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
On 28\textsuperscript{th} 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 mum's 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 22\textsuperscript{nd} 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 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

https://www.mencap.org.uk/