



FIGHT ISOLATION AMONG PEOPLE WITH DISABILITIES

People with disabilities often experience isolation and exclusion. During physical distancing, they may be more affected than ever by disruptions to support services and information. Californians can safely help neighbors with disabilities during the COVID-19 pandemic.



Connect and Communicate – Make a plan to regularly stay in touch during physical distancing. Talk on the phone or through the door. Discuss shared interests. Ask “How are you doing?” or “Do you need anything?” like you would with any neighbor.



Share Experiences – Watch the same movie or tv show, then talk about it on your next visit. Use technology to go on virtual tours of museums or national parks. Or have a virtual game night.



Expand Community – Who else does your neighbor with a disability enjoy speaking to? Have their information available for them to contact through phone or video calls.



Set Up Safety Nets – Have an emergency plan, for example who else could help if the neighbor got sick? Or if the electricity went out? Or if the person had to evacuate for a wildfire? Encourage neighbors with disabilities who need help to call their support staff, if they have paid supports.



Use State and Local Resources – connect neighbors in need to 833-544-2374 or 211. Also, California’s State Council on Developmental Disabilities has more activities and tips to help you check on your neighbors at scdd.ca.gov

Visit CaliforniansForAll.ca.gov

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