

# Dan's COVID19 Change Book

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This is me. I live in my house with Eric.

My games and instruments are at my house. I play them every day.

I really like Wii Bowling and my banjo.



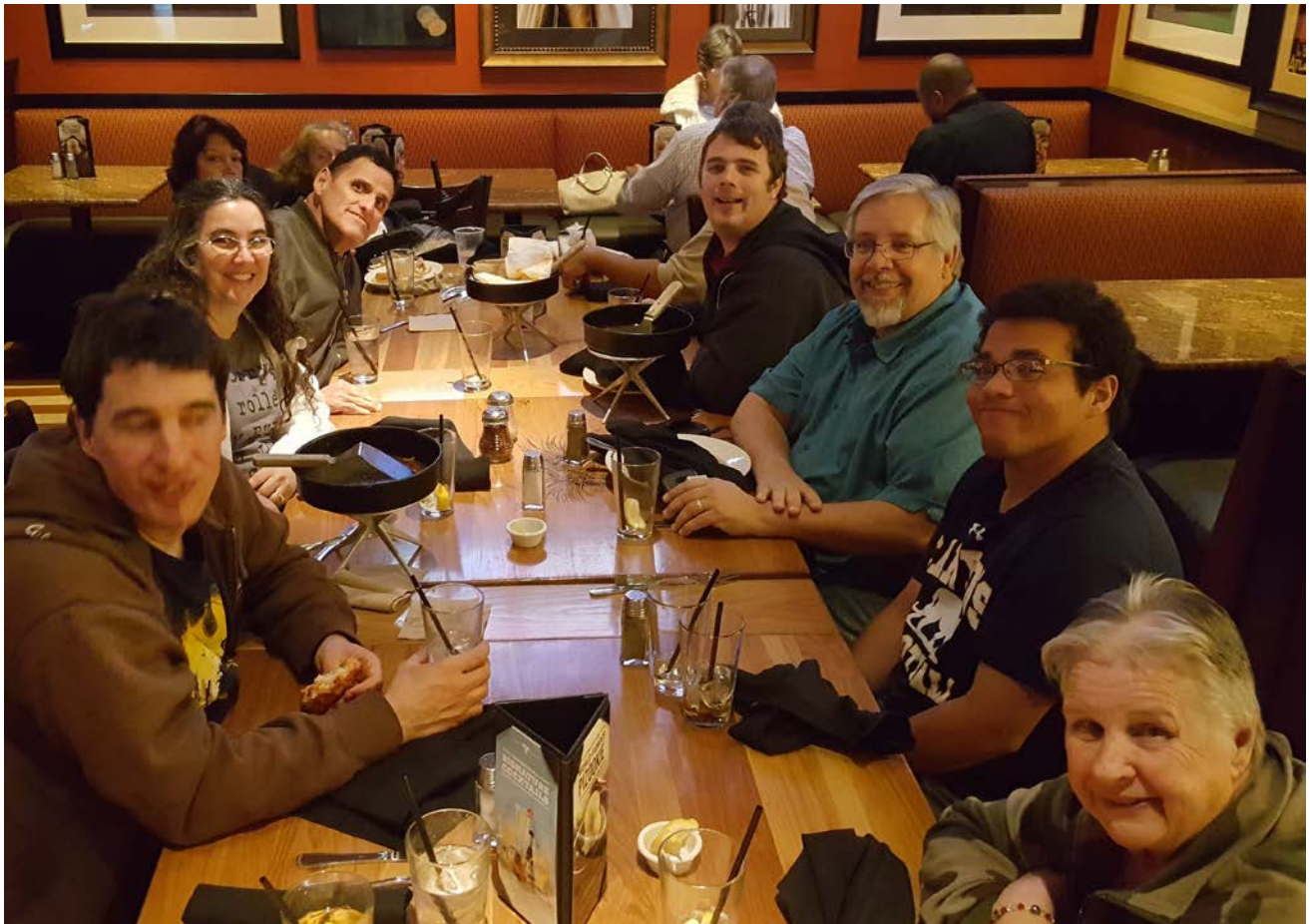
I went fishing in Alaska

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**My coaches from Avenues SLS are with me all the time.**

Kristol comes on Monday afternoon and we do the grocery shopping. I go to watch Scott's softball game on Tuesday night with Jorge. Lidia takes me lots of places on Wednesday and Thursday.



I went out to dinner at the CaTASH conference a few years ago

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During the daytime, I go out with coaches, too. I also see **John, Javen, DK and Aaron.**

Astrid, Charles, Susy, Jackie, Maricela and Erika take us to work, volunteer, the **gym**, **swimming** and the **Food Pantry**. We **eat lunch** together every day.



John and I work at Hart Park and Placerita Nature Center.



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My **Dad** visits every **Wednesday**. My **Mom** comes with him sometimes My Mom volunteers at the Avenues office on Monday. I visit their house for parties and haircuts every month.

Dad brings me a **Zero Pepsi on Wednesday**.



Here are Mom and Dad.

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## Most weekends, I stay with Scott and Lori.

We go to church on Sunday. Scott and I get the donuts. We also go to Alpine house a lot. I like to go shopping and running other errands with Scott.



I go lots of places with Scott.

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**I really like people - especially greeting them with a handshake.**

I have been working on **Elbow Bumps** instead, because lots of people are sick.



I was on a TV show with Scott

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**I have a written **schedule** every day to help me know what is happening.**

This is very important to me. It keeps me feeling secure. When there are changes, my coaches help me write them on the schedule. Then I understand and feel okay.



I usually carry my schedule on a piece of paper.

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**There are always changes in life. Sometimes they are fun changes and sometimes they are frustrating.**

It is fun when I change my Friday schedule and go to **Magic Mountain**, but it is frustrating when I have an appointment and can't go swimming.



I love when my schedule changes and I get to go to a concert.



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Sometimes people are **sick** or hurt and have to change their **schedule**.

When John had a rash a few years ago, he could not go **swimming** for a few weeks. When he got better, he was able to swim again.



Mom's shoulder is still healing, and she can't ride horses. But, she can do other things.

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Right now, a lot of people are getting **sick** all over the world.

A lot of places are closed until Easter. We can't go on an **airplane** and all the schools are closed.



**Magic Mountain is closed** so people don't get sick.

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**So, my schedule has to change for a while.**

Magic Mountain is closed. Church is closed. Scott will not have any softball games. I can't work at Placerita Nature Center or Hart Park.



Church is closed for a while.

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**Other things might change, too, if more people get sick.**

I might have to **stay home with Eric** so I don't get sick.



**This is my house.**

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I would not be able to go to the **gym**, the **store** or other places. Eric can't go to work at **Gymnastics Olympica**, either, because they are closed.

My games and instruments are at my house. I can still play my Wii and instruments every day. I really like **Wii Bowling** and my **banjo**.



I will keep my house clean and cook dinner like I always do and I will have more time for movies, games and music.



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**My parents may not be able to visit. We don't want them to get **sick**, so they will have to stay in their house, too.**

I can talk to them on the **phone** still. I bought a case of Zero Pepsi and it is in Eric's room. **Eric will be able to give me my soda on Wednesday if my Dad can't visit.**



**I love seeing my mom and dad.**

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My other coaches would also need to stay **home** so they don't get **sick**. **Eric** will stay with me the whole time.

I can call the other coaches on the phone if I want to talk to them.



I will not be filling the candy machines for a while.

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**It might take a long time for people to feel better. Eric will write updates on my wall **calendar** when we know what is happening.**

Eric and I will keep talking to my parents and Scott and Lori to see when it is safe to go back to the old schedule.



I am glad we got to go to Cal-TASH before we had to stop traveling.

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Everyone knows that my schedule will change for a while. They are glad that I will be **safe with Eric**

Auntie Paula, Uncle Michael, Auntie Mari and Uncle Elmer - everyone is happy that I will be safe with Eric and that I can play my **banjo and Wii**.



Auntie Mari visited on Halloween

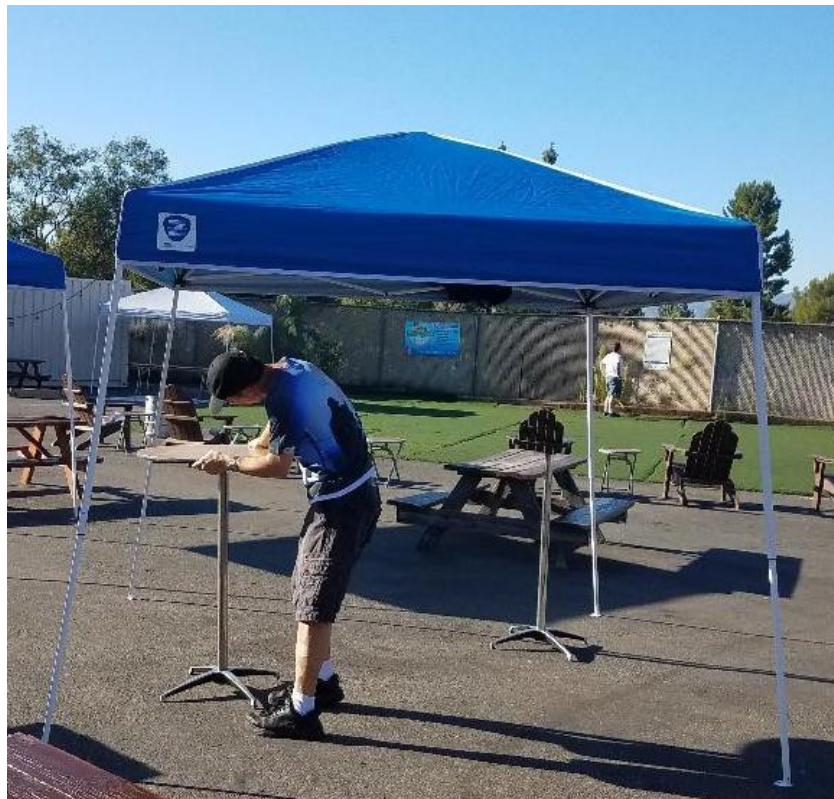


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When this is all over, I will get to go back to the gym and Placerita and see John and Aaron and Javen.

I will also be able to go shopping with Kristol and out with Jorge and Lidia.



I will do volunteer work again when everyone is feeling better.



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## **I might get sick, too. Eric might get sick, too.**

If I get a sore throat or feel hot, I have to let Eric know so he can help me feel better. If Eric gets sick, Scott or Lori will help take care of both of us.



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It is important to **wash my hands** a lot. I am not in trouble. Washing my hands will help me to stay healthy.

I also need to drink a lot of **water**. And use my **water pik** to keep the germs out of my throat.



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**If I have any questions, I can ask Scott or Lori or Eric or any of my coaches.**

Everyone wants to stay healthy and not get sick.



We are still hoping to go to Alaska in June, 2020.

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## **My questions and concerns**

Write in anything that Dan talks about and the answers so he can review them as needed.

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