



**Specific guidelines for Children/Adults with Loco-motor difficulty  
(Cerebral Palsy/Spinal cord Injury/brain jury)- Community Based Practices.**

**1**

## WASH YOUR HANDS

Wash your hands thoroughly with soap and water before and after assisting your loved one with a disability in his/her activities of daily living.

- Feeding
- Transfer
- Dressing and Cleaning

**2**

## PHYSICAL DISTANCING

- Make sure that your family member with disability maintains at least 1 metre (3 feet) distance from others.
- Reduce the number of visitors to your home, especially their contact with your family member with disability
- Keep the child/person with disability in a well-ventilated environment.

**3**

## STAY PROTECTED

- Clean the assistive device with any solution that has at least 7% Lysol before the person with disability uses it. Make sure to clean the head rest, wheels, hand rest, foot rest, joy stick etc.
- The person with disability should avoid physical contact with individuals other than primary caregiver

**4**

## STAY SAFE

- Avoid using hand to clean body secretions such as nasal discharge or drool, instead use a clean cloth/tissue to wipe. Wash the cloth well after one use.
- Dispose the tissue after one use.
- If the person or child with disability has the habit of bed wetting, wash the bed/cushion regularly dry them.

**5**

## STAY INFORMED

- Since the child is mostly at home, reduce screen time as it may trigger other adverse problems and encourage social/physical activities.
- Avoid self-medicating the individual/child without doctor's consent.