

Preventing motor, social and psychological deconditioning

Concrete actions and recommended activities for ID-ASD-PD clients

Getting and staying in shape

Every bit counts!

The COVID-19 pandemic is affecting everyone, from the lockdowns to the feelings of anxiety surrounding the virus to the impacts on our personal and professional lives. Clients with an intellectual disability (ID), autism spectrum disorder (ASD), or physical disability (PD) are especially affected by the lockdown measures. As a result, the Ministère de la Santé et des Services sociaux (MSSS) is asking institutions to take steps to prevent deconditioning in these clients.

One of the measures taken by the Direction des programmes déficiences (DPD) of the CISSS de la Montérégie-Ouest is an inventory of activities organized or created by our intervention workers or offered online by community organizations or members. These activities can be done by both children and adults in lockdown or quarantine. These tools are designed to help users, parents, and people in charge of RI-RTF during these extraordinary circumstances. The activities are also suitable for use with larger numbers of viewers.

Every bit counts, even during a lockdown. **Depending on your condition, it's important to seize every opportunity to stay fit and independent:**

- Take part in physical, cognitive, and social activities every day to stay active and feel better;
- Find out whether any activities (in-person or remote) are offered by community organizations;
- Remember the importance of eating well and staying hydrated.

Activities are available at the following address:

<https://santemonteregie.qc.ca/ouest/prevenir-le-deconditionnement-moteur-social-et-psychologique-clienteles-di-tsa-dp>

You'll find information about COVID-19, along with ideas for ways to promote exercise, communication and language stimulation, cooking, fine motor skills, sensory stimulation, creativity (art), emotional management, and day-to-day tasks and routines.

Most of the activities are offered in French, although a few are available in English (indicated on the page).