

# Useful Links for Disabled People COVID-19-UK

This is a list of resources relevant for disabled people during the Covid-19 outbreak, with a UK focus.

The list includes resources relevant to people on low incomes, workers, renters and anyone else requiring mutual aid.

Please add a comment to the document with recommended resources and share widely.

**Short url for document:**<https://tinyurl.com/DPsCovidList>

**Short url for folder:** <https://tinyurl.com/DPsCovid19UK>

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## Disability specific

[UK Government guidance for high risk individuals](#)

## UK based

1. [Template advisory letter for support workers and PAs](#)

An anonymised version of a UK-based disabled person's letter/document to share with their Personal Assistants/Carers (PAs). This is for other people to copy and change for their own situations. This is shared because the government and social care organisations are not giving us the specific advice we need, so we disabled people have to help one another and prepare for ourselves.

**Short url:** <https://tinyurl.com/PALetterCovid>

2. [Detailed template letter for support workers and PAs](#)

This is adapted from the template above. This version includes chronological sections, further details on infection control, version control, instructions for payroll if you become sick and a note to contact your employer if you are in work.

**Short url:** <https://tinyurl.com/PALetterCovidDetail>

3. [Queercare Mutual Aid request form](#)

A form for requesting support so you can avoid going outside if you're immunocompromised, diabetic, self-isolating asthmatic or elderly. Priority will be given to people who experience homophobia or transphobia, or similar oppression, but it is open to all. No prioritizing is done beyond this.

4. [The Bunker Facebook Group](#)

A support group for disabled people who are having to protectively isolate ourselves due to being at extra risk from the coronavirus.

5. [Letter from Disability Rights UK to Government](#)

The CEO of Disability Rights UK has written to the Rt Hon Justin Tomlinson MP, Minister for Disabled People, Health and Work, and the Rt Hon Helen Whatley MP, Minister for Care, to raise concerns about safeguarding disabled people, people with long-term health conditions and older people in relation to COVID-19 (Coronavirus).

6. [Vulnerable to infection door sign](#)

7. [My Covid-19 emergency plan](#)

## US Based

1. [Half Assed Disabled Prepper Tips for Preparing for a Coronavirus Quarantine By Leah Piepzna-Samarasinha](#)

A preparation guide by Leah Lakshmi Piepzna-Samarasinha a queer disabled femme writer, organizer, performance artist and educator of Burgher/Tamil Sri Lankan and Irish/Roma ascent.

2. [Plan and Prep Guide for Adults w/ Neuromuscular impairments](#)

A guide aimed at people with neuromuscular impairments but with advice that is very relevant to many disabled people.

## Mutual aid

## UK based

1. [COVID Aid UK](#)

Covid Aid UK is a group of volunteers supporting local community groups organising mutual aid throughout the covid-19 outbreak in the UK. We focus on providing resources and connecting people to their nearest local groups, willing volunteers and those in need.

2. [Queercare policies for doing volunteer support work](#)

This document is useful for carrying out volunteer support work and mutual aid.

3. [Freedom news article with links to mutual aid groups](#)

An article with a number of links to mutual aid groups across the UK.

## General

1. Coronavirus Handbook for Workers - coming soon!
2. [Coronavirus Support Group for Workers](#) - UK based
3. [ACORN Tenant Support group](#) - England based

This is a group for tenants to discuss their problems as renters and support each other to organise collectively for better standards. It is run by ACORN tenants' union.

4. Petitions to protect renters - rent freeze and all evictions to be stopped
  - a. [Petition](#) - England (by ACORN)
  - b. [Petition](#) - Wales
  - c. [Petition](#) - Scotland (by Living Rent)
  - d. NI?
5.
  - a. [Template letter to MPs to protect tenants](#) - England Based. A template letter by ACORN UK to send to your MP to call for a UK wide rent freeze and all evictions to be stopped.
  - b. [A letter to Welsh Government people can be signed here](#)

6. [Pod Mapping for Mutual Aid By Rebel Sidney Black](#)

A worksheet to map people in your community who can offer mutual aid.

7. [Coronavirus Tech Handbook](#)

This handbook has great sections on how to use online tech, working, leading alternative online events and isolation.

