# Special Webinar

# COVID-19 and People with IDD: Impact, Prevention and Action



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# **Focus for Today**

### NOT

- ► Talk about well-known information
- ► To provide you with the latest numbers of cases
- ► An update on closures or cancellations
- ► How low the stock market had dropped

### **TO**

- Relate the impact of these events on people with IDD and their support teams and structures
- Resources and actions



# Where to get information

- Trusted sources for the latest information
  - ▶ Center for Disease Control
  - National Institute of Health
  - World Health Organization
  - NOT the social media outlets
  - ► Other organizations that you have trusted before
    - ► ANCOR –ANCOR.org
    - Administration for Community Living- ACL.gov
    - American Academy of Developmental Medicine and Dentistry – AADMD.org/prepare
    - Developmental Disabilities Nurses Association- DDNA.org
    - National Association of Direct Support Professionals NADSP.org



### Risk of Serious Health Effects

### **CDC**

- ► Age over 65
- Lung disorders
- ► Heart disease
- ► Immune deficiencies
- Severe obesity

### Some with IDD

- Decreased respiratory capacity
- Asthma
- ► Frequent pneumonia
- ► Chronic silent aspiration

May be more susceptible to severe illnesses from COVID-19



# **Risk of Losing Supports**

- ► Family members and Support Staff
  - ► Become ill, themselves
  - ► Have an ill family member
  - Have no childcare
  - Become overworked
- Agencies
  - ► Lose operating funds
  - May not be able to stay open
  - May not be well-staffed
  - May not be able to return after pandemic



# **Risk of Reduction in Supports**

- Support coordination occurring remotely
- Suspension of requirement for community time
- Reduction in accessibility to healthcare providers
- Greater risk of exposure going to a healthcare provider



### Reduction in Access to Healthcare

► Consider using Telemedicine





### **Telemedicine**

- Department of Health and Human Services has expanded telehealth access
  - Medicare beneficiaries can receive a wider array of services
  - Utilize any non-public facing remote communication device
  - Reduced or waived beneficiary cost-sharing
  - ► Not limited to a specific diagnosis like COVID-19
  - Medicaid- state have broad flexibility of what's covered –Check with your state office



### **Telemedicine**

- Utilize clinicians that have training in IDD healthcare whenever possible
- StationMD (StationMD.com)
  - ►Use HRS's Curriculum in IDD Healthcare to train their providers
    - HRS does not receive any financial benefit from utilization of their services



### **SD - Q - I**

### Social Distancing

Avoiding close interaction to reduce contact to reduce the spread of the disease

### Quarantine

Restricting movement of people that have been exposed

### ► Isolation

Separating people who are ill from those that are not



# **Social Distancing**

- ► No visitors
  - ► Family
  - ► Friends
- ► No large crowds
  - ► No work
  - ► No school
  - No social activities
  - No church
  - ► Eating smaller groups or alone



### **SD Unwanted Effects**

- Greater social isolation of a group of people that has been fighting this challenge for years
- Possibilities
  - Anxiety, worry, fear
  - Loneliness
  - ► Anger
  - **▶** Boredom
  - ▶ Depression



**Adverse Behaviors** 



# SD – Reducing the Effects

- Connect with others
  - Social Media
  - ► Video Conferencing -Schedule regular time
  - Snail Mail
  - ► Xbox
  - ► Phone Applications- Houseparty, Hangouts by Google
- ► Relaxation techniques
- ► Exercise -Yoga
- Virtual tours –zoos, museums etc.
- Journal writing
- ▶ Games
- Music
- ► Keep routines the same as much as possible —cooking, cleaning, laundry, hygiene etc.
- SAMHSA.GOV Tips for Social Distancing



Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak

### nat is Social Distancing?

cut distancing is a way to keep program by minsecting closely or frequently emough to spread lefections disease. Schools and other gathing places such as move theaters may time, if specific events and religious services may be sorted.

### hat is Quarantine

arantine sugarates and restricts the move of of people who have been expended to a Majorus Strason to see if they become as k. Its long exclude to amove the person has not stracted an infections disease.

### that is isola

on provents the spread of an intertious a by significing people who are such from who are not it tooks as long as the disease

### Introduction

In the event of an intentional dissesse publicase, local, office and enterprise the public to take measures to brief and devention the spread of the dissesse. That is given of the dissesse, that is officed provides information about social distancing, generating, and establishment of the control social establishment of the provides of the dissesse of the control social distancing, generating, and establishment of the control social distancing, generating, and public health of special within the country get sick, with highly contagoous diseases that have the potential to develop into outbrakes or pandemics.

This tip sheet describes feelings and thoughts you may have during and after social distancing, quarantne, and isolation. It also suggests ways to care

and provides resources for more help.

### What To Expect: Typical Reactions

Everyone reacts differently to streps that situations such as an infectious disease outliness that requires social distancing, quarantine, or isolation. People may feel.

• Anxiety, worry, or feer related by:

- Thur even health status
- exposed to the disease

  The recentment that your triends and family mu
- feet if they need to go into quarantine as a result of contact with you.

  The experience of monitoring yourself, or being
- monitored by others for signs and symptoms of the disease.

  Time taken off from work and the potential loss
- Time taken off from work and the potential loss of income and job security
   The challenges of securing things you need,
- The challenges of securing things you need, such as proceries and personal care items
- Concern about being able to effectively care for children or others in your care
   Departainty or frustration about how long your
- will need to remain in this situation, and uncerterity about the future

  Landiness associated with feeling out off from
- the world and from loved ones

   Anger if you think you were exposed to the dis-
- Anger if you think you were exposed to the dissure because of others' negligence
   Boredom and trustration because you may not
  - be able to work or engage in regular day-to-day activities

    Uncertainty or ambivalence about the situation
- Uncertainty or ambivalence about the situation.
   A desire to use alcohol or drugs to cape.
   Symptoms of depression, such as feetings of hopelessness, changes at appoint, or steeping.

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Download in the "Handouts" tab in your control panel



# **General Preparedness**

- Monitor for signs and symptoms –notify healthcare providers if present
- Ensure adequate supply of a persons' prescription medications
- Ensure adequate supply of "cold" medications
- Have usable thermometers and other equipment available (Pulse Oximeter)
- Utilize delivery services for groceries and other household items
- ► Do not overuse personal protective equipment



# **General Preparedness**

- Have a list of emergency contacts updated and available
- Identify an area where a person might be quarantined if needed
- Present a calm and controlled appearance and environment
- Create or update a Health Passport



# **Health Passport**

- Demographic
- Basic medical information
- Social and Environmental information
  - ► How a person communicates
  - ► How do they express pain
  - ► How do they take medication best
  - ► Mobility needs
  - Calming techniques
  - ► And more
- ► Shows that people with IDD are PEOPLE FIRST

Download in the "Handouts" tab in your control panel





### **Important Information About Communication**

I communicate best using: (words, gestures, sign language, behaviors etc.) I use words and gesturing to indicate what I may need. I understand most of what people are asking of me.

Hearing: (normal, somewhat impaired, fully impaired, etc.) Normal

Vision (normal, somewhat impaired, fully impaired, etc.) Mild impairment, I wear glasses.

### **Important Social information**

My friends and people who know me describe me as: (fun, likeable, smart etc.) Pretty smart in playing games, I make them laugh, and I make really good sandwiches!

I Like: Watching Wheel of Fortune and going outside on the front porch.

When I like something I express it by: Smiling. Saying "Yes" or getting excited.

I dislike: Thunderstorms, when the television or radio is very loud, having anyone try to undress me.

When I dislike something I express it by: yelling, running away, covering my head with a blanket, Sometimes I might hit my arm on a table or wall.

The best way to communicate with me is: Sitting down, looking at my face and speaking normally, but clearly in short sentences.



### HEALTH RISK SCREENING TOOL



I usually interact with friends this way: (friendly, smiles, anger, fear etc.) Smiles, and I like to hug my friends.

I usually interact with strangers this way: (friendly, smiles, anger, fear etc.) I like to hug everyone and I've never met a stranger.

When I'm angry I sometimes: Yell, hit my arm on the table or wall and run away.

When upset, the best way to help me calm down is: Speak calmly, ask me to sit down and talk calmly to me and offer something else to do like look at a magazine or go for a walk outside.

Things that I am sensitive to include: (specific sights, sounds, odors, textures/fabric, etc.) Loud noises. and I don't like blowing my nose on a paper towel.

Things that help me pass the time: Television, looking a magazines. Talking with friends.

### **Health Risk Screening Tool Scores**

Overall Health Care Level \_\_\_\_\_ (Levels 1 and 2 low risk, levels 3 and 4 moderate risk levels 5 and 6 high risk)\

Date of most recent scoring:

Individual scores (Attach a print-out of the scoring summary)



# **General Preparedness**

- Model good hygiene
- Educate people with appropriate levels of information
- Teach people you support about good hygiene measures



# **Teaching**

- Green Mountain Self-Advocates
  - ▶ Booklet about COVID-19

Download in the "Handouts" tab in your control panel

### COVID-19 Information By and For People with Disabilities



### What is COVID-19?

- · It is a new illness spreading around
- · It's nickname is coronavirus.

### How do you get it?



- · Someone with COVID-19 gives you their
- · When they cough or sneeze, their germs get in the air, on you, and on things.
- · Germs get into your body through your mouth, nose, and your eyes.









Green Mountain Self-Advocates www.gmsant.org





# **General Preparedness**

- Utilize tools you already have to identify who is at most risk - Health Risk Screening Tool
- Ensure, whenever possible, that people maintain their usual routines
- Ensure access to medical care consider telemedicine
- Take care with what is watched on television when people may become overly anxious or agitated from what is seen on the news
- Stay informed of what's happening using trusted sources



### **Changing Federal and State Requirements**

- Stay up to date on regulatory changes regarding services
- Federal and State requirements may be amended or waived
- Document any actions that are made to change or reduce services or supports thoroughly as well as the reason the decision to do so



# Staying updated -HRS

Clinical Advisory Team



- ► HRS, Inc. Special Bulletins
  - ►IDD-related COVID-19 information
  - Free infection control video at HRSTonline.com
  - ► Upcoming Bulletin Importance of communicating that people with IDD are People, first
  - ► Future Webinars





# Co-sponsoring a Webinar with AAIDD





April, 2020



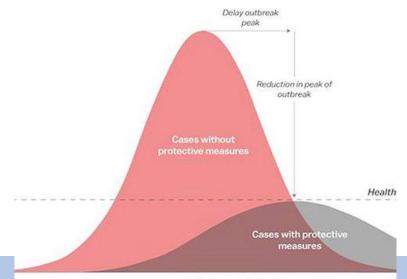
### **General Prevention**

- Wash you hands for 20 seconds and use hand sanitizers 60% alcohol
- Keep hands away for face, especially eyes, nose and mouth
- Avoid close contact with others who are ill or infected
- Stay home if you are ill
- ► Cover your cough or sneeze
- Regularly clean and disinfect objects like light switches, keyboards, cell-phones, eye glasses etc.



# Why slow down transmission?

- ► NOT so much
  - ▶ To stop the disease completely
- ► TO
  - "Flatten the curve"
  - Reduce the demand on the healthcare system
  - Reduce the death rate





### Questions



# Thank you for joining us!

- ► Share the recording with others
- Visit HRSTonline.com to sign up for our newsletter
- Good Health and Wellness



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