



NOTICE/AGENDA

STATE COUNCIL ON DEVELOPMENTAL DISABILITIES Sacramento Regional Office: Regional Advisory Committee (RAC) MEETING

POSTED AT: www.scdd.ca.gov

This is a Zoom meeting only. There is no physical location being made available to the public. Per [EXECUTIVE ORDER N-29-20](#), teleconferencing/Zoom restrictions are waived during the COVID-19 crisis. Committee members are not required to list their remote locations and members of the public may participate electronically by accessing Zoom or calling the number listed below. Furthermore, accessible formats of all agenda and materials can be found online at www.scdd.ca.gov.

<https://zoom.us/j/208940483> Meeting ID: 208 940 483
+1-669-900-9128 Code 208940483#

DATE: April 21, 2020

TIME: 10:00 AM – 1:00 PM

COMMITTEE CHAIR:

Karen Mulvany

Item 1. CALL TO ORDER

Item 2. ESTABLISH QUORUM

Item 3. WELCOME AND INTRODUCTIONS

RAC Member Introductions

Members of the Public Introductions

Item 4. APPROVAL OF February 11, 2020 MINUTES 

**Item 5. Brief Reports from RAC Members on issues in their counties
(3 minutes each)**

Item 6. PUBLIC COMMENTS

This item is for members of the public only to provide comments and/or present information to the Committee on matters not on the agenda. Each person will be afforded up to three minutes to speak.

Item 7. Alta California Regional Center Update

Item 8. Sacramento Regional Office Updates (Sonya Bingaman & Kathy Brian)

Item 9. FUTURE MEETING DATES

August 20th

Item 10. Meeting Adjournment

Item 11. Dante Allen, CalABLE Training

Accessibility:

Pursuant to Government Code Sections 11123.1 and 11125(f) and Executive Order N-29-20 (this Executive Order can be found by clicking the link on page one of the agenda or typing <https://www.gov.ca.gov/wp-content/uploads/2020/03/3.17.20-N-29-20-EO.pdf> into your web browser), individuals with disabilities who require accessible alternative formats of the agenda and related meeting materials and/or auxiliary aids/services to participate in this meeting should contact Sonya Bingaman at (916) 715-7057 or Sonya.bingaman@scdd.ca.gov. Please provide at least 3 business days prior to the meeting to allow adequate time to respond to all requests.

All times indicated and the order of business are approximate and subject to change.



Sacramento RAC
Regional Advisory Committee Minutes
DRAFT

Date	Tuesday, February 11, 2020
Time	10:05 a.m. - 1:00 p.m.

Members Present	Members Absent	Others Attending
Elaine Linn (FA)	Jesana Tran (FA) (excused)	Joyce McNair (FA) Council Member
Benita Ayala (FA)	Nancy Esparza (SA)	Lisa Cooley (SA) SSAN (phone)
Donnell Kenworthy (FA)	Jane Taylor (FA)	Nicole Mion, Help Me Grow
Christine Hickey (FA)	Midhun Tripuraneni (SA) (excused)	Jennifer Bloom, ACRC
Brandy Boyd (FA)	Glenda Servantes (FA) (excused)	Mechelle Johnson, ACRC
Tyson Whitman (SA)		Jason Lindo, ACRC
Karen Mulvany (FA)		Jim Williams, Senior Commission Roseville
Natalie Gray (SA)		Brenda White, DDSO staff
Michael Helton (SA)		Dianne Olafson, Norcal EXCEL Program Director
Kidada Medina (FA)		Sara'Ann Ryan, Dept. of Aging (phone)
		Natalie Audage, Child Abuse Prevention Coordinator, Yolo County
		Ravita Devi, SCDD Staff
		Kathy Brian, SCDD Staff
		Sonya Bingaman, SCDD Staff

1) Call to Order, Chairperson, Karen Mulvany (FA)
a.m.

10:05

a. Welcome RAC Members & Introductions

b. What change would you like to see in 2020.

- Reduce the gap in disparities between cultures/ethnic groups accessing DD services.
- Reduce the gap in disparities between cultures/ethnic groups accessing DD services.
- Improve attitudes of people toward ID/DD individuals.
- Increase supply of public housing.
- Provide more training to Service Coordinators, family members, and self-advocates on Person Centered Planning.
- Increase access to information helpful to family members and self-advocates.
- Increase supply of low-income housing and increase information.
- Increase supply of affordable housing.
- Increase options of adult day programs, especially in rural counties.
- Increase adult day programs and supports to attend community colleges.
- Make sure that individuals who don't receive SSI can access ABLE accounts.
- Encourage adult programs to include family members of adult self-advocates in planning (don't leave out the parents).
- Implement service provider rate increases as soon as possible.
- Develop an ID/DD Housing Voucher.
- Promote and increase full inclusion in the school districts.
- Increase services for adults over 22.
- Develop Housing Choice Voucher for California.
- Develop ID/DD Housing Choice Voucher.
- Continue to roll out Self-Determination Program. Increase coordination and discussions between DDS and community.
- Increase options for low-income Family Housing for families with a special needs child so they can have housing stability.
- More accessibility in all areas so that individuals who are deaf and hard of hearing can be more integrated and included in the community.
- Increase collaborations between disability and aging services since many services needs overlap.
- Increase accessible housing options.
- Increase Transportation options.

2) Approval of RAC Agenda, Brandy Boyd (FA)

(action)

First - Donnell Kenworthy Second- Brandy Boyd Yes 9/No/Abstain

3) Approval of RAC Minutes, 10/15/2019, Brandy Boyd (FA)

(action)

First - Brandy Boyd Second - Donnell Kenworthy Yes 8/No/Abstain 2

4) Brief reports from RAC members on issues in their counties

Benita Ayala – Sacramento County

- There is an Assistive Technology Resource Fair today at UCD Mind Institute (flyer shared).
- There is a monthly meeting at UCD Mind Institute called Sankofa of parents of African American children with developmental disabilities.

- UCD Mind Institute has a program of parent coaches/navigators for families of newly diagnosed children with disabilities.
- Forward Benita flyers from agencies and community events for the UCD Mind Institute Resource Library (preferably in English and Spanish).
- Fly Brave Foundation has an ASL Workshop where they are teaching sign language.

Donnell Kenworthy – Yolo County

- The SELPA CAC for Yolo County will be hosting a screening of the movie “Intelligent Lives”, March 26, 2020 at 6pm. You can also join the Yolo County SELPA CAC on their Facebook group.
- Donnell is on the Warmline Board of Directors. Warmline is a great resource for new parents, lots of handouts and great information.
- Her son attends the Transitional Care Unite (respite) for adults with medical needs in Grass Valley, Ridgeline. There are 2 such programs in California. She is also busy caring for an aging parent with Alzheimer’s.

Elaine Linn – At-Large

- Announced the Family Voices of California Annual Health Summit, March 15-17, 2020. It is free for families to attend. website www.familyvoicesofca.org
- Announced a 7 Part Leadership and Advocacy Series that will take place in Sacramento, Fall 2020.

Brandy Boyd – Sacramento County

- Her daughter is studying ASL at American River College. She was a part of CCCT through Futures Explored. The program went through some abrupt changes this year and they needed to quickly find alternate supports so she could register and attend classes with some support. She also attends Cosumnes River Colle using Tailored Day Services. She accessed supports of a “Personal Assistant” temporarily through RC funding.
- She is a Commissioner on the City of Sacramento Disability Advisory Commission; it meets the first Wednesday of each month at 6pm at City Hall. All are welcome to attend. They recently heard from Regional Transit and Paratransit about changes to these services.
- There is a 22Q at the Zo event May 17.
- 22Q112 Foundation has a mom’s retreat Fall 2020. 80 parents nationwide have signed up.
- Capital Action Day is June 3, 2020.

- Warmline FRC is hiring bilingual staff. She will no longer work for Warmline after March.

Karen Mulvany – El Dorado County

- In November met with affordable housing developer looking for project based housing vouchers set aside for people with IDD in Placerville.
 - Statewide, there have been only around 98,000 Section 8 project based vouchers and 300,000 Housing Choice Vouchers issued. These are federal vouchers issued through HUD.
 - Highlights the need for IDD housing vouchers that can be used anywhere as well as project based vouchers set aside for people with IDD.
 - In the past, many Housing Choice vouchers awarded to individuals were forfeited because most landlords did not accept them
 - New law in 2020 requires all landlords to accept section 8 housing choice vouchers
 - Some properties will still be off limits because the rent is too high
 - But it is more likely that issued vouchers will be used, rather than forfeited
 - This will probably make voucher wait lists much longer
- ADUs:
 - New 2020 ADU laws:
 - Junior ADUs must be permitted statewide
 - Now homeowners can build both a Junior ADU and a detached ADU (2 extra units) on any parcel zoned for single family use.
 - No owner occupancy requirement for units permitted 2020-2024.
 - See HCD memo on new 2020 laws at https://www.hcd.ca.gov/community-development/housing-element/docs/ADU_TA_Memo_Final_01-10-20.pdf
 - El Dorado County is updating its ADU ordinance code
 - Will likely exempt licensed residential facilities from owner occupancy requirement; the county will continue to permit a detached ADU up to 1600 sq. ft.
 - Advocating for owner occupancy exemption for Special Needs Trusts and address numbering for all ADUs
 - Looking for stories about SLS in an attached ADU
 - Full SSI is achievable when renting a family ADU paired with an ABLE account that helps to pay a market rate of rent
 - Lower rent potentially feasible but challenging

- Section 8 voucher for a family ADU is also achievable for family renters with disabilities
 - Family owned ADUs must provide needed accommodations not available elsewhere
 - 2 bedroom unit potentially feasible for 24x7 care situations
- 12/17/2019 Attended Performance Contract meeting
 - Updating performance contract measurements
- DS Task Force
 - On Community Resources Workgroup
 - Includes
 - Housing
 - Employment and workforce development
 - HCBS
 - Community Resource Development Plan
 - Medical and Dental
 - Behavioral Health
 - AB 2083 (Continuum of Care Reform — see https://leginfo.legislature.ca.gov/faces/billTextClient.xhtml?bill_id=201720180AB2083)
 - Please provide input on those topics
 - Stories, identified issues, suggested solutions
 - Regulatory issues are of special interest

Christine Hickey- Sutter County

2/26/20 is a NICU training by Lisa Beauchamp for professionals in Yolo county. Need to improve process of families moving from the NICU to home. Need to increase education and supports.

5) Public Comment Period

This item is for members of the public to provide comments and/or present information to the RAC on matters not on the agenda. Each person will be afforded up to three minutes to speak.

Joyce McNair- Council Member Report

- On the DS Statewide Community Resources Workgroup
- Former member of the SAC RAC and now a Council Member for SCDD
- Last Council Meeting was January 28, 2020. Prioritized housing, employment, public safety, and education.

Nicole Mion- Help Me Grow

- Children's Therapy Center
- Playgroups have been very popular and more have been scheduled. A new class for Spanish speaking parents is scheduled.

Jim Williams- Senior Commission for City of Roseville

- Many similar issues between those with ID/DD and seniors, need for transportation, housing, shared housing, community supports.

6) Alta California Regional Center update on services, ACRC

Jason Lindo, Associate Client Services Director, ACRC, provided the following updates:

ACRC and DDS are implementing the HCBS Final Ruse Vendor Self-Assessments. Catherine Westin and Cindy Lee are the contacts. Deadline, March 15, 2022.

There are about 6,000 Service Providers vendored with ACRC.

The First Service Provider that will serve someone through Self-Determination is completing their assessment right now. Each SP that serves someone in SDP will have a site visit completed by ACRC staff to meet HCBS Settings Rules.

There are quarterly meetings between ACRC and Community Care Licensing. All branch managers and 2 residential managers attend. CCL offices from Rohnert Park, Chico, and Sacramento cover ACRC's 10 county region. They are focusing on succession planning so that homes are not forced to close when older administrators retire or die (as has happened recently).

Mechelle Johnson and Jennifer Bloom will alternate attending RAC meetings.

ACRC is collaborating with local hospital partners (except UC Davis) to provide training and discharge planning coordination for special needs families. Mechelle is working with Kaiser, Dignity, and Sutter.

There is a workgroup developing trainings on Person Centered Thinking for all service coordinators.

88 new clients were selected for SDP, which is over the 179 number allotted. Already 7 withdrew. 7 Spanish speaking and 1 Cantonese speaking consumers were selected. 2 people completed PCP. 3 have chosen FMS. 2 have certified budgets. By the end of March, the first person will be completely served through SDP. Person Centered Plans are taking 3-7 meetings to complete. All SCs who will serve SDP caseloads were trained last month.

ACRC is implementing Person Centered Thinking Training, several staff are becoming trained to teach PCT. There will be a PCT Lab open in March.

Patti Diamond will retire in March and be replaced by Herman Kothe, currently a supervisor in Roseville.

7) Presentation on Statewide Self-Advocacy Network (SSAN) Report, Lisa Cooley (SA)

- Next SSAN is in March 2020
- She is giving a CalABLE Training to the Consumer Advisory Committee at ACRC today.

8) Regional Office Discussion

a. Sonya Bingaman: Reported on December-January Activities.

- i. Police Trainings – Sac Police Department, 50 new officers
- ii. Dental Trainings – Short Center South, 40 self-advocates
- iii. Housing Training/HCBS – Parent Group in Granite Bay
- iv. Emergency Preparedness Training – People First Elk Grove
- v. Housing Summit – supported conference planning. Aaron Carruthers was keynote to share statewide perspective, Housing Blueprint for ID/DD in CA
- vi. Mexican Health Fair
- vii. Superfest Film Festival – supported event
- viii. Dental Committees
- ix. Network Café – Sac State, community agencies
- x. ACRC Board of Directors meeting – public comment
- xi. Family Voices Leadership Training in Visalia
- xii. Neighborhood Center for the Arts – visit and discussion on HCBS
- xiii. Spanish speaking Agency Collaborative
- xiv. ACRC – met with supervisor, dental issues, and CCL trainings
- xv. Statewide Self-Determination Advisory Committee – staff support

b. Kathy Brian

- i. Early Start - Collaborations with the following:
 1. Help Me Grow
 2. SPARK – Mind Institute – Identifying autism for research
 3. Yolo Family Strengthen Network (YFSN)

4. Yolo Early Start (YES)

ii. Education

1. IEP Training at SCDD in collaboration with Disability Rights California
2. SELPA Meetings with the Community Advisory Committee's
3. Transition Planning with Students and Parents
4. Career and Technical Education Programs

iii. Workforce – Collaborations with the following:

1. Department of Rehabilitation (DOR) – Student Services
 - a. Job Exploration Counseling
 - b. Postsecondary Counseling
 - c. Workplace Readiness Training
 - d. Self-Advocacy
 - e. Work Based Learning Experience
2. Workforce Initiative Boards (WIB's)
3. One Stop Job Centers
4. Business Advisory Council

iv. Other Collaborations

1. Sacramento DD Council which reports to the Board of Supervisors
2. ACRC Forums for:
 - a. Supported Living/Independent Living Services
 - b. Day Programs
 - c. HCBS Settings rules – Self-Assessment Training by DDS

9) Agenda items for next meeting (4/21/20), Karen Mulvany (FA)

(action)

- a. Elaine Linn on Project Leadership
- b. DOR: Update on Services
- c. Transportation issue for June RAC
- d. ACRC Transition discussion

10) Presentation by Natalie Audage, MPH, Child Abuse Prevention Coordinator for Yolo Family Strengthening Network. She provided a summary of its history, purpose, structure, and a brief introduction to the Strengthening Families Framework.

Here are some links to some of the items discussed:

Yolo Family Strengthening Network: <https://www.yolokids.org/yolo-family-strengthening-network>

Parenting guides: <https://www.yolokids.org/parent-education-guides>

World Café resources: <https://www.yolokids.org/providers-world-cafes>

11) Adjournment – Karen Mulvany (FA)
1:00PM



Following are some of the Plain Language Documents related to COVID-19 that SCDD has developed. These and other documents, along with translations into Spanish, Chinese, Vietnamese, and other languages, are posted at www.scdd.ca.gov. Please feel free to share.

How to Stay Healthy from COVID-19



**Wash your hands
for 20 seconds**



**Cover your mouth with a
tissue or sleeve when
coughing or sneezing**



**Avoid touching
your face**



**Use tissues and
throw them away**



**Clean items around
you like doorknobs,
tables, and phones**



**If you have plans to
travel, think about
taking your trip after
this crisis is over**



**Stay home if you
are feeling sick**



**Stay home if you have
family members
who are sick**



**Call before
visiting your
doctor**



Top Questions SCDD Received from Self-Advocates

What if I lose my job or I am told not to come to work because of the coronavirus?

- If you have a job coach, let them know that your employer has told you not to come to work.
- Contact Social Security and tell them you are not working. When you stop working and your income goes down, your SSI check should go up.
- Call your service coordinator at the regional center (or the Department of Rehabilitation). Tell them you have lost your job. If you think you will need other services, ask for a meeting with your service coordinator to talk about it.
- If you think you may have trouble paying your rent, buying food or paying for other bills because you have lost your job, there are people who can help you figure out what to do. If you get services like supported living or independent living, talk to the staff who assist you. Your regional center service coordinator can also help you. California Governor Newsom has put new rules in place that will help people keep their homes and protect them from having utilities like water, electricity and gas from being turned off.
- Call the Employment Development Department. They can help you apply for unemployment benefits. Call 800-300-5616.



What will happen to day programs and people who go to them?

- Day programs are not required to close right now. Some programs have decided to close. If you are not sure about your program, call them to find out if they are open or not.
- If your day program is open and you don't want to go, let them know you have chosen to stay home because of the coronavirus.
- If you choose to stay home, you will keep your place in the day program.
- The situation with the coronavirus changes every day. Day programs and transportation companies will contact you if they decide not to provide services. Be sure they have the right phone number to contact you.

What if I need more support or services?

- Call your regional center service coordinator and tell them you need more help. When things in your life change, the services you get should change.
- When you talk to your service coordinator, tell them what has changed in your life and the kind of help you need. Your service coordinator should help you figure out the kind of extra services that will help you.



Will I still get my SSI check if the Social Security office closes?

- Yes. You will still get your monthly SSI/SSA check.
- Social Security offices have closed for face-to-face contact, but they are still doing their work. If you have questions, call Social Security at 800-772-1213.

The COVID-19 situation is changing daily, and many answers are not known at this time. Please refer to official local, county, state, and federal websites for up-to-the-minute information.

- For community questions, call your local 2-1-1.
- For regional center questions, contact your service coordinator.
- If you have problems with a regional center, contact the Department of Developmental Services at (916) 651-6309 or Ddsc19@dds.ca.gov.
- For general information on COVID-19, visit the one-stop state website at www.covid19.ca.gov
- Or contact the State Council on Developmental Disabilities at (833) 818-9886 or council@scdd.ca.gov.



Top Questions SCDD Received from Parents and Family Advocates

What will happen with services provided through my child's IEP and how will they be addressed while school is closed?

- This is a unique situation and many questions have yet to be answered about how educational supports will be provided during this time of school closures.
- Whether or not your child continues to receive everything they need in their Individual Education Plan (IEP) when their school is closed depends on many factors. Remember that children with disabilities should have the same access to education as those without disabilities. If children who do not have IEPs have access to education through on-line learning or other means, then children with IEPs should also have access to education.
- There are several resources that go into more detail about special education in this time of school closures. These include:
 - a. www.cde.ca.gov go to the special education division.
 - b. <https://sites.ed.gov/idea/files/ga-covid-19-03-12-2020.pdf>.



Will additional services be provided during the Summer?

- You may be able to request that hours missed during school closures are extended into the Summer or Fall. This is known as “compensatory education.” This is a decision that is made by the IEP team.

Can my regional center provide Gap Services while school is closed due to the virus?

- Contact your regional center service coordinator to discuss your child’s and family’s changing needs. Request the services needed to fill the gap.
- The California Department of Education has a web page for information related to COVID-19:
<https://www.cde.ca.gov/ls/he/hn/coronavirus.asp>.

What additional services could my regional center provide during the Coronavirus situation?

- Regional centers are obligated to be flexible and creative in meeting the unique needs of families as they evolve over time. Your service coordinator should work with you to identify what your child and family needs and identify appropriate services to meet those needs.
- To learn about typical services provided by regional centers, go to this link: <http://tinyurl.com/r874hm9>



Can I request additional IHSS hours?

- In some cases, you might be able to get more In-Home Supportive Services (IHSS) hours. A person receiving personal and domestic hours will receive anywhere from 7 to 70 hours a month.
- You can request an increase in those hours due to changing circumstances with personal care needs.
- If your family member qualifies for protective supervision, IHSS can provide up to a maximum of 283 hours per month of this service.
- To qualify for Protective Supervision, the person must be assessed specifically for this service. The person needs to show moderate to severe deficits in orientation, memory and judgment in order to receive Protective Supervision. The requirements are very specific. In addition, the person's doctor needs to fill out Form SOC 821 <https://www.cdss.ca.gov/cdssweb/entres/forms/English/SOC821.PDF>, SOC 825 (24-hour coverage plan), SOC 873 (HC Certification Form), and WT Physician's Statement.
- If you think that your family member may be eligible for Protective Supervision, request a re-assessment and specify that you want to apply for Protective Supervision.



What generic resources are available to assist me during this time?

- With the rapid changes to services available in our communities due to COVID-19, we cannot guarantee that all resources will be available.
- Many school districts are providing one or two free meals a day for children who qualify. Check with your local school to see where these will be provided.
- Other generic services may include: In-Home Supportive Services (IHSS); Supplemental Security Income (SSI); Aging and Disability Resource Centers (ADRC); family resource centers; transportation; local libraries; local medical providers, clinics, and hospital; local food pantries; churches; and other non-profit agencies and resource centers. Call before visiting a location, many are temporarily closed or working remotely.
- If your town has a 2-1-1 Information Resource Service, you may call them. Otherwise, contact your regional center service coordinator for assistance and referrals to other needed resources in your community.

If I get the Coronavirus and need to be quarantined or hospitalized, who will take care of my child who is a regional center consumer?

- A parent becoming sick and unable to care for their child is something that can occur at any given time. In this situation, the family may turn



to natural supports, such as family and friends to ask for help and plan for their safety and care.

- The regional center must give a very high priority to developing and expanding services that allow a minor child to remain in their home.
- When the regional center first becomes aware that a family may consider an out-of-home placement, or is in need of additional specialized services to assist in caring for the child in the home, the regional center and family meet to discuss the situation and the family's current needs, solicit from the family what supports would be necessary to maintain the child in the home, and utilize creative and innovative ways of meeting the family's need and providing adequate supports to keep the family together, if possible.
- If the child cannot remain in the home, ask for an Independent Program Plan (IPP) meeting and explore temporary or permanent appropriate alternative living arrangements and supports. This can include out-of-home respite, placement in a group home, or other options. Here is more information about your rights under the Lanterman Act:

<http://tinyurl.com/w6sco7h>

What if I lose my private health insurance because I have been laid off during the Coronavirus situation?

- If you have recently lost your employer-sponsored health coverage, you can enroll into a health plan through Covered California. Those



who lose their employer-sponsored coverage have 60 days before and 60 days after the date of their coverage loss to come to Covered California and select a new health insurance plan. Once you've signed up with Covered California, your coverage can begin on the first day of the following month. Here is more information about Covered California: <http://tinyurl.com/uchquya>

- If you are a self-advocate and have lost your job and health insurance refer to Section 1619(b) of the Social Security Act. This allows Supplemental Security Income (SSI) beneficiaries who have earnings too high for an SSI cash payment to receive Medicaid (Medi-Cal) if they have been eligible for an SSI cash payment for at least 1 month and if they still meet the disability requirement and all other non-disability SSI requirements. They would continue to be eligible for Medi-Cal/Medicaid even if they lose their job.
- A child who is a client of the regional center, has personal care and/or behavioral deficits, and receives at least one regional center service may be eligible for Medicaid Waiver Institutional Deeming (ID). This is a process to obtain full scope unrestricted Medi-Cal without a share of cost for developmentally disabled children under age 18. Through Institutional Deeming, the family's income and resources are not taken into consideration. Consult with your service coordinator.



The COVID-19 situation is changing daily, and many answers are not known at this time. Please refer to official local, county, state, and federal websites for up-to-the-minute information.

- **For community questions, call your local 2-1-1.**
- **For regional center questions, contact your service coordinator.**
- **If you have problems with a regional center, contact the Department of Developmental Services at (916) 651-6309 or Ddsc19@dds.ca.gov.**
- **Or contact the State Council on Developmental Disabilities at (833) 818-9886 or council@scdd.ca.gov.**



Online Resources Related to Coronavirus

International Resources

World Health Organization's website for an international perspective on COVID-19.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>.

Helpful videos for the public. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Federal Resources

Centers for Disease Control and Prevention. With link to The President's Coronavirus Guidelines for America -- 15 Days to Slow the Spread of Coronavirus. And Community Mitigation Plans. Includes How to Prepare; Symptoms & Testing; Are You at Higher Risk for Severe Illness? Frequently Asked Questions; Healthcare Professionals; Healthcare Facilities; Laboratories; and so on. <https://www.cdc.gov/>

Interim US Guidance for Risk Assessment and Public Health Management of Person with Potential Coronavirus Disease 2019 (COVID-19) Exposures, Geographic Risk and Contacts of Laboratory – confirmed cases.

<https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>

Centers for Disease Control and Prevention videos on the Coronavirus and videos using American Sign Language (ASL). <https://www.youtube.com/channel/UCiMg06DjcUk5FRiM3g5sqqQ>. Additional Deaf and Hard of Hearing Service Center (DHHSC) videos in ASL <https://www.youtube.com/watch?v=1bGoCYeXEoc>

Centers for Medicaid and Medicare Services offers an update on Federal Waivers, Press Releases, and guidelines related to COVID-19. <https://www.cms.gov/>

Read about the blanket waivers for COVID19 in the [Emergency Declaration Health Care Providers Fact Sheet \(PDF\)](#). U.S. Government response to COVID-19 and how each Federal Department is responding. <https://www.usa.gov/coronavirus>

Administration on Community Living offers resources and information on COVID-19 for older adults and people with disabilities as well as a link to information in American Sign Language. <https://acl.gov/COVID-19>

Administration on Disabilities (AoD) includes the Administration on Intellectual and Developmental Disabilities (AIDD) and the Independent Living Administration (ILA). AIDD is dedicated to ensuring that people with disabilities have opportunities to make their own choices, contribute to society, have supports to live independently, and live free of abuse, neglect, and exploitation. In each state and territory, AIDD grantees form a developmental disabilities network, or DD Network, made up of State Councils on Developmental Disabilities; State Protection and Advocacy Systems; and University Centers for Excellence in Developmental Disabilities. <https://acl.gov/about-acl/administration-disabilities>

Updates from the Social Security Commissioner. <https://blog.ssa.gov/>

American Association of Retired Person (AARP) is a United States-based interest group whose stated mission is "to empower people to choose how they live as they age". The site provides numerous resources and information on COVID-19. <https://www.aarp.org/health/conditions-treatments/info-2020/coronavirus-facts.html>

The Federal Council calls for members of the public to act responsibly and with solidarity. Site provides resources and tips on COVID-19 and prevention measures. <https://www.bag.admin.ch/bag/en/home/suche.html>

A public service of the U.S. Administration on Aging connecting people to services for older adults and their families. The site provides information and resources on COVID-19. <https://eldercare.acl.gov/Public/Index.aspx>

Federal Consumer Trade Commission shares information to recognize and report fraud. <https://www.consumer.ftc.gov/articles/0060-10-things-you-can-do-avoid-fraud>

Centers for Medicaid Services response to COVID-19. <https://www.cms.gov/files/document/covid19-emergency-declaration-health-care-providers-fact-sheet.pdf>

American Network of Community Options and Resources (ANCOR) offers a variety of COVID-19 resources. <https://www.ancor.org/covid-19>

California Resources

California Department of Public Health main website (English and Spanish) issues daily updates and links to vital information. Includes daily updates on California Covid-19 statistic and guidance documents for providers. <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

California Department of Public Health Guidance Documents: Coronavirus Disease 2019. <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Guidance.aspx>

Information for licensed programs and residences about what to do if someone has symptoms, also links to local numbers to call. https://www.cdss.ca.gov/Portals/9/CCLD/PINs/2020/ASC/PIN%2020-04-ASC_Coronavirus_ASCFacilities.pdf

CDSS has set up a webpage with all the COVID-19 guidance for the programs administered by the California Department of Social Services (CDSS) department. <https://cdss.ca.gov/#covid19>

Governor's website established with basic COVID-19 information, and links to information on Education, Employment and Taxes, healthcare, Recommendations on public Places, and Local Information. <https://covid19.ca.gov/>

Community Care Licensing. <https://www.cdss.ca.gov/inforesources/community-care-licensing>

California Department of Public Health Guidance for the Prevention of COVID-19 Transmission for Gatherings, March 16, 2020. <https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/cdph-guidance-gatherings-covid19-transmission-prevention-03-16-2020.pdf>

The Department of Developmental Services official website with updates on the Coronavirus and Resources, State Updates including Governor Executive Orders; Department Directives; Additional Resources for Providers; General Information (including Frequently Asked Questions). <https://www.dds.ca.gov/corona-virus-information-and-resources/>

Department of Developmental Services Guidance for Regional Center Monitoring Staff, March 18, 2020. https://www.dds.ca.gov/wp-content/uploads/2020/03/DDSDirective_RC_Monitoring_03182020.pdf

California Department of Education Guidance for K-12 Schools. Link to Questions and Answers on Providing Services to Children with Disabilities During the Coronavirus Disease 2019 Outbreak, March 14, 2020. <https://www.cde.ca.gov/ls/he/hn/coronavirus.asp>

Office of the Governor Gavin Newsom official website. <https://www.gov.ca.gov/>

A centralized website linking to local 2-1-1 resources by county for questions on a variety of topics in your region. <https://www.211ca.org/>

Department of Rehabilitation questions and answers page on Coronavirus and services and supports. <https://www.dor.ca.gov/Home/COVID19FAQ>

Employment Development Department updates on the Coronavirus and unemployment benefits.

https://www.edd.ca.gov/about_edd/coronavirus-2019.htm

Labor & Work Force Development Agency, Guidance for Employers and Workers.

<https://www.labor.ca.gov/coronavirus2019/>

State of California Department of Justice, to report price-gouging. 800-952-5225; or tell your local law enforcement.

<https://oag.ca.gov/contact/consumer-complaint-against-business-or-company>

You can contact your local Health Department at a number listed next to your county on this link.

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/Local-Health-Department.aspx>

The Association of Regional Center Agencies has a link to locate your nearest Regional Center.

<http://www.arcanet.org/services-and-supports-2/regional-centers-map/>. Call or email your Service Coordinator with questions. They may be working remotely, so email may be the best means of communication. If you cannot reach your Service Coordinator, check their website for a Coronavirus Hotline number or a way to reach a supervisor.

California Department of Aging offers general information and guidance for providers and for older adults and people with disabilities. <https://www.aging.ca.gov/>

California Office of Emergency Services, also serving individuals with Access and Functional Needs (AFN).

<https://www.caloes.ca.gov/>

List of County Public Authorities-Numbers by county. <https://capaihss.org/contact-us/contact-ihss-in-your-county/>

Guidance for Immigrant Communities. <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immigrant-Communities-Guidance.aspx>

Employment Accommodation & Leave: What to Know About the ADA, Rehabilitation Act, and COVID-19.

https://www.eeoc.gov/eeoc/newsroom/wysk/wysk_ada_rehabilitaion_act_coronavirus.cfm

State Council on Developmental Disabilities offer Plain Language, English and Spanish information on COVID-19. Reach out to your local Regional Office via email or phone with issues you are experiencing or seeing in your community.

<https://scdd.ca.gov/>.

Health and Mental Health Information

State Council on Developmental Disabilities offers Plain Language Resources for prevention of COVID-19 and Question & Answer resources. <https://scdd.ca.gov/>

Video to Prevent the Spread of COVID: 5 Things to know about properly washing your hands.

<https://www.youtube.com/watch?v=XnJ1wvllcbs&feature=youtu.be>

Coronavirus information in many languages. <https://en.hesperian.org/hhg/Coronavirus>.

Resources to help children cope with emergencies. <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>.

Information and resources in Spanish.

https://docs.google.com/document/d/1E0M9FfcQu40DMzVjRzI5eUVt_UKwVz94H5ApV_tZEh8/edit

Articles and resources about the Coronavirus. <https://coronavirusnetwork.org/resources/>

National Public Radio offers a guide on how to prepare your home for COVID-19.

<https://www.npr.org/sections/goatsandsoda/2020/02/26/809650625/a-guide-how-to-prepare-your-home-for-coronavirus>

National Health Law Program (NHeLP). A range of resources, including information about various government policies, including Medicaid and the Children's Health Insurance Program. https://healthlaw.org/coronavirus-resources/?utm_source=newsletter&utm_medium=email&utm_content=Coronavirus%20Resources%20for%20Advocates&utm_campaign=2020.03.19_CSHCN_Network_Newsletter

National Health Law Program (NHeLP). Information about rules that apply under various programs, including Medicaid and private health plans. [Ensuring People Have Access to Prescription Drugs During the COVID-19 Pandemic](#)

Coronavirus COVID-19 Global Cases by the Center for Systems Science and Engineering (CSSE) at Johns Hopkins University (JHU).

<https://gisanddata.maps.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>

Next for Autism offers Tips for Supporting Employees with Autism & Other Disabilities During Stressful Times and Staying Positive: Some Helpful Tips. <https://www.nextforautism.org/news-2/>

Special Olympics guide to achieving fitness and your personal best with physical activity, nutrition, and hydration.

<http://media.specialolympics.org/resources/sports-essentials/fit-5/Fit-5-Guide.pdf>

The Autism Educator pictorial guide to COVID-19. <https://www.ppmid.org/wp-content/uploads/2020/03/The-Coronavirus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

Center for Disease Control and Prevention's Information about managing anxiety and stress.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

National Alliance on Mentally Illness resources. <https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus>

Advocacy Resources

Family Resource Network Center of California offers a resource page. <http://www.frcnca.org/>

Family Voices of California offers advice about what families of children with special health care needs can do, and links to reliable resources. <http://www.familyvoicesofca.org/>

Disability Voices United offers information and trainings to parents statewide. <http://www.disabilityvoicesunited.org/cv>

Disability Rights California has a dedicated COVID-19 page and the ability to take intake through our website www.disabilityrightsca.org and you can click on the box that says "short term assistance request form" if you are having a problem and would like us to help you. <https://www.disabilityrightsca.org/post/announcement-coronavirus-and-how-disability-rights-california-can-help-you>

Down Syndrome Information Alliance offers health and e-learning resources. <http://downsyndromeinfo.org/covid-19-resources/>

National Down Syndrome Conference (NDSC) has gathered and vetted many sources and resources to help families, and the professionals who serve them, as we all work to flatten the curve. https://www.ndscenter.org/programs-resources/covid-19-resources/?blm_aid=12026880

Autism Speaks information and resources regarding COVID-19. <https://www.autismspeaks.org/covid-19-information-and-resources>

Linguabee offers Video Remote Interpreting, ASL videos, and COVID-19 Resources. <https://www.linguabee.com/>

Educational Resources

Note: There are hundreds of free educational websites for all ages, abilities, and interests. We have selected just a few.

California Department of Education guidance. <https://www.cde.ca.gov/ls/he/hn/guidance.asp>

U.S. Department of Education's Individuals with Disabilities Education Act (IDEA) website, brings together IDEA information & resources from the Department & our grantees. Includes information on COVID-19 and provides many resources about prevention and tips. <https://sites.ed.gov/idea/>

Individuals with Disabilities Education Act (IDEA) offers information about special education.

https://sites.ed.gov/idea/idea-files/q-and-a-providing-services-to-children-with-disabilities-during-the-coronavirus-disease-2019-outbreak/?utm_source=newsletter&utm_medium=email&utm_content=Questions%20and%20Answers%20on%20Providing%20Services%20to%20Children%20with%20Disabilities%20During%20the%20Coronavirus%20Disease%202019%20Outbreak%20%28March%202020%29&utm_campaign=2020.03.19_CSHCN_Network_Newsletter

COPAA Statement on Student Rights Under IDEA During the COVID-19 Outbreak.

<https://www.copaa.org/news/493349/COPAA-Statement-on-student-rights-under-IDEA-during-the-covid-19-outbreak.htm>

Common Sense.org offers free tips and tools to support school closures and transitions to online and at-home learning. It includes Help Your Family Destress; Movement Apps, Games, and Websites; and Apps to help with mental health. And Spanish language resources for Latin families. [https://www.common sense media.org/resources-for-families-during-the-coronavirus-](https://www.common sense media.org/resources-for-families-during-the-coronavirus-pandemic?j=7704934&sfmc_sub=171716627&l=2048712_HTML&u=143543079&mid=6409703&jb=1771&utm_source=covid19_landingpages_jim&utm_medium=email)

[pandemic?j=7704934&sfmc_sub=171716627&l=2048712_HTML&u=143543079&mid=6409703&jb=1771&utm_source=covid19_landingpages_jim&utm_medium=email](https://www.common sense media.org/resources-for-families-during-the-coronavirus-pandemic?j=7704934&sfmc_sub=171716627&l=2048712_HTML&u=143543079&mid=6409703&jb=1771&utm_source=covid19_landingpages_jim&utm_medium=email)

Facebook Group where Experienced Homeschoolers can support friends and neighbors who may be Homeschooling Temporarily during the Coronavirus Pandemic. <https://www.facebook.com/groups/temphomeschoolers/>

MIND Institute Research is offering no cost access to a free math instructional program for students in grades K-8. Free through June 30, 2020.

https://www.stmath.com/coronavirus?fbclid=IwAR2Z9kqIE7kBcVq7YdAEYuvWQEW2quTvZ6m9KS_zMeyeiT9wHYcwgpm_eRv0

Scholastic offers free, online learning experiences for kids of all ages.

<https://classroommagazines.scholastic.com/support/learnathome.html>

Teacherspayteachers is an online marketplace for original educational resources with more than four million resources.

<https://www.teacherspayteachers.com/>

Home-Speech-Home offers Twenty 5-minute Speech Therapy Activities You Can Do at Home, among other resources.

<https://www.home-speech-home.com/speech-therapy-activities.html>

Contact your local school district (if you or your child is of school age) regarding Grab and Go school meals during school closures.

Other Resources

National Institute for Children's Health Quality (NICHQ) offers a summary of key information related to children's health, and links to additional references. <https://www.nichq.org/news-item/coronavirus-disease-2019-covid-19-information-childrens-health->

[advocates?utm_source=newsletter&utm_medium=email&utm_content=Coronavirus%20Disease%202019%20%28COVID-19%29%20Information%20for%20Children%E2%80%99s%20Health%20Advocates&utm_campaign=2020.03.19_CSHCN_Network_Newsletter](https://www.yourlocalunitedway.org/post/uwccr-covid-19-local-relief-fund)

United Way California Capital Region (UWCCR) has announced the creation of the United Way California Capital Region COVID-19 Local Relief Fund to provide financial support to address the needs of individuals and families in the greater Sacramento area as well as the nonprofits who serve them. Visit this website or see United Way's website in your region. <https://www.yourlocalunitedway.org/post/uwccr-covid-19-local-relief-fund>

MSN State-by-State Coronavirus updates. <https://www.msn.com/en-us/news/us/state-by-state-coronavirus-news/ar-BB119PB3?ocid=ientp>

Free access to Spectrum Broadband and Wi-Fi for 60 Days For New K-12 and College Student Households. <https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-k12-and-college-student-households-and-more>

Comcast offering temporary free internet access. <https://www.wxyz.com/news/national/coronavirus/comcast-offering-internet-essentials-package-free-for-60-months-during-coronavirus-outbreak>

American Red Cross is asking for healthy Americans to donate blood now. Contact your local Red Cross for locations and procedures.

https://www.redcross.org/?cid=generic&med=cpc&source=bing&scode=RSG00000E017&&msclkid=65ae3fcc20e71607e5b961b83038883f&utm_source=bing&utm_medium=cpc&utm_campaign=Generic%7CBrand&utm_term=american%20red%20cross&utm_content=American%20Red%20Cross%20-%20Home%20Page&gclid=CJnl57Xop-gCFdmrxQldIBOKVA&gclsrc=ds

Contact your local utility company to inquire about reduced cost services, particularly if you are dependent on devices that require electricity. Be sure to sign up for the Medical Baseline Program, if you qualify.

If seeking food assistance, contact local food banks, contact 2-1-1, local churches, or ask your service coordinator for local resources.

Check with your local Family Resource Center or Parent Training and Information Center for local information and supports. While their offices may be temporarily closed and gatherings/classes cancelled, they may still be available for support. Check their website, call, or email their office.

Emergency Preparedness

Federal Emergency Management Agency (FEMA). This page helps the public distinguish between rumors and facts regarding the response to coronavirus (COVID-19) pandemic. Rumors can easily circulate within communities during a crisis. Do your part to stop the spread of disinformation by doing 3 easy things; don't believe the rumors, don't pass them along and go to trusted sources of information to get the facts about the federal (COVID-19) response.

<https://www.fema.gov/Coronavirus-Rumor-Control>

FEMA's video library on Emergency Preparedness. <https://www.youtube.com/user/FEMA>

California Office of Emergency Services offers resources for earthquakes, COVID-19, and other emergencies. <https://www.caloes.ca.gov/>

California Health and Human Services Agency Personal Emergency Plan for People with Access and Functional Needs. This is a great time to prepare your Emergency Plan and if possible, work on prepare your Go Kit (access to some items

may be challenging at this time, temporarily). <https://www.chhs.ca.gov/wp-content/uploads/2019/10/CHHS-Personal-Emergency-Plan.pdf>

Great site for Emergency Preparedness and putting your Kit together. <https://www.ready.gov/plan>

Department of Developmental Services Consumer Corner shares various resources for individuals with intellectual and developmental disabilities including a link to Emergency Preparedness and the Feeling Safe Being Safe curriculum – this is a great time to fill out the information in the curriculum and update your Go Bag!

<https://www.dds.ca.gov/consumers/>

Federal Emergency Preparedness with links to Creating a Plan and Weather and Emergency Alerts.

<https://www.usa.gov/prepare-for-disasters>

State Council on Developmental Disabilities provides trainings and handouts for emergency preparedness. Contact your local SCDD Regional Office for additional information. www.scdd.ca.gov

What can I do for fun and to stay busy at home?

Note: adapt all ideas to current COVID-19 practices including frequent handwashing, social distancing and Shelter-in-Place orders.

Autism Focused Intervention Resources & Modules (AFIRM) offers a COVID-19 Toolkit with free resources for supporting children and youth with ASD during uncertain times such as COVID-19, social narratives, hand washing task analysis, and calming strategies. <https://afirm.fpg.unc.edu/>

Autism Society of Inland Empire has an extensive list of Fun Things to Do at Home.

<https://www.ieautism.org/coronavirus-2020/things-to-do-at-home/>

Free indoor activities for children. <https://www.hellowonderful.co/post/easy-indoor-activities-for-kids/?fbclid=IwAR0WLdiCsyeAouM65BuSrLVrYc-gN01MMtSdiOC9aa3NbrCmG6RNxljx2-g>

10 Hobbies and Activities to do with your Autistic Child. <https://www.verywellhealth.com/hobbies-activities-autistic-child-260365>

21 sensory activities for kids with Autism. <https://www.thisgrandmaisfun.com/sensory-activities-kids-autism/>

San Diego Zoo has a website just for kids with amazing videos, activities, and games. <https://kids.sandiegozoo.org/>

Yellowstone National Park Virtual Field Trip: Mud Volcano, Mammoth Hot Springs, and more.

<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Mars!!! Explore the surface of Mars on the Curiosity Rover. <https://accessmars.withgoogle.com/>

Panda Cam at the Zoo Atlanta. <https://zooatlanta.org/panda-cam/>

Virtual Farm Tours of minks, pigs, and cowls, apples and eggs. <https://www.farmfood360.ca/>

Virtual tour of The Louvre artwork in Paris, France. <https://www.louvre.fr/en/visites-en-ligne>

Boston Children's Museum walk-through tour. <https://www.bostonchildrensmuseum.org/museum-virtual-tour>

Social Emotional Skills online activity tour. <https://www.soarwithwings.com/videos/virtual-field-trip>

10 free short films featuring people with intellectual and developmental disabilities. <http://sproutflix.org/virtual-sprout-film-festival/>

University of Illinois Extension's My First Garden offers a guide to the world of fun and clever gardening. It includes a Teacher's Guide, Show Me the Basics, Gardening FUNdamentals, Planning My Garden, and Garden Gallery.

<https://web.extension.illinois.edu/firstgarden/>

6 Craft Ideas for Adults with Developmental Disabilities. <https://stephensplace.org/2017/08/18/6-activities-adults-developmental-disabilities/>

Community Mainstreaming through Connection in New York offers Activities for Adults with Intellectual & Developmental Disabilities. <https://communitymainstreaming.org/activities-for-adults-with-intellectual-developmental-disabilities/>

Healthfully shares Activities for Adults with Developmental Disabilities. <https://healthfully.com/activities-for-adults-with-developmental-disabilities-4886332.html>

VisitSacramento offers free downloadable and printable coloring pages. Maybe your town/city has something similar. <https://www.visitsacramento.com/coloring/>

Find your local public library online. Many offer free downloads of recorded books and music.

<https://www.library.ca.gov/services/to-libraries/library-directory/>

Join Facebook self-advocate or parent/family advocate groups to learn from and support each other. Each region has its own group. Search on Facebook for a group in your area.



COVID-19 Resources, Greater Sacramento Region

Do you want to talk with someone:

- 211 is a free service connecting people to food and other resources they need
- Contact your Service Coordinator at Alta California Regional Center 1-916-978-6400
- Neighbors-in-Need, one-stop California Hotline 1-833-544-2374
- Area Agency on Aging for local resources 1-800-510-2020
- Salvation Army Hotline if you are scared, lonely, or just want to talk 1-844-458-4673
- Sacramento Law Enforcement Chaplaincy Hotline, just want to talk with a chaplain 1-916-857-1801
- CA Southern Baptist Trauma Relief Hotline, just want to talk 1-888-219-7729
- COVID-19 Information Line 1-833-544-2374
- The Institute on Aging's Friendship Line, just want to talk 1-800-434-0222
- National Alliance on Mental Health COVID-19 Resource and Information Guide 1-800-950-6264
- State Council on Developmental Services, Sacramento Office with any questions 1-916-715-7057
- Contact your local Family Resource Center or Independent Living Center
- Call a family member or friend to talk

Concerned about financial exploitation, abuse, or neglect of the elderly or people with disabilities:

For someone living in the community, adult home, apartment, boarding house, or hospital, contact Eldercare at 1-800-677-1116 and ask for the Adult Protective Services phone number in your county

For someone living in a licensed care or assisted living facility, board & care home, or attending an adult day program contact the Ombudsman Crisis Line at 1-800-231-4024, the local police or sheriff department or the California Department of Social Services at 1-844-538-8766

If in immediate danger, call 911

Trusted Websites:

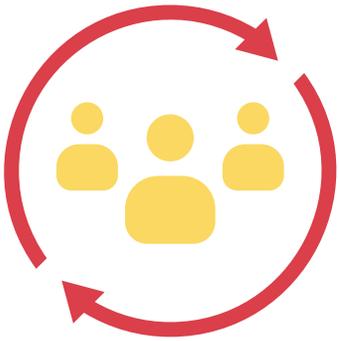
www.s added
www.altaregional.org or www.dds.ca.gov
www.COVID19.ca.gov
www.cdph.ca.gov
www.CalOES.ca.gov
www.cdc.gov

SCDD Phone Tree Tips



What Is a Phone Tree?

A phone tree is a way of creating a community and staying in touch with your friends and family by calling people you know. It also keeps people who do not use the internet or social media connected to the community.



How Does a Phone Tree Work?

1. Select a number of people to call.
2. Call them and check in on them.
3. Ask them to call their friends to do the same. Even a few calls will help!

What Do We Talk About?

Talk about anything that interests you and the person on the other line.

Here are some of our suggestions:

- How are you doing?
- What you are you doing during the day to stay busy?
- Are you staying inside?
- Do you have enough food?
- Do you need any help right now?
- How are your neighbors doing and have you talked to them lately?



COVID-19 Information By and For People with Disabilities



What is COVID-19?

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

How do you get it?



- Someone with COVID-19 gives you their germs.
- 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.

What happens if you have it?



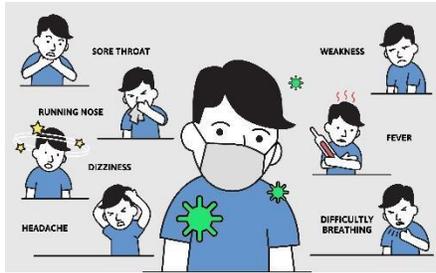
A fever of 100.4°
or higher



Coughing



Hard time breathing



If these things happen to you, it does not mean you have coronavirus. Lots of people get a fever or cough. You could just have a cold or the flu.

If I am sick, when should I call a doctor?



- Call if you have been out of the country.
- Call if you have been with someone who has the virus.
- Call if you have been at a place where people with COVID-19 got medical treatment.

Call your doctor, do not go to the office.

How sick do you get?



- Most people do not get very sick. It is like having a cold or the flu.
- Some older people may get really sick. Some people with disabilities may end up in a hospital.

How can I stay healthy, or not get it?

Wash your hands.



- Use lots of soap and water.
 - Wash for at least 20 seconds. If it helps, count to 20.
 - Wash after using the bathroom or being in public (like going to a store).
- If soap and water are not available, use hand sanitizer. Know that washing well with soap and water is still better.



Cough or Sneeze into your elbow.

Coughing and sneezing into your elbow stops germs from going into the air and onto your hands.

Try not to touch your face



- Do not rub your eyes.
- Do not touch your mouth.
- Do not touch your nose.

Remember, this is how germs get in your body.



If you have to touch your face, do it with a tissue or in the shower.

Try to keep your hands busy:



- Tap your knee.
- Click a pen.
- Use a fidget spinner.
- Use hand sanitizer.
- Doodle.
- Squeezing a stress ball.
- Play a game on your device.

If I am sick, what should I do?

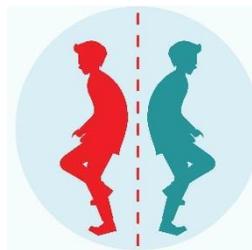
Call your doctor. Do NOT go to a hospital or Urgent Care.



Stay Home



Use tissues,
then throw
them away



Avoid
contact with
others



Keep objects
and surfaces
clean

Call your doctor again if you are getting worse. Call back if you are having trouble breathing. Do what your doctor says.

If my staff person is sick, what should I do?



- Doctors say if you are sick stay home. Do not go to work. A sick staff person should stay home until they are well.
- Tell your team. Tell your case manager.

What do I do if someone I live with gets sick?

Someone else living in your home could get coronavirus or think they have these germs in their body.



- Stay at least 6 feet away from the sick person.
- Do not touch surfaces or food that the sick person has touched.
- Keep washing your hands well.
- **Call your case manager.** There may be someplace else you can stay for a few days.

How do I say hello to my friends?



- No handshaking. No hugging. No fist bumps.
- Smile, bump elbows, text, call, message

Where can I go these days?



Stay away from large groups.

- No movie theaters or malls
- Try to avoid public transportation.
- Go to the grocery store during the day when it is not crowded.

Do not share food or drinks.



Why is it important to do all of this?



- You don't want your grandparents to get sick, do you?
- Some people with disabilities get sick really easily. You would feel awful if you got your friends or family sick.

Is there a shot to get so I do not get sick?



No. There is not a shot or vaccine to stop the coronavirus.

Is there a medicine?



- There is no medicine for COVID-19.
- Take medicine used when you have a cold or flu.
- Drink lots of water. Get plenty of rest.

What do I say to my friends if they get scared, or very nervous?



- Talk to someone you trust.
- You can show them this booklet for ideas on what to do.

I have a job. I am worried about missing work.



- If you are sick, you need to stay home.
- Health comes before money.
- Tell your boss you do not feel well.
- If you are worried about money, talk to your family, friends or team.

Make a plan in case you have to stay at home.



- Who can go food shopping for you?
- Who will call to check in on you?
- What to do if your staff calls in sick?
- Make sure you know your doctor's phone number.

Talk to your self-advocacy group, friends, family, or support staff about your worries and concerns.



If you have been near a person with Coronavirus, you may be asked to stay home. A person can have coronavirus in their body and not feel sick. It takes a few days to get sick. This virus spreads very easily. You don't want to give it to others.



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The Self-Advocacy Resource and Technical Assistance Center (SARTAC) seeks to strengthen the self-advocacy movement by supporting self-advocacy organizations to grow in diversity and leadership. The resource center is a project of Self Advocates Becoming Empowered (SABE). SARTAC <https://selfadvocacyinfo.org/> is a Developmental Disabilities Project of National Significance, funded by the Administration For Community Living – Administration on Intellectual and Developmental Disabilities (AIDD).



Ideas for Activities While Sheltering in Place

Below are ideas that can be done remotely. For most, participants will need access to telephones with cameras. Some will require access to a computer and the internet. Activities can be modified depending on individuals' independence. Some assistance may be required for some participants.

- Watch the same streaming movie then meet by phone or video to discuss. Facilitator can pose questions for the group to discuss. Free full-screen playlist of 10 popular short films, featuring people with intellectual and developmental disabilities, is available on <http://sproutflix.org/virtual-sprout-film-festival/>
- Have costume competitions. Everyone dresses up, takes pictures, and shares them with each other. Everyone votes on the silliest costume, the most glamorous, the most realistic, etc.
- Do a progressive story either written or verbally. One person starts. Each person afterwards adds a line or paragraph to a story. Combine it and share.
- Go on virtual tours "together" such as NatGeo, zoos (some are digital with webcams!), museums with online exhibitions, national parks, and tours (for example, The Louvre). USA Today has a listing of free virtual tours:

<https://www.usatoday.com/story/tech/2020/03/16/social-distancing-free-virtual-tours/5060244002/>

One example is the Cincinnati Zoo:

<https://m.facebook.com/events/cincinnati-zoo-botanical-garden/home-safari-facebook-lives/2915534028492292/>

- Hold a Talent Show. Everyone records and shares their talent. Examples: painting, telling a joke, reciting a spoken word poem, singing, doing a magic trick, etc. Give recognition to the funniest, happiest, most creative, etc.
- Book Club-like activities: read the same book, article, etc. and send impressions to each other to discuss.

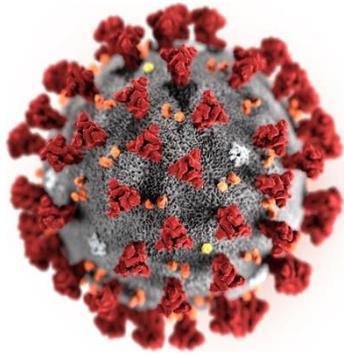


- Have a group scavenger hunt on specific themes. Examples: things you would need for a party, things you would need in case of an emergency, things you need if you were going to the beach, etc.
- Write jokes or short stories. Submit them all to each other, then vote on the funniest one, most creative, etc.
- Do tutorials on different topics and send them to each other. Everyone should choose something of their interest or strength. Examples: how to paint a shape or scenery image, how to make a certain meal, how to organize your clothes to maximize space, how to grow a plant or flower. The tutorial can be anything creative, similar to YouTube tutorials.
- Choose a movie everyone likes and have everyone reenact different scenes and parts. Staff can get the recordings, edit them, and send back to everyone.
- Choose a song. Each person creates choreography and teaches it to each other. Record and share.
- Play music together over the phone. You can sing as a group, have duets, and/or solos.
- Group workout video created in each person's home. Rotate who will coach so that their exercise routine is followed by the rest of the group. The next day the next person leads!
- Create a new game or modify an existing game that can be played by an online video conferencing platform such as Skype, Zoom, FaceTime, etc.
- Create tailor-made word searches and crossword puzzles and share them.



Especially for Children:

- A mom created a Google doc listing virtual classes for young children.
https://docs.google.com/document/u/0/d/1imK_vp5zcgIKKjLvtpVyj7nzuw2dk5tTsEw_6_eD4oA/mobilebasic
- PBS Educational Programming <https://www.kqed.org/education/533204/how-teachers-can-navigate-school-closures-due-to-the-coronavirus>
- Good Housekeeping activity ideas
<https://www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/?slide=1>
- World Wildlife Fund learning opportunities
<https://www.worldwildlife.org/teaching-resources/>



**SCAM
ALERT!**



Coronavirus Scams & Fraud Alert - 2020 **Don't Get Scammed!!!**

BE AWARE!!!!



Do not give out any personal information to people you do not know like your social security number, Medi-CAL number or Medicare number to someone you do not know or to someone who has called, emailed or texted you.

HANG UP OR DON'T ANSWER!



Do not open your door to anyone you do not know! There are people going door to door saying they have Coronavirus testing supplies or treatments. Some have official looking Identification Cards.

DO NOT FALL FOR IT!



If you get email that offers Coronavirus information or testing services that looks to be official, it is easy to make email addresses appear to come from someone else.

DO NOT REPLY, OPEN ATTACHMENTS OR CLICK ANY LINKS



Follow the instructions of your state and local government for other actions you should be taking in response to Coronavirus by visiting their websites.

STAY INFORMED!

The Internal Revenue Service (IRS) already has your contact information from your tax return. It will take time for stimulus checks to arrive. The federal government always contacts people using the postal service, not the phone, email or text message.

DON'T SHARE YOUR INFORMATION!



Not sure if it is a scam or fraud??? Contact someone you trust to talk about it!

BE SMART!

HELP STOP A SCAM: Please report any scams by contacting the National Center for Disaster Fraud at 1-866-720-5721 or by email at disaster@leo.gov. For more information on COVID-19 scams, please visit the [Federal Trade Commission's webpage on COVID-19 Scam](#),

[the Federal Emergency Management Agency's COVID-19 Rumor webpage](#), the [Federal Government's Central Coronavirus website](#), or [California's Coronavirus Information Hub](#)

For help or more information- call the Self Advocacy Council 6 at 209-955-3306 or SCDD North Valley Hills (209) 473-6930.



Have You Lost Your Job or Lost Hours at Work?

If so, there is a program called Unemployment Insurance or UI, that may be able to help you get some work benefits including money.



To apply for this program, you must fill out an application which is called filing a **Claim** and you also must meet all the program rules.

Program Rules

- Program rules are met:
- If you made enough money during the time you worked.
- If you are now not working, or you are working less than you use to.
- If it's not your fault you lost or quit your job. At this time, Claims are permitted if you voluntarily quit your job due to concerns about COVID-19.
- If you are ready and able to work.
- If you are looking for work. This is not required during the current public health crisis and generally not during an emergency or disaster.

When to File a Claim

Anytime you lose your job or start working less than you use to. If you filed a Claim within the last year and didn't use all your UI benefits you must reopen your Claim to get benefits again.

Information You Need to File a Claim

- Your first and last name.
- Your social security number.
- The month, date and year you were born.
- An email address.
- A phone number.
- A mailing address.
- Name, mailing address, dates worked, and wages for all jobs you worked for in the last 18 months. You can find this information on your check stubs or W2 form.
- Last day you stopped working and why you stopped working.
- How much money you made the last week you worked at your very last job.

How to File a Claim

Filing a Claim Online is the fastest and easiest way to file a Claim, but you can also file a Claim by phone or by mail.

Online

If you file a Claim Online, you have to register for UI Online first at [UI File a Claim Online](#) and follow the steps or view the



video, [UI Online Overview and Registration \(YouTube\)](#).

After submitting your claim, you will see a confirmation page. Write your confirmation number down and keep your number for your records.

Phone

Call 1-800-300-5616, Monday through Friday from 8 a.m. to 12 noon.

For faster help once the call is answered, press 1 for English or 2 for Spanish, wait until the voice stops talking, press 6, next press 7, then press 3 and you will be transferred to an operator.

Mail

Print the paper application, fill out the application, then mail the application [Paper Application in English](#) [Paper Application in Spanish](#)

After You File Your Claim

You will be mailed important information about your Claim and the UI program. Be sure to read and respond to all requests to avoid payment delays.

For more information, refer to the [After You File](#) web page.

After your Claim is filed and accepted, generally you must certify each week that you are looking for work. If you aren't looking for work, you must give a reason.

Although you do not need to look for work during the current public health crisis, you must provide a reason. Indicate that you are not looking for work due to being a non-essential worker during the COVID-19 outbreak or something similar.

Important: Most UI customers are required to [register for CalJOBS](#) and create an online resume that can be viewed by employers. You must meet this requirement within 21 days of receiving your *Notice of Requirement to Register for Work* (DE 8405) form. Failure to meet this requirement can result in a delay or loss of UI benefits. Watch [How to Register for CalJOBS and Post a Resume \(YouTube\)](#) for more information.

SSI - people who receive SSI are **required** to apply for unemployment compensation if you lose your job. Report this income by visiting, calling, or writing your [local Social Security Office](#). Additionally and importantly, SSI treats UI money as unearned income, and so it has a significant impact on monthly SSI payments and may therefore impact your Medi-Cal (if you receive it through your SSI). Because of this potential impact, depending on your situation you may want to quit your job instead of accepting termination and getting UI. Otherwise, you may need to apply separately for Medi-Cal using your income level as the reason for eligibility.

Need Help? Call your Regional Center Service Coordinator or ask support staff.