

CHARTING the LifeCourse



- Practice wearing a mask each day around the house
- Learn how to safely wear & handle my mask
- Each day add 15 min to the time I wear my mask
- Buy a comfortable mask
- Set an alarm on my phone w/alarms to wash my hands
- Call my supervisor to discuss requirements to return to work
- Increase support staff hours to help with mask & hand washing skills
- Go to familiar places to practice wearing my mask
- Carry hand sanitizer

- Staying home to avoid wearing a mask
- Playing video games day & night

VISION for Transition back to services

- Stay healthy
- Go back to work
- See my friends & Family
- Community outings for fun
- Do my own errands/
independent

What we DON'T Want

- COVID-19
- Stay home/Isolation
- Lose my freedom/
independence
- Depression

