

MY COVID-19 PLAN



STAY HOME STAY SAFE

Plain Talk for Pandemic Times

Life has changed a lot.



Instead of going to school, work or out to events, everyone is asked to stay home and stay healthy.



Wash your hands for 20 seconds.



Don't touch your face.



Cough into a tissue or your elbow.



Don't share food or utensils.



Only go out for medical appointments, essential shopping, or outdoor exercise in your neighborhood.

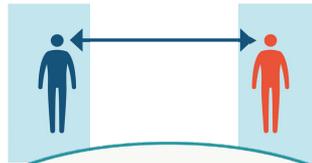


Cover your nose and mouth



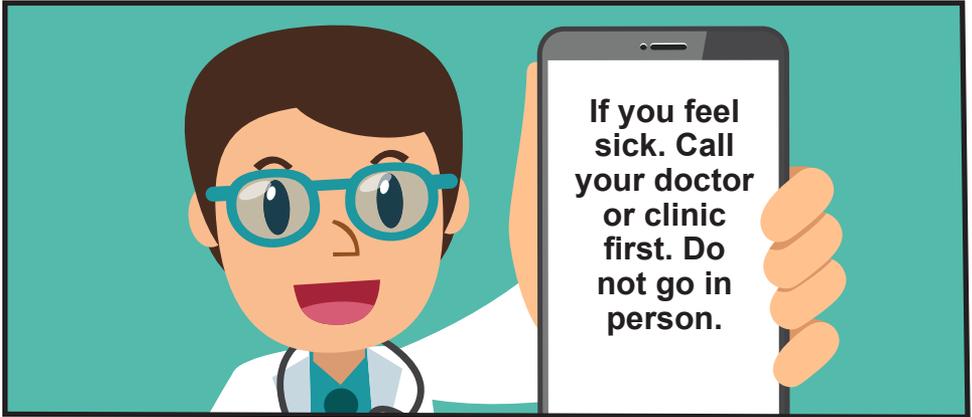
If you have a high sensitivity to touch and textures, try a scarf or soft fabric to use as a homemade cover.

Keep a 6 foot distance.



6 feet is about the length of 2 shopping carts, or a little more than 2 arm lengths.

What if I get sick?



If your doctor thinks you might have COVID-19, they will order a test. The test is done with a long swab inside your nose. It can take days to get the results.



Before you get the results, you will need to isolate in your home. It's called "quarantine."



If your test comes back positive for the virus, you will have to quarantine for at least 2 weeks.



If you share a home with others, you will need to stay in your room to keep others from getting sick.

It's hard to stay separated from others, but there are things that can help make it easier.

Use technology to stay connected with friends, family and caregivers.

Put your favorite entertainment in your room (TV, video games, art, music, puzzles.)

Ask the people supporting you to shop for your favorite foods and drinks.

Set up a table or desk to eat and do activities.

**Contact Your
DDA Case
Manager**

If you need extra support, contact your DDA Case Manager and let them know if you need extra hours or services.

Resources for Staying Connected and Engaged.

Even if you are separated from others, you don't have to go through this alone.



ASSISTIVE TECHNOLOGY

Assistive Technology Services (if you are on a DDA IFS or Basic Plus Waiver, or Community First Choice): dshs.wa.gov/dda

Technology Equipment Distribution Program (TED)
informingfamilies.org/ted

ONLINE ACTIVITIES

Comcast Internet Essentials. \$9.95 per month plus tax for people who receive Housing Assistance, Medicaid, SNAP, SSI and other low-income services: internetessentials.com

Free Art Lessons: youtube.com/c/wildfreeandcrafty

Netflix Watch Party: netflixparty.com

Tiny Desk Concerts: npr.org/series/tiny-desk-concerts

Virtual Museum Tours:
artsandculture.google.com/project/streetviews

YMCA at Home: ymca.net

SOCIAL CONNECTION

Best Buddies Washington: bestbuddies.org/washington

People First of Washington: peoplefirstofwashington.org

Special Olympics: specialolympicswashington.org

For more resources and ideas for connection, visit:
informingfamilies.org/covid-resources

There are new restrictions, but you still have rights.

During the COVID-19 outbreak, the Governor has put in place new rules in the hope to keep people healthy.

If you have questions about the new restrictions you can ask your DDA Case Manager or your provider.



Even with these limits, **YOU STILL HAVE RIGHTS.**

Your Rights Include

The right to **BE SAFE.**

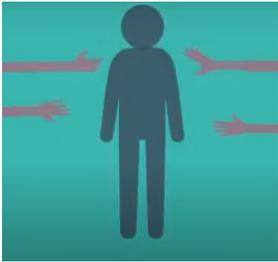
The right to **BE FREE FROM ABUSE AND NEGLECT.**

The right to **CONTACT YOUR DDA CASE MANAGER** if you are unable to be safe with the supports and services you have right now, or if you are unhappy with the support you are getting.

If you are experiencing these things, they are signs of Abuse, Neglect and Exploitation

PHYSICAL ABUSE

When someone hits, pushes, or shoves you.



EMOTIONAL ABUSE

Calling you names or doing things to make you feel bad about yourself.



SEXUAL ABUSE

Touching body and private areas when you don't want to be touched.



FINANCIAL EXPLOITATION

Taking your money or belongings, or pressuring you into giving away your money or belongings.



NEGLECT

Someone not taking care of you the way they are supposed or giving you the help you need to take care of yourself.

What to do if you have been abused, neglected or exploited.



Call ENDHARM at 1-866-363-4276, or go online to make a report:

dshs.wa.gov/report-abuse-and-neglect.

Your message will be sent to the best agency for your concern, such as Adult Protective Services (APS) or Residential Care Services (RCS).



If you aren't sure whether or not your rights have been violated, and you are not in immediate danger, call the Office of the Developmental Disability Ombuds: 1-833-727-8900.



If you are in immediate danger, call 9-1-1.

Safety and Rights Resources

ENDHARM: 1-866-363-4276

This toll-free number for reporting concerns about a child or vulnerable adult is operated 24 hours, 7 days a week.

Aging & Long-Term Support Administration (AL TSA):
dshs.wa.gov/altsa (Click on the "Report Adult Abuse" icon)

Disability Rights Washington (DRW): disabilityrightswa.org
DRW is a private non-profit organization that protects the rights of people with disabilities statewide.

Office of Developmental Disability Ombuds: ddombuds.org.
The DD Ombuds provides resident-directed complaint resolution at the lowest level possible.

My Plan for Physical and Emotional Health

Ways I can stay physically healthy:

To stay healthy, I need support to:

- Keep my hands clean
- Wash surfaces in my home
- Make a face covering or mask
- Learn how to stay a safe distance from others
- Other _____

Ways I can care for my emotional and mental health:

- Talk to friends or family
- Talk to a mental health counselor
- Exercise
- Stretches/yoga/breathing
- Listen to relaxing music
- Video journaling
- Other _____

To cope with these changes in my life I need support to:

- Express my feelings
- Communicate my choices
- Create a routine that works for me
- Shop for my favorite foods and drinks
- Other _____

My Plan for Physical and Emotional Health

My favorite foods and drinks:

People I want to stay connected to:

How I will connect with them (phone, text, FaceTime, Facebook, Zoom, Skype):

To stay connected, I need support to:

- Make a call**
- Connect to the internet**
- Find my friends and family online**
- Set up an online meeting and invite others**
- Find new activities**
- Learn how to communicate with a telecommunication device or app**
- Other** _____

My Plan for Being Safe

WHO WILL I TALK TO ABOUT ABUSE, NEGLECT OR EXPLOITATION?

- Someone I trust.
Their name is: _____
- My DDA Case Manager.
Their number is: _____
- ENDHARM/Adult Protective Services
- 9-1-1
- Office the Developmental Disabilities Ombuds

HOW WILL I CONTACT THEM?

- In person.
- Phone. Their number is _____
- Online or by email.

WHAT AM I GOING TO SAY?

My Plan for Being Safe

WHAT HAPPENED?

WHO DID IT HAPPEN TO?

WHEN DID IT HAPPEN? _____

WHO DID IT? _____

WAS ANYONE ELSE THERE? _____

HOW DID I FEEL (PHYSICALLY, EMOTIONALLY)?

My Plan for Being Safe

OTHER INFORMATION?

WHAT DO I WANT TO HAPPEN?

- To be safe
- To leave the situation
- Have someone check on me _____ times a day/week/
month.
- Get someone new to support me
- Get more support
- Talk to an advocate
- Learn to protect myself
- Other: _____

My Plan for Being Safe

People I Have Contacted:

#1

Name: _____

Job title: _____

Agency or Location: _____

When did I contact them?

Day and Month: _____

Time: _____

Did you talk to them or leave a message?

- I talked to them
- I left a message
- I sent an email

What did they say to me?

What are my next steps?

My Plan for Being Safe

PEOPLE I HAVE CONTACTED:

#2

Name: _____

Job title: _____

Agency or Location: _____

When did I contact them?

Day and Month: _____

Time: _____

Did you talk to them or leave a message?

- I talked to them
- I left a message
- I sent an email

What did they say to me?

What are my next steps?

My Plan for Being Safe

PEOPLE I HAVE CONTACTED:

#3

Name: _____

Job title: _____

Agency or Location: _____

When did I contact them?

Day and Month: _____

Time: _____

Did you talk to them or leave a message?

- I talked to them
- I left a message
- I sent an email

What did they say to me?

What are my next steps?

My Plan for Being Safe

People I Have Contacted:

#4

Name: _____

Job title: _____

Agency or Location: _____

When did I contact them?

Day and Month: _____

Time: _____

Did you talk to them or leave a message?

- I talked to them
- I left a message
- I sent an email

What did they say to me?

What are my next steps?

This Plain Talk booklet on COVID-19 was created by Informing Families in collaboration with the Washington State Office of Developmental Disabilities Ombuds.



SPECIAL THANKS to Ivanova Smith for cover art and content consulting.

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Washington State Developmental Disabilities
Council in partnership with the Washington State
Developmental Disabilities Administration.