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| Coronavirus (COVID-19) |
| Information for families with children with disability – 9 Oct 2020 |

Who should read this?

This information is for families with children with disability, about support they can continue to access as restrictions ease.

# Can a relative or friend come to my home to help me care for my child with disability?

Yes. A relative or friend can come to your home to help care for your child with disability.

In metropolitan Melbourne that person can travel at any time and more than 5km to get to you.

In regional Victoria there are no limits on the reasons or time of day people can leave home. There is also no limit on the distance a person can travel, as long as it is within regional Victoria.

# You can only travel into metropolitan Melbourne under current restrictions for certain reasons. Care giving – such as helping to care for a child with disability – is a permitted reason.

# Can a family member or friend look after my child while I work?

Yes. A person can come to your home to look after your child while you work. Only one person can come to your house at any one time for child minding.

People providing care to children at home or childcare must wear a fitted face mask, unless an exception applies. It is important to talk to children about face masks in ways they will understand.

Information about age-appropriate ways to talk with children can be found at the [Australian Parenting website](https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/face-masks-coronavirus-children#talking-with-children-about-face-masks-nav-title)

# Can my child with disability go to a relative or friend for respite care?

Yes. Children with disability can go to a relative or friend for respite care, including staying overnight. This can be a pre-existing arrangement, or an arrangement that meets an identified new need.

In metropolitan Melbourne you can travel more than 5km within metropolitan Melbourne to get to a relative or friend for respite care.

Within regional Victoria you can travel any distance for respite care.

# My child has complex behaviour support needs. Can I take them for a drive to help support their behaviour?

Yes. You can leave home and take your child for a drive to manage complex behaviour or to escape harm, including harm to themselves.

If you live in metropolitan Melbourne, this includes leaving the 5km zone at any time. It’s important to use common sense and remember that this should only be done to escape harm and to help support complex behaviour. If you do take your child for a drive, do not stop anywhere unless essential, and do not leave metropolitan Melbourne.

# My child needs support to exercise. Can I take them out for exercise and then exercise myself?

Yes. Families can take their children out for exercise and then go and exercise themselves.

Taking your children for play and exercise outside the home can be separate to the two hours of exercise allowed for parents or carers each day.

In metropolitan Melbourne all exercise must be within 5km of home.

In regional Victoria, you can go further than 5km from your home to exercise, but you cannot leave regional Victoria for exercise.

# Do I need a permit to do these things?

No, you do not need a permit. These options above are covered by the care and compassionate grounds of the restrictions. If stopped by police, you need to explain you are supporting the care of a child with disability. While you do not have to carry evidence of your child’s disability, we know some families feel more confident with a letter from a GP or therapist.

To receive this document in another format phone 1300 651 160 using the National Relay Service 13 36 77 if required, or email Emergency Management Communications
<covid-19@dhhs.vic.gov.au>.

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