


For daily updates on services available in your area  
during COVID-19

**DAILY  
UPDATE**




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Welcome to the

# Positive Approaches to Support

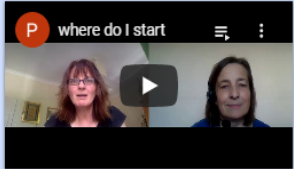
Community

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## COVID-19 Carer Support Resource



Video: "Where do I start?"

If you are reading this, it is probably because things are difficult right now for you and your family member. This resource is divided up into different sections so you can jump in at the point best for you. We will share some experiences and ideas throughout with conversations between Debbie (mum to Lucy) and Jill.

<p>Looking after you</p> <p><a href="#">GO</a></p> <p>It's hard but you need to be ok in order to support someone else</p>	<p>Firm foundations</p> <p><a href="#">GO</a></p> <p>Here are some things to help your relative have a better day</p>	<p>Responding to challenges</p> <p><a href="#">GO</a></p> <p>Supporting your relative at difficult times</p>	<p>Transitions back</p> <p><a href="#">GO</a></p> <p>Getting back to normal life</p>
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Visit the new Positive Approaches To Support resource, for people who have a family member with a learning disability (of any age) to offer support during the COVID-19 outbreak, [HERE](#)