



DISABILITY THRIVE INITIATIVE
Alternative Services and Supports for the IDD Community

Alternative Services Resources

WEDNESDAY, DECEMBER 16

WEBINAR TIPS & INFORMATION



Para interpretación en español, haga clic en el ícono de globo blanco a continuación etiquetado como "Interpretación" y seleccione el canal en español



Visibility of ASL Interpreters is top priority. You may not always be able to see the presenter



This presentation will have closed captioning, which you can access using the button at the bottom of your screen



Webinar features vary by device and Zoom version

WEBINAR TIPS & INFORMATION



The meeting is being recorded



You are on mute and your camera is not on



Submit all questions using Q&A feature below



“Chat” and “Hand Raise” features are off



Please use survey at the end of this session for feedback and suggestions

NANCY BARGMANN



Nancy Bargmann

DIRECTOR
CALIFORNIA DEPARTMENT
OF DEVELOPMENTAL
SERVICES



BARRY JARDINI



Barry Jardini

EXECUTIVE DIRECTOR
CALIFORNIA DISABILITY
SERVICES ASSOCIATION



ABOUT US



- We are the Disability Thrive Initiative.
- Our task is to provide alternative services, technical assistance and training.
- During the COVID-19 pandemic, we will provide California's intellectual and developmental disabilities (IDD) community with training, support and resources on how to deliver and access alternative services.

AFFILIATES



- Presented by the California Disability Services Association (CDSA) and Easterseals of Southern California.
- In collaboration with State Council on Developmental Disabilities (SCDD), The Arc California, and California Alliance for Leadership and Education (ALE).
- Funded by the Department of Developmental Services (DDS) and San Diego Regional Center (SDRC).

ALTERNATIVE SERVICES



- COVID-19 has greatly impacted people with IDD and their families, changing the ways they engage with their communities.
- The Alternative Services Model empowers safe and innovative services that support people with IDD – both at home and in the community.
- During the pandemic, we will help provide the IDD community with alternative services that meet traditional needs and goals in new and different ways.

ALTERNATIVE SERVICES



- The Disability Thrive Initiative includes:
 - Training Webinars
 - Technical Assistance
 - A Resource Library
 - Virtual Offices Hours
 - Virtual Peer Support Meetings
 - COVID-19 Updates
 - And More

TRAINING WEBINARS



- Our webinars happen every month and cover innovative, meaningful alternative services.
- Topics include:
 - COVID Safety Practices
 - Person-Centered Planning
 - Informed Decision-Making
 - Alternative Communication Technology and Tools
 - Use of Technology
 - Plain Language Materials
 - Self-Determination Program
 - Meeting Cultural and Linguistic Needs

UPCOMING EVENTS

FREE WEBINAR

- **Topic:** Introducing the Disability Thrive Initiative
- **Date:** Wednesday, Dec 16, 2020
- **Time:** 3:00 to 4:15 p.m.
- **Who:** For self-advocates with IDD, families/caregivers, service providers, direct support professionals, therapists, special ed teachers, social works, and other professionals.

[Click HERE to view flyer and learn more.](#)



TECHNICAL ASSISTANCE

Monthly webinars on innovative and meaningful alternative services

- You can request technical assistance from consultants and subject matter experts by using our ticketing system.
 - The link to request technical assistance can be found on the SCDD website.
- We offer individual consultations to help develop meaningful alternative services.
- We provide support for various types of service.

RESOURCE LIBRARY



- Online library for service providers, individuals with IDD, and their families
- Library resources include:
 - Archived Webinars
 - Presentation Materials Developed by Subject Matter Experts (with translations)
 - External Resources

DISABILITY THRIVE INITIATIVE: ADDITIONAL COMPONENTS



Amber Carey-Navarrete

DIRECTOR OF PERSON-CENTERED SERVICES
EASTERSEALS SOUTHERN CALIFORNIA



VIRTUAL OFFICE HOURS



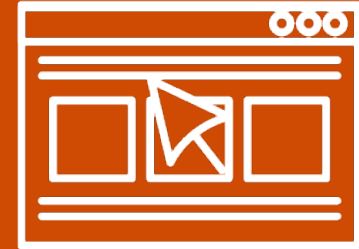
We're Here

Sign up to get help with questions, share ideas, or request assistance.



Chat Virtually

Starting in January you will be able to chat with members of our team live.



Zoom Link

Go to the website to find out the upcoming topics, and to sign up!

PHONE/EMAIL SUPPORT



DISABILITY THRIVE INITIATIVE

Alternative Services and Supports for the IDD Community

Support is available through the web, email, or phone:

Web: DisabilityThriveInitiative.org

Email: Info@DisabilityThriveInitiative.org

Phone: CDSA - (916) 441-5844

ESSC - (949) 688-2533

VIRTUAL PEER SUPPORT MEETINGS



- Peer Support Coordination is an excellent solution for those who prefer:
 - A collaborative approach to finding/developing/implementing alternative services.
 - Virtual connection to small groups of people with similar needs.
 - A positive and encouraging space for learning, support and innovation.
- Interest and need will determine the frequency of these meetings.

CONTACT US

For **technical assistance or consultant support**, please [submit a request](#).

REQUEST ASSISTANCE

To chat with the Disability Thrive Initiative team live, please join us on Zoom during our **office hours starting in January**. Come back in January for highlighted topics and to sign up!

For **questions about the Initiative or any other inquiries**, contact us by phone or email.

Email: info@disabilitythriveinitiative.org

ESSC: 949-688-2533

CDSA: 916-441-5844

PRESENTER



Jordan Lindsey

EXECUTIVE DIRECTOR
THE ARC CALIFORNIA



The ArcTM

California

PRESENTER



Elizabeth Grigsby

CONSULTANT
THE ARC CALIFORNIA



The ArcTM

California

STAYING SAFE & HEALTHY: COVID-19 UPDATES FOR OUR COMMUNITY



Lydia Missaelides

EXECUTIVE DIRECTOR
ALLIANCE FOR
LEADERSHIP AND
EDUCATION



Alliance for
Leadership &
Education

*driving innovation and
quality in adult day services*

COVID-19 CASES ARE RISING FAST



- This graph shows that positive cases of Covid-19 are rising rapidly in California.
- It also shows that positive cases are rising much faster than in the Spring.

Total cases in California

1,420,558 positive cases
30,851 new cases
2.2% increase from prior day total



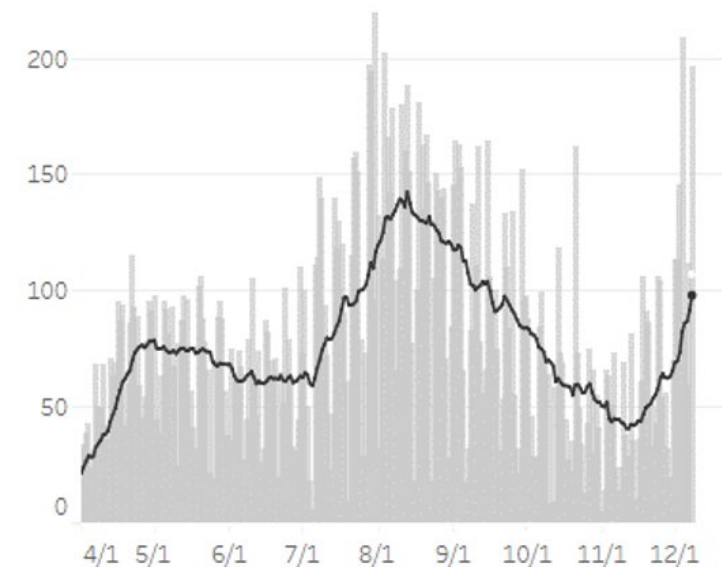
DEATH RATE IS ALSO RISING



- Deaths due to COVID-19 infections are also rising. Older adults and people of color are particularly vulnerable.
- Since the COVID-19 pandemic began, more than 20,043 people have died from the virus. 40% of these people lived in nursing facilities.

Total deaths in California

20,243 total deaths
196 new deaths
1.0% increase from prior day total



THE NEW STAY AT HOME ORDER



- Across California, Intensive Care Units (ICUs) in many hospitals are full or almost full.
- In most areas, a new Stay-at-Home Order is now in place. This order helps protect public safety and ensures that people can still access hospital care when needed – including intensive care.
- If cases rise too much, access to hospital care will become uncertain.

ICU beds in California

1,566 ICU beds available
113 decrease from prior day



MORE AND MORE PEOPLE NEED HOSPITAL CARE



- If a hospital is full, people who need care may have to go to another hospital or temporary alternative hospital site.
- While temporary facilities are being made available, there may not be enough health care providers to work in them. Some non-urgent surgeries may have to be postponed.

COVID-19 hospitalized patients in California

Hospitalized

[ICU](#)

11,965 COVID-19 hospitalized patients

+454 patients

3.8% increase from prior day



WE EXPECT A VACCINE TO BE AVAILABLE SOON



- The Federal Food and Drug Administration (FDA) has just approved the first vaccine from Pfizer.
- Doses are already being shipped to hospitals and community pharmacies such as Walgreens and CVS.
- Front line workers will be among the first to receive the new vaccines. These include:
 - Doctors and nurses providing care in hospitals and nursing facilities
 - Patients living in these facilities.
- People receiving community-based services and support who are at increased risk of complications from Covid-19 are expected to receive the vaccine before the general public.
- The timing is not yet known.
- The general public probably will not receive the vaccine until late next spring or early next summer.

FOLLOW SAFETY MEASURES FROM TRUSTED SOURCES OF INFORMATION;



- Stay up-to-date on vaccination program announcements. These will come from the State of California, your county and regional center.
- Remember, Covid-19 is spreading rapidly in the community. Following public health guidelines and regional and statewide orders will help you to stay safe and protect your loved ones:
 - Stay home, except for essential trips or services, like grocery shopping
 - Wear a cloth mask when you are not in your own home
 - Stay 6 feet away from people who do not live in your household (social distance)
 - Wash your hands frequently
 - Avoid touching your face when you are outside of your own home

PRESENTERS



Andrea Croom
EXECUTIVE DIRECTOR
INALLIANCE



Ben Praker
PROGRAM DIRECTOR
INALLIANCE



INALLIANCE
Building A More Livable Workable World

INALLIANCE



- We provide 100% community-based support to over 400 adults with IDD in the greater Sacramento area.
- We have offices in Sacramento, Placerville, and Wheatland.

Our Services Include:

- **Independent Living Services**
- **Supported Living Services**
- **Supported Employment services**
- **Tailored Day Services**
- **Community-Base Day Services**
- **Community-Based Work Crews**

CHANGING OF DAY SERVICES AND PROVIDING COLLABORATION

COVID-19 and Stay-At-Home Orders

OUR COMMUNITY IS IN LOCKDOWN: WHAT DO WE DO?



Focus on how best to support the person:

DDS Directives “Alternative Locations”

- Provide at home support

Use a person-centered approach

- Discuss their needs with them.
- Collaborate with your circle of support.
- Address their safety.

HOW WE ARE HELPING NOW

Our community-based Day Program currently supports 229 people.

- We provide in-person support to 150 people.
 - Over 30 people receive SLS supports.
 - Over 70 people live with a family.

MEET SHAWNA & PEGGY



- Shawna attends the Placerville Community Training Program (CTP) and lives independently with support from a SLS agency.
- Peggy, Shawna's Employment Training Specialist with INALLIANCE, has supported her throughout the pandemic.



STAYING SAFE, MOTIVATED, AND CONNECTED



Michael Smith
PROGRAM COORDINATOR
EASTERSEALS SOUTHERN
CALIFORNIA



ADAPTATING



“Mostly I was kind of scared... and mostly... like terrified. And didn’t know what else to think. Like what can happen... like after this.”

- Valeria

“Any of the problems I had, I was able to ask someone and get an answer”

- Chirlaine

“They remained optimistic, always staying positive.” & “They notice the attention Katrina is giving and how she participates in virtual activities.”

- Benigno

HOW WE ADAPTED TO HELP



- Quickly identified our need to change
 - Uncertainty was an obstacle to overcome, but we addressed it rapidly.
 - Waiting for things to return to normal was not an option.
- Day service staff assisted in living options services
 - This helped to broaden their perspective
- Supported in PPE distribution both internally and externally.

ADAPTATION & COLLABORATION



- Worked to understand the needs of the people using the services, their families, and home providers.
 - Trial and error, while welcoming and responding to feedback
- Provided technology training to people using our services as well as their home support.

METHODS



“We are provided with a choice of activities which allows for independence and something for Brittany to look forward to.” and, “If an activity was of no interest to Brittany, then we worked together to find something that would work.”

- Chirlaine

“The Easterseals Zoom sessions have been an absolute blessing for Danny during these crazy times. We can’t thank you enough!”

- Kevin

The screenshot shows the Easterseals logo at the top left. Below it is a yellow banner with the text "Weekly Virtual Group Activities" and "11/30 – 12/04". Underneath the banner is a dark blue header for "Monday". The main content is a list of activities for Monday, each preceded by a right-pointing arrow and followed by a "JOIN ON ZOOM!" link. The activities include a safety tip, a community safety session, a Zumba workout, an Easter E-90X workout routine, and a chat session.

easterseals

Weekly Virtual Group Activities
11/30 – 12/04

Monday

- **Safety tip of the day:**
 - How to create an emergency plan – [READ HERE](#)
- **10:30am – Safety in the Community**
[JOIN ON ZOOM!](#)
 - Host: Odalys D.
- **11:00am – Zumba – wake up, feel good – let’s exercise!**
[JOIN ON ZOOM!](#)
 - Host: Norma S.
- **11:00am – Easter E-90X Workout routine**
[JOIN ON ZOOM!](#)
 - Host: Christopher A.
- **12:00pm – Let’s ChitChat: Pacoima**
[JOIN ON ZOOM!](#)
 - Hosts: Lucero N., & Stephanie M.

WHAT'S BEHIND OUR METHODS



- Daily routine and structure
 - Regular check-ins throughout the day that enhance a feeling of normalcy.
 - Event calendar
 - Provides accessibility and choice.
 - Change up the calendar based on interest and availability.
- Promoting spontaneous events.
- Connecting to community and world events.

WHAT'S BEHIND OUR METHODS



- Surveys:
 - Multiple surveys to gather input from those who use the service and their families/home support regarding ideas, interests, & availability.
 - Survey data was used to mold and create a person-centered virtual program for everyone.
- Preparation
 - Services and event planning check-ins.
 - Supplies needed, changes to routines or schedules.
 - Virtual support calls (helping get logged in, tech troubleshooting).

RESULTS



“Through the virtual tours provided by Easterseals, it gives participants the opportunity to experience places that they would never see in person.”

- Chirlaine



“Adrian has accomplished losing 10 pounds from his workout class that he loves.”

- Cecilia

HOW WE GET OUR RESULTS



- Encourage others in the person's home to join virtual events – for example, with a Smart TV.
- Provide home support for those needing physical support.
 - We arrange/rearrange events to times when home support can help.
- Everyone has become more tech savvy.

HOW WE GET OUR RESULTS



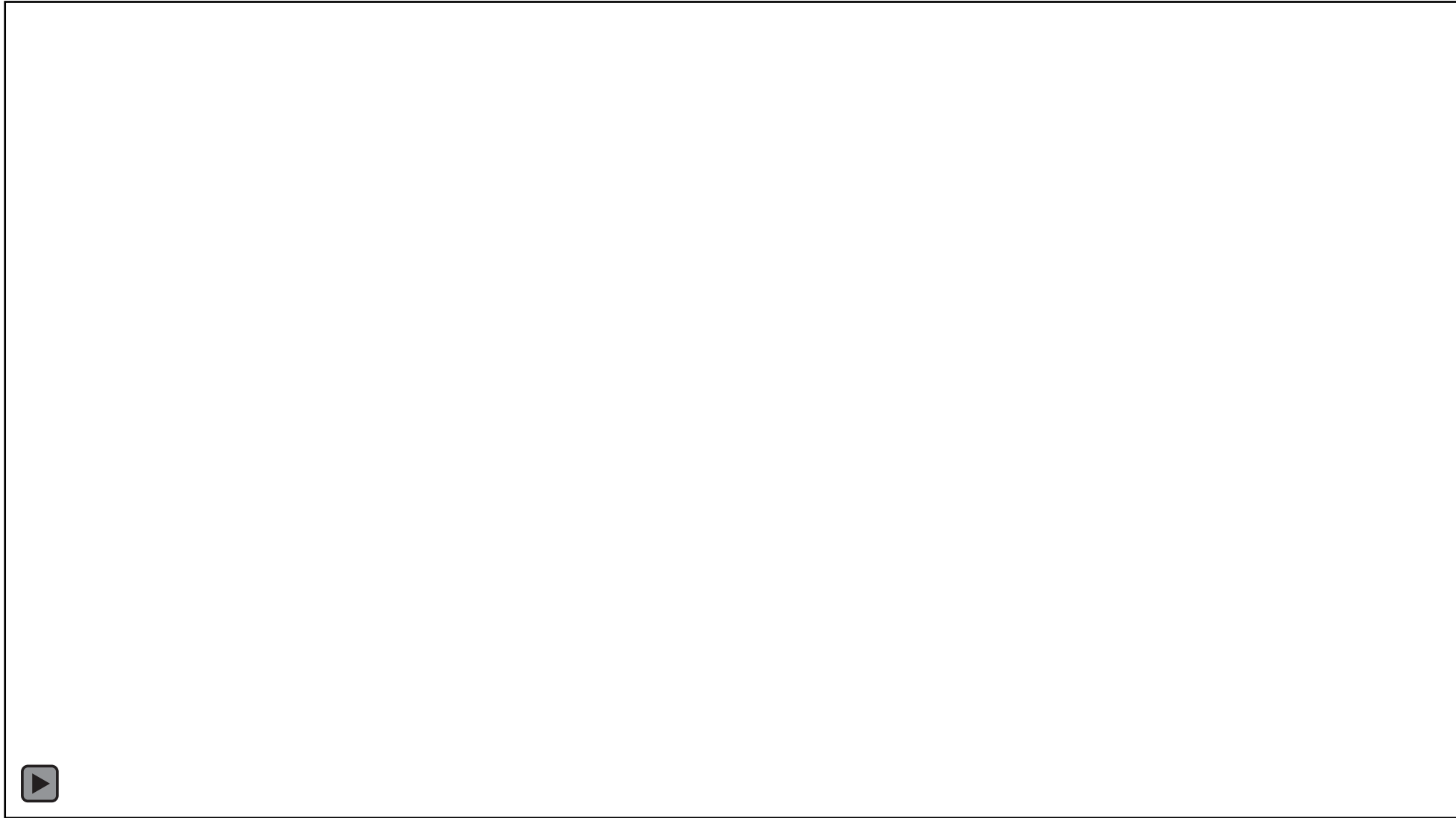
- Make progress on personal goals.
 - Increased fitness, vocabulary, advocacy, etc.
- People plan and lead their own events.
 - More connection, more personable.
 - A look into home life and what can be shared from home.

OTHER IDEAS & STRATEGIES



- Have a video library where people can access video activities at their convenience.
- Collaborate with transportation providers to deliver self-guided & upcoming event materials.
- Continue encouraging participant-hosted Zoom events.
- Increase variety of events, including online volunteer opportunities.

GERARDO



E

GERARDO

- “Honestly I would have been lost, but I know for the future reference... I knew that you guys would reach out to us. And doing this... Zoom activities with us. You also taught us to be confident in ourselves, to motivate ourselves, keep ourselves going. And also you guys allow us to express ourselves and our opinions. The one...I think like the one that really got me interested is like doing my own activity... doing like the exercise activity. I was like, honestly like I was telling Bree that I was like a little bit nervous. Like when you do like... when you make your own Zoom Activity. But at the same time I feel more confident knowing how to do it. I feel like you guys do so much for us, and also too I feel like you motivate us a lot. You can always motivate yourself doing something different every day. Being motivated is going to bring us all back together, bring us all back together in the end. It is a challenge that we can take, but with you guys by our side there is nothing we can't do.” (From Video Transcription)



Questions & Answers

from your questions...

Disability Thrive Initiative

Andrea and Ben with InAlliance

Michael with Easterseals SoCal

THANK YOU!



DISABILITY THRIVE INITIATIVE
Alternative Services and Supports for the IDD Community

**We look forward to seeing you at future webinars.
Find this webinar and all other resources at:**

DisabilityThriveInitiative.org

Info@DisabilityThriveInitiative.org | (949) 688-2533



UPCOMING WEBINARS

- SUBJECT TO CHANGE -



- Upcoming Webinar Topics:
 - Surveys and Assessments for More Individualized Alternative Services
 - Person-Centered Planning During a Pandemic
 - COVID-19 and Our Community
 - Use of Technology & Alternative Communication Tools
 - And More!
- We need your feedback!
 - Please take our post-webinar survey and let us know what you want to hear about.
- Then keep your eye out for the January Webinar Posting!