



Preparing for your COVID-19 vaccine appointments: Toolkit of ideas for family, whānau and caregivers of disabled people

There is a lot to think about in making sure getting vaccinated is the best event it can be. You may find the following information useful to consider when thinking about getting your COVID-19 vaccination or arranging a family members vaccination.

- Contact the **COVID Vaccine Healthline** on 0800 282926 and let them know you need an accessible vaccination event such as needing more time, a low sensory/low noise environment, New Zealand Sign Language or other language interpreters, a space away from the general public. Discuss what options are available in your area.
- Some District Health Boards (DHB's) are offering **low sensory vaccine events/clinics** - lower lightening, quieter clinics, space to bring people or items that support you during your vaccine appointments.
 - If in **3DHB area (Capital Coast Health, Hutt Valley, Wairarapa)** contact their **COVID Accessibility Team** (0800 829 935, text only 027 281 5017 or email covidaccessibility@ccdhb.org.nz, open M-F 8-4.30)
 - If in **the Midcentral DHB area** contact covacc@midcentral.govt.nz. Midcentral use the word Takiwātanga which is an indigenous term that demonstrates an inclusive understanding of individual needs; it means in his/her/their own time.
- If there are no specific accessibility events available in your area consider booking the first or last appointment of the day when it is not so busy; consider booking a double appointment - when you speak to the COVID Vaccine Healthline they should be able to assist with this.
- You can consider asking your **GP** if they can give you your COVID-19 vaccine; some pharmacies are also giving the vaccine and may be able to offer an appointment before or after closing time.

- You can consider using **numbing Emla cream**; this can be purchased from pharmacies.
- You can use the COVID-19 Simplified **Easy Read booklets to explain Before, Getting and After COVID-19 vaccine** - visual guide as part of preparation for the vaccine event:
 - Before getting the COVID-19 vaccine
 - Getting your COVID-19 vaccine
 - After getting your COVID-19 vaccine

You can find these booklets at:

<https://www.peoplefirst.org.nz/simplified-easy-read/>

If you would like hardcopies of these booklets posted to you please contact People First New Zealand 0800 20 60 70

- There is **An Easy Read guide to the COVID-19 vaccine**:
<https://covid19.govt.nz/assets/resources/accessible-information/easy-read/COVID-19-An-Easy-Read-guide-to-the-COVID-19-vaccine-Easy-Read.pdf>

If you would like hardcopies of this guide posted to you please contact People First New Zealand 0800 20 60 70

- **Autism NZ** has a social story available, suitable for anyone wanting to know about what happens at a vaccine event:
https://autismnz.org.nz/wp-content/uploads/2021/08/0818_AutismNZ_SocialStory1_Final-2.pdf
- **Explore Specialist Advice, Healthcare NZ** has an online tool called Preparing for COVID-19 vaccination event:
<https://www.healthcarenz.co.nz/service/explore-specialist-advice/preparing-for-the-covid-19-vaccination/>

- The **Personal Advocacy and Safeguarding Adults** Trust is offering support for people with learning disabilities or other cognitive impairments to make decisions about having the COVID-19 vaccine. They are able to provide this support free of charge across the country. In summary they are able to:
 - Work with people and their supporters who may lack confidence with Supported Decision Making to coach them on strategies and approaches, specifically regarding whether or not they wish to receive the Covid-19 vaccination.
 - Work with people who may not have any other supporters to complete and document a Supported Decision Making process regarding whether or not they wish to receive the Covid-19 vaccination

www.patrust.net.nz or call 0800 728 7878 or email:
advocacy@PASAT.org.nz

- Consider using the **Easy Read Making a decision about having the COVID-19 vaccine** – supported making tool
<https://covid19.govt.nz/assets/resources/accessible-information/easy-read/COVID-19-vaccine-Decision-making-tool-Easy-Read.pdf>
- There are lots of COVID-19 vaccine resources and information in **alternate formats** (Easy Read, NZSL, Braille, Audio and Large Print)
<https://covid19.govt.nz/iwi-and-communities/alternate-formats/>
- You can take a **support person/s** with you; you can take things that distract/comfort you during the vaccine event (i.e. iPad, mobile phone, headphones to listen to music, a special item).
- Remember to wear a face covering at your vaccine appointment (especially at Alert Levels 3 and 4). If you are not be able to wear a face covering safely or comfortably because of a disability or health condition you can show your **face covering exemption card**. You can request a card from the Disabled Persons Assembly NZ by contacting them on [04 801 9100](tel:048019100) or by email info@dpa.org.nz.

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