

Health Risk Screening, Inc.

Special Webinar

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

▶ **PRESENTED BY:**

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Knowledge Empowers



Clinical Advisory Team



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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



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

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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 .*

My usual sleep pattern is: *I go to bed around 10 pm. I sometimes wake up once at night to*

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

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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

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](https://www.hrsonline.com)
 - ▶ Upcoming Bulletin - Importance of communicating that people with IDD are People, first
 - ▶ Future Webinars

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Co-sponsoring a Webinar with AAIDD



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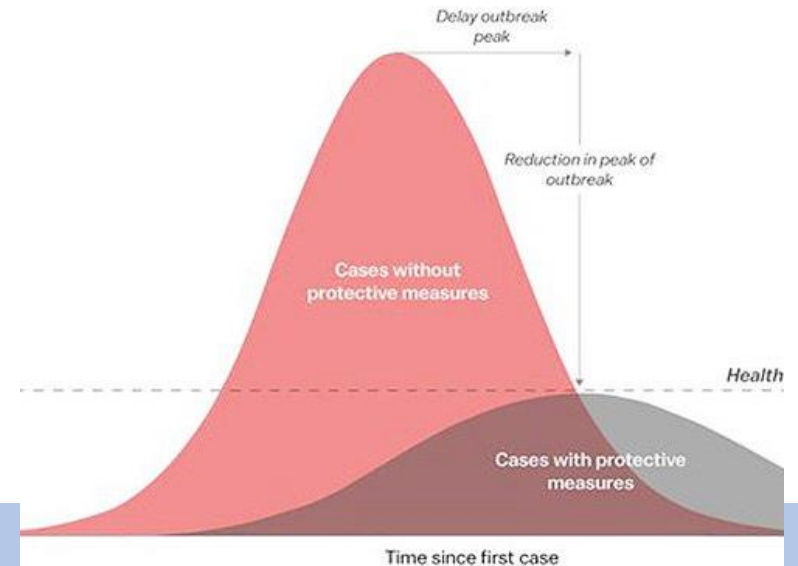
General Prevention

- ▶ Wash your hands for 20 seconds and use hand sanitizers 60% alcohol
- ▶ Keep hands away from 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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