



Informing Families...Today and Tomorrow



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We are not out of the woods quite yet with COVID-19, but we are feeling very hopeful and beginning to imagine what our lives will look like when we get back to a so called "new normal."

There have been some remarkable scientific advances that will help us stop the pandemic in its tracks.

Several vaccines were developed in record time and have been proven to be highly safe and effective for people ages 16 and older.

Certain priority groups have already

begun receiving their vaccines and many more will have the opportunity to sign up over the coming months.

In this issue of Informing Families, we are excited to share some helpful resources with you, including the "Find Your Phase" tool, which shows you when it is your turn to get the COVID-19 vaccine.

It will take some time before enough people are vaccinated to achieve herd immunity, but in the meantime everyone has an important role to play in keeping themselves, their families, and their communities safe.

As always, we are proud to provide helpful information and resources through the Informing Families partnership.

Feel free to call me at 360-586-3558 or send me an email at jeremy.norden-paul@ddc.wa.gov if you have questions, concerns, or ideas for future topics. Stay well and keep in touch.

Jeremy Norden-Paul

Executive Director

Washington State DD Council



Are you DDA eligible, but not receiving services? Be sure to take this important next step.



A lot of people think that applying for DDA eligibility is the same as requesting services, but it's actually the first step of several.

If your family member has been approved for DDA eligibility, take the next step and request services.

- ▶ Call the phone number provided in your notice of DDA eligibility; OR
- ▶ Complete an online Service & Information Request form at: dshs.wa.gov/dda/service-and-information-request.

You do not need name a specific service in your request (but if you do know, that's just fine too). Just do your best to describe your family member's needs or ask for more information about services, and someone from your regional office will get back to you.



Let's Talk: COVID VACCINE

Good news! Safe and effective vaccines have been created, tested and approved to help us fight the virus.

The vaccines have different names, but they work the same way. They give your immune system directions for fighting the virus.

If you get infected by COVID, your immune system will be better prepared to knock it out.

The vaccine does NOT give you COVID. It gives you the code to the virus so your immune system can disarm it.

WHO IS THE VACCINE FOR?

The vaccine is for everyone age 18 and older (16 and older for the Pfizer vaccine). Until there are enough doses to go around, our state is releasing the vaccine in phases to help make sure people at highest risk are prioritized. The initial phases include people who:

- ✓ Live in long term care settings (such as adult family home, supported living, or nursing facility).
- ✓ Work in health care settings. This includes Individual Providers (IPs) who work in people's homes.
- ✓ Are over age 65.

- ✓ Are over age 50 and live in a multi-generational home.

As more doses become available, and new vaccines are approved, the phases will be modified to include more people, such as those with increased health risks due to underlying health conditions, educators and other workers in congregate settings.

Learn more about this phased plan at: doh.wa.gov/Emergencies/COVID19/Vaccine.

WHY VACCINATE?

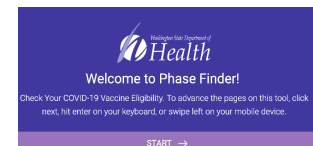
It's simple. The more people who are immune from the virus, the harder it is to spread. However, until enough people are immunized,



we will all need to continue to wear masks, wash hands, socially distance and avoid large gatherings for many more months to come.

HOW TO GET THE VACCINE

Visit findyourphasewa.org and answer a few simple questions about your age, living situation, health and work status.



This phase finder tool will be updated as the vaccine becomes available to more people.

If you meet the criteria for vaccine, you will be issued an immediate authorization to take to vaccine provider near you.

If you do not meet the criteria, you can select to be contacted when you become eligible.

WAIT...THERE'S MORE!

Fine more information about vaccines, testing, and tracing at doh.wa.gov.



Washington State Fathers Network

A Voice for DADS

The **Washington State Fathers Network (WSFN)** welcomes all men who have a child in their life with special health care needs.

With 12 chapters throughout the state, WSFN seeks to bring fathers together for connection, information and opportunity.

Although support is a big part of what WSFN offers, Louis Mendoza (Manager of the Washington State Fathers Network) is sensitive to how that word can come across to the men they want to reach.

According to Mendoza, "Just the sound of support group is too touchy feely for a lot of men. We

try to make it just a chat, no one is pressured to talk. It's as stress free as possible."

He points to three main areas of focus:

Connection and Information

Chapters around the state offer a variety of opportunities to gather, chat and (when needed) help each other find resources and information.

"They truly are casual, low stress, no need to talk if you don't want to, gatherings," Mendoza explains.

This connection effort is the core of what WSFN does.

"Men can be less inclined to ask for help or seek out a connection with someone to discuss the emotional ups and downs they're experiencing," Mendoza says.

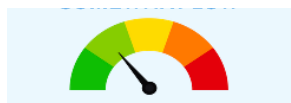
"This can lead to a feeling that no one understands what they're going through. Having others to talk things through, and to ask for information or resources without judgment is powerful."

This chance to connect with other men who understand can be a significant, if not *(con't next page)*

Assess Your Exposure Risk for COVID with CV19 CheckUp



Risky Behaviors



Places and Activities



Close Contacts

CV 19 is a free, confidential, and easy to use tool to help you be safer and healthier during the pandemic.

After completing the questionnaire, the CV19 CheckUp immediately delivers a personalized report answering questions such as:

- How likely am I to get COVID-19?
- How likely am I to spread COVID-19?
- If I get COVID-19, how severe might it be?
- What steps can I take to reduce my risks?
- What kind of help can I get?

Get started: washington.cv19checkup.org

Low Cost Resources



Find affordable options for internet, telephone, utilities, transportation, retail and farmers market, museums, parks, zoos, and more.

Download the Department of Social & Health Services Reduced Cost Services Guide: informingfamilies.org/rcs.

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