

What's New ACLS COVID-19 Update 4

11th April 2020

This infographic provides you and those you care for with some tips to take care of your mental health

Number of confirmed cases in Australia as of 6:30 this morning



The good news



The number of daily case numbers in Australia is falling at this time so congratulations and thanks to everyone for staying home and saving lives and all of the other measures we are taking.

We thank you but take care

Your efforts as an aged care or health care worker are greatly appreciated and you truly are making a huge contribution. So thank you! But take care.

You and your co-workers are at risk of getting run down, stressed and anxious as you try to do the best for those you care for. Reach out for help at work. Your workplace will be able to provide the support you need. There are also many other services able to offer support - see list at the end of this document.



You doing your bit and the experts are busy

This is a difficult time for people all across the world. Feeling anxious or stressed is normal in a crisis but keep in mind there are experts here in Australia and around the world working hard to fight this pandemic.



It's tough, but keep following the restriction where you live. If you are fearful for your safety then get help from a crisis service or call for emergency help

Take a break from the media



You need to keep up to date with the situation and developments but it's easy to get overwhelmed or anxious about the amount of information being shared, so take a break.

Make sure you are getting your information from quality sources

There is a lot of mis-information being shared about COVID-19. You can reduce your stress and fear by getting accurate information. At work check in with your manager and try not to get caught up in gossip or other people's opinions. The WHO website or your health authority websites are the best places to go.



**World Health
Organization**

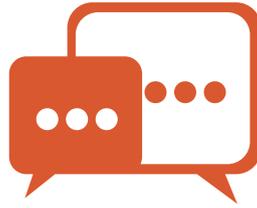


Australian Government
Department of Health

Tips for keeping mentally well in 'Stay at home' or mandatory isolation



Check in with yourself and remember this is a temporary situation. You are helping others and saving lives by staying at home.



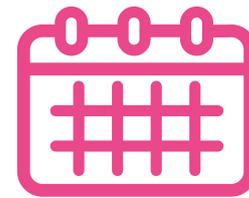
Stay connected to people you would usually be seeing or communicating with on a regular basis.



Stay as active as you can and do exercise that is safe for you and that you enjoy. It will help!



Pick up the phone and have a chat or do a video call if you are feeling stressed or anxious. Talking and seeing may be more helpful than texting.



Make a plan for each day as having some structure is helpful. This is especially important if you are working less, not working or working from home.

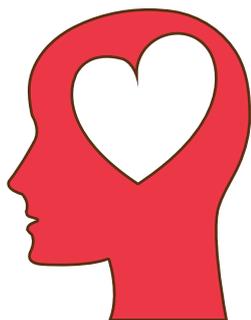


Have a bedtime routine and do some relaxation to help get to sleep. Put away your mobile device long before you go to bed



Try and stick with eating well and only shop when you need to. Have some treats but try not to manage your anxiety and stress with over or under eating.

Keeping an eye on those you care for



Many older people will be feeling overwhelmed or scared because of the current situation. Older people's mental health is just as important as their physical wellbeing. Depression is common in older people in a standard aged care setting, however due to the circumstances of COVID-19, many more people could be experiencing depression or anxiety.

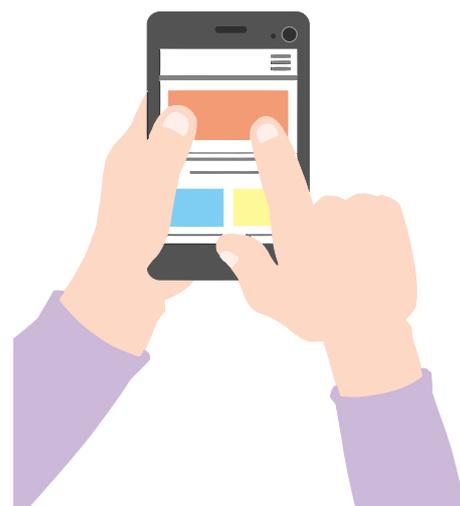
Keep an eye out for anxiety or depression

- The person is quieter than usual
- Avoiding certain situations because of their anxiety
- More restless or worried than is usual for the person
- Behaviour is out of character for the person; eating, sleeping less, 'on the edge'
- Mood or or actions have changed



What can help?

- Provide people with information in the way they can best understand
- Gently correct them if the information they have is not correct
- Make it clear your service has a plan and all required actions will be taken
- Put actions in place best for each person to stay connected with others. It might be as simple as helping to make a regular phone call
- Follow social distancing but take some extra time to stop and chat
- Look out for any signs of mental distress and tell the most senior person or manager straight away



More Help and Information

[Beyond Blue](#)

[World Health Organisation Public Advice](#)

[WHO - Coping with COVID-19](#)

[WHO - Helping Children Cope with COVID-19](#)

[Lifeline Australia](#)

Lifeline - Australia Crisis Phone Number 13 11 14

[National Sexual Assault/Family Violence Service - Australia](#)

1800 RESPECT - Australian Phone Number 1800 737 732