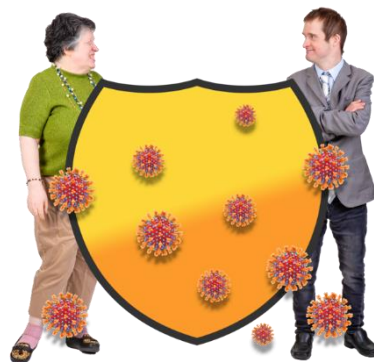


Created by Tŷ Lafant, Assessment & Treatment Unit, 2020



My Positive Pandemic Story



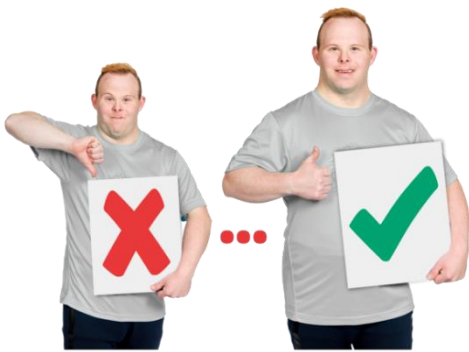
You might want to look at this story with someone you trust like a healthcare worker

Note – The pictures used in this story are not me (Adam)

About Me



I helped my nurse write this story because they know me well



My name is Adam and I am 27 years old and I want to tell you about how I beat an illness



Things that I enjoy are

- computer games
- Doctor Who
- Star Wars
- Animals





I have a diagnosis of Autistic
Spectrum Disorder (ASD) and a
Learning Disability and also
Diabetes



I have been cared for at Tŷ Lafant
which is an assessment and
treatment unit for people with
learning disabilities



I have been there for a few months
and the team are helping me to
find somewhere to live where I can
enjoy life

Why I am sharing my story



A **pandemic** is when a disease spreads and affects a lot of people all over the world

The pandemic brings many things with it such as



Illness



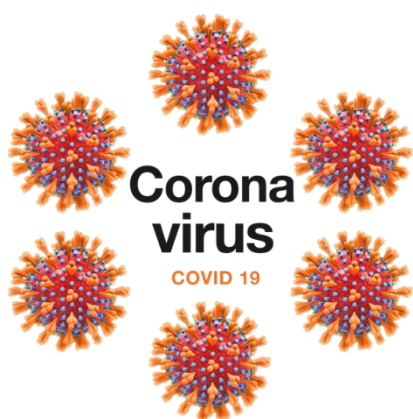
Feelings of worry and anger



Loneliness



Changes to our daily lives



I have had the Coronavirus that
is also called COVID-19



I understand about the worries
it brings but I have recovered
and I want to share my positive
story with you



It has been a hard and different
time for everyone but I would
like to make people think
positively

What happened to me



On 28th of March 2020 I began to feel poorly with a cold and I was coughing a lot



The nurses noticed a change in me and did some health tests but the results seemed normal



The nurses were still worried about me so they asked the doctor for information



The doctor told everyone to wear Personal Protective Equipment when supporting me just to be safe



PPE helps stop the virus spreading from person to person and helps support staff to work safely



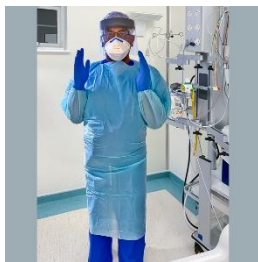
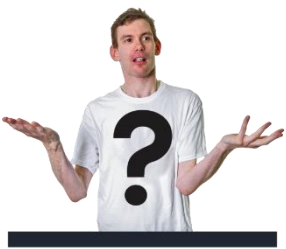
I was offered PPE too



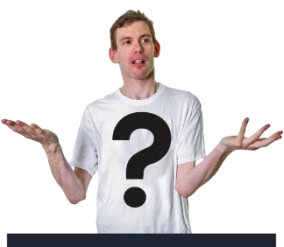
I had to be separate from other people on the ward just in case I had the virus



I had to stay away from places on the ward where other people go



I did not like this and didn't understand why everyone had to wear PPE



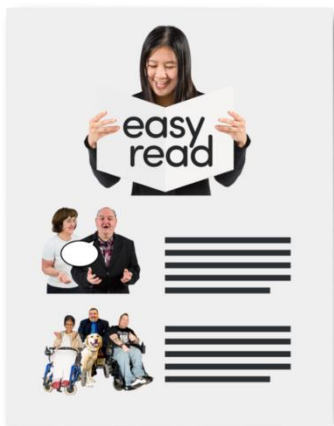
I did not understand why I could not see my family or other people on the ward



I love going for walks and shopping and seeing my pet dogs at my mums house



The staff helped me understand why I needed to make changes and follow the rules of the people in charge of the country and my local area



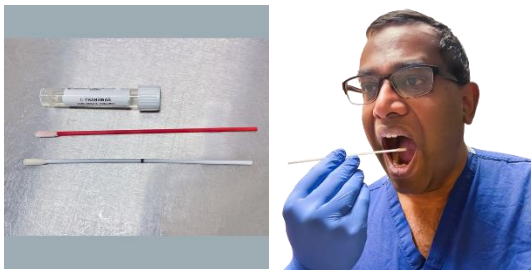
They gave me information with lots of pictures so that I was able to read and understand



I didn't like to be on my own in my room a lot but I understood that it was for my safety and for the safety of others



The staff helped me to stay busy by setting up an activity room for me to use with some of my items from home



Later that morning I let a nurse swab my throat to test if I had the virus



Staff kept telling me everything
was going to be ok



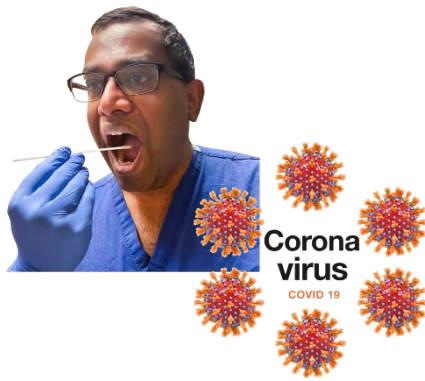
They let me know what was
happening every step of the
way which helped me to feel
calm



Over the next few days my
temperature became higher and
I felt more unwell



Staff supported me when I had
to go to hospital for a check up



My swab result came back and
it showed that I had the
coronavirus



I have diabetes which can
sometimes make the
coronavirus worse



This made the staff and my
family worry about me



I had to stay in my room for 7
days but now people have to
stay in their room for 14 days

The staff supporting me all wore



- Gloves



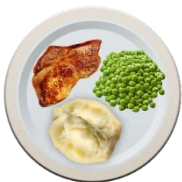
- Masks



- Visors



- Aprons



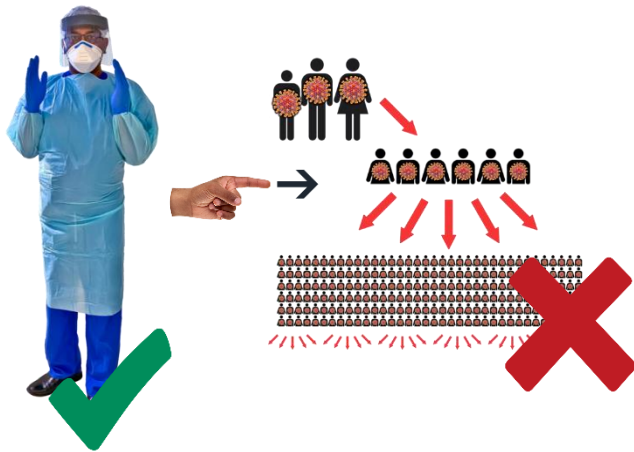
I had my meals and medication
brought to me



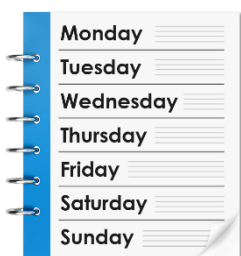
Nurses did health tests on me
every 4 hours



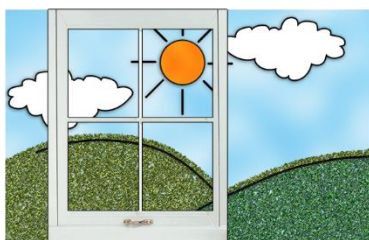
The nurses had to complete these tests even at night which I didn't like at first



I saw the same member of staff each shift to lower the chances of the virus spreading



At the end of the 7 days I was able to go into the shared areas of the ward again



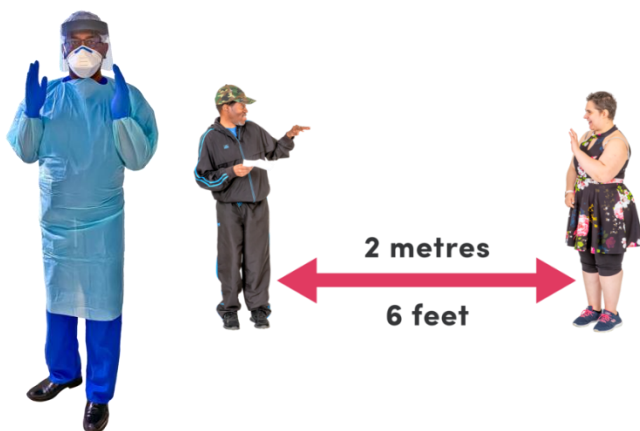
I spent a lot of time in garden with staff enjoying the sunshine and playing games



It was really nice to be able to watch television and eat my meals with other people on the ward



When I was feeling better the nurses had to do my health tests only 3 times a day



When I was feeling better staff only needed to wear full PPE when they were within 2 metres of me



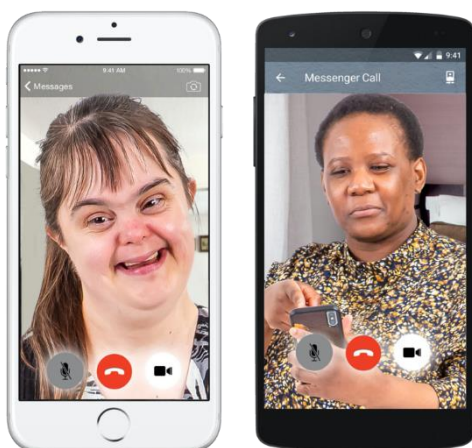
For the rest of the time they needed to only wear a mask which made me feel happier and less worried



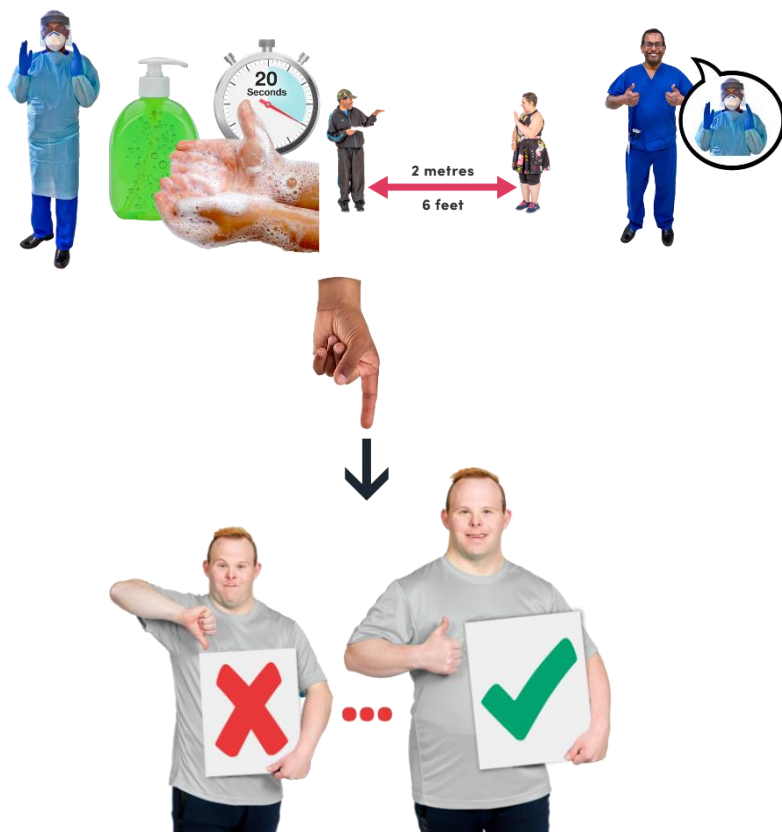
Today is the 22nd of April 2020 and it is almost 4 weeks since I first became unwell with COVID-19



I still miss being able to do the things I usually do but the staff have helped me shop online



An electronic tablet was given to the ward so I could video call my family if I wanted to



My story shows that
people who are seen as at
risk to the coronavirus can
get better with good
support

My name is Adam

I have a learning disability and
other health issues

Today I found out that a new
placement has been found for me

And I beat the Coronavirus





This Booklet was made by;

Adam

&

The staff at Ty Lafant

Aneurin Bevan University Health Board

Learning Disability Services

For more easy read COVID-19 resources visit