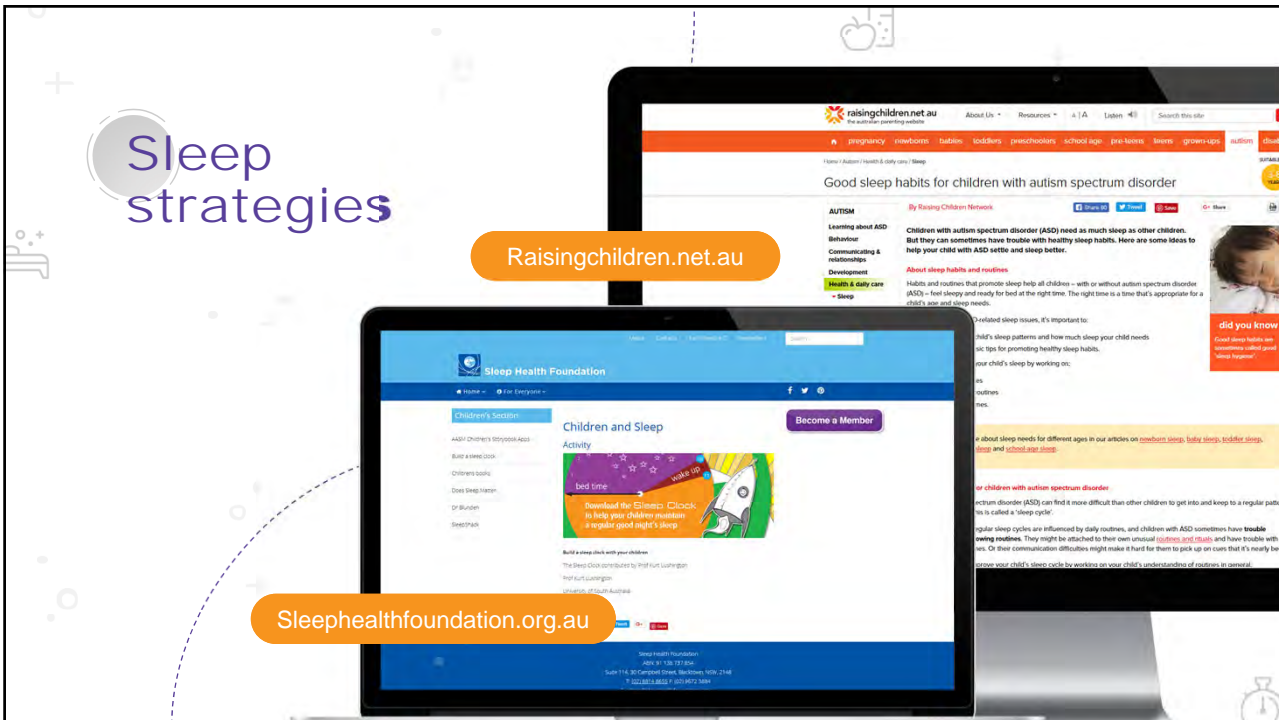
- Sleep walking
- Night terrors
- Insomnia
- Sleep apnoea
- Anxiety

Sleep routine and habits

The infographic features a background image of a young man sleeping peacefully in a bed with white linens. A purple circle at the top left contains the title 'Sleep routine and habits'. Four text boxes with dashed arrows pointing to the bed area provide tips: 'Set a regular, age-appropriate bedtime', 'Be consistent in how you prepare the young person', 'Develop a positive bedtime routine', and 'Consider the bedroom environment'. The 'positive partnerships' logo is in the bottom right corner.

- Set a regular, age-appropriate bedtime
- Be consistent in how you prepare the young person
- Develop a positive bedtime routine
- Consider the bedroom environment

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Resources

Hygiene


Physical activity

Sleep


Resources



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Feedback & Questions



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