



The Illawarra Disability Alliance needs your help

The Illawarra Disability Alliance (IDA) is asking the Illawarra community to do their bit to help protect the vulnerable within our community. We recognise the significant impact that COVID-19 could have on people with disabilities, medically vulnerable people and the elderly. The organisations that make up the IDA are all doing that we can to care for and protect the people using our services and facilities but this enormous task is best undertaken with the backing of our community.

The best protection for all of us, and especially for the vulnerable, lies in what each of you do individually. We are imploring you to follow government advice and stay out of the community for all but essential services, commence practicing social distancing, wash your hands regularly, avoid large groups and most significantly stay away from workplaces and social gatherings when you are sick.

Finally, please demonstrate kindness and consideration in your interactions with others. If you live near someone with a disability or an elderly person offer your support if you are able. This health crisis is a big personal challenge for many people including those who may experience an exacerbation of mental health issues. Your understanding will go a long way to help.

If you need support personally, please call Lifeline on 13 11 14.

Our Illawarra community is a great one to be a part of. Let's show we are the best.

Members of the Illawarra Disability Alliance



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