

Making Quality A Habit

Putting Person Centered
Practices to Work

Resource Notes

2020

April



BUILDING A MORE INCLUSIVE FUTURE TOGETHER

EMPOWER

Resources for Direct Support Professionals and Advocates

This Note includes:

- Updates from **The Arc**.
- Excerpt of an article on trauma from the **National Association of Direct Support Professionals**.
- Advocacy resources.
- Thanks to **Sue Wakerley** for a resource on making your own mask with a tee shirt and no sewing.

NorCal Archive of all newsletters and resource notes here:

<https://allenshea.com/norcal-gathering-committee-newsletters-and-resource-notes/>

Navigating COVID-19 Together: Updates From The Arc

It's been a little over a month since COVID-19 changed our day to day life and impacted the health and wellbeing of hundreds of thousands of Americans. Since then, The Arc has been hard at work to ensure the rights and needs of people with disabilities, their families, and the direct care workforce which supports them are not left behind as we navigate this crisis. Here are just a few highlights of what we've been up to and how you can help:

- We are [fighting tooth and nail for the needs of the disability community](#) to be explicitly addressed in COVID-19 relief legislation, including Medicaid funding, PPE for direct support professionals, and paid leave for all caregivers. It's critical that you [take action now](#) with us.
- We have [beaten back](#) attempts to discriminate against people with disabilities and their access to lifesaving medical care and [shined a spotlight](#) on this travesty.
- We are supporting our state and local chapters as they serve people with disabilities and their families in communities across the country. Many are on the front lines of this pandemic, [including in hard hit New York City](#).
- We have established and are [constantly updating a page of COVID-related resources and information](#), including plain language documents.
- We are helping [families](#) and [individuals](#) with disabilities share their stories about how this crisis impacts their lives.

NorCal Gathering Committee

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During this nationwide health crisis, services and supports for individuals have changed dramatically. We're interested in understanding more about those changes. We'll use the information to help guide our October 2020 gathering and, hopefully, write an article about what we learn. We'll definitely share what we learn with you, if you're interested. If you'd like to participate, here's a link to a short survey.

<https://www.surveymonkey.com/r/NorCalGatheringCommitteeSurvey>

Excerpt from -
**But What about Trauma in the Life
of the Direct Support Professional?** by Karyn Harvey

We have heard a lot lately about trauma and its effect on people with intellectual disabilities. But what about trauma in the lives of Direct Support Professionals (DSPs)? What are its effects on a day-to-day basis? How does it affect the work that DSPs do? Traumatic events can include sexual or physical abuse, or horrific events such as accidents or sudden deaths. But they can also be small, accumulated hurts. This can include ongoing difficulties and discriminations. Trauma can affect us in ways we do not realize. It may create emotional “mine fields.” This means that the effects of the trauma do not impact us until we accidentally hit them, and we explode with an emotional response. This can happen at the most unexpected times. Consider a couple of examples:

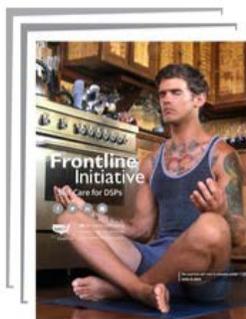
John

John did two tours in Iraq. When he returned home, he became a DSP. He loved the work and found it rewarding. He supported a man named Bernie in a day program. Bernie had good days and bad days. John was able to understand Bernie and all that he had been through. Bernie lived in an institution at a young age. He had endured some horrible things while living there. Sometimes Bernie became very upset. When upset, he would scream or throw things. However, Bernie liked John. They were close. John always gave Bernie the space when he needed it. John also comforted Bernie when he needed it. John understood him.

Please find the full text of this article and other great resources at the **National Association of Direct Support Professionals** joint website with the **Institute on Community Integration** titled **Frontline Initiative** :

<https://publications.ici.umn.edu/frontline-initiative/15-2/but-what-about-trauma-in-the-life-of-the-direct-support-professional>

Frontline Initiative



[Reprint permission request](#)



Description

A series covering the issues important to direct support professionals and supervisors who support people with intellectual and developmental disabilities and other disabilities in a variety of community settings. Each feature issue contains resources, perspectives, and strategies to advance the profession of direct support.

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National Disability Covid-19 Healthcare Support and Advocacy Hotline

(800) 626-4959

Call us if you are disabled and
need Covid-19-related medical
advocacy or other support.

Contact
Disability
Underground at:
contact@
disabilityunderground.org

In collaboration with:



#DisabledNotDisposable
#NobodyIsDisposable
#WeAreEssential
#Covid19

COVID-19 Call To Action (Sign on)

The Partnership for Inclusive Disaster Strategies, World Institute on Disability, National Council for Independent Living (NCIL) Emergency Preparedness Subcommittee, and disability rights and emergency management experts from across the country have issued an urgent national call to action for immediate strategies and solutions from the federal government and governments at every level, including local, state, tribal and territorial, to address the specific needs of persons with disabilities throughout the COVID-19 outbreak and all public health emergencies.

Call To Action Statement: <https://mailchi.mp/disasterstrategies/covid19-disability-inclusion-call-to-action>

Large Coalition of National Disability and Health Advocacy Organizations Endorse Guidance On Preventing Disability Discrimination in COVID-19 Treatment Rationing

The Bazelon Center and partners released today (April 3) a guidance document for states and hospitals on avoiding disability discrimination in the event of rationing of life-saving medical treatment. The guidance is based on [the bulletin](#) that the US Department of Health and Human Services Office for Civil Rights issued on March 28 concerning the requirements of federal disability rights laws in the context of rationing scarce medical treatment. The guidance explains how the principles in HHS's bulletin would apply in practical terms, what those principles mean for covered entities developing and implementing rationing protocols, and what concrete steps can be taken to comply with federal law. The guidance is endorsed by nearly 90 national disability rights organizations. Read the press release [here](#) and the guidance [here](#).

Archives of NorCal Gathering Committee Newsletters and Resource Notes

[Newsletter #1](#) – Article about choice and control; and a visual flow chart describing how to build a person centered one page description and plan.

[Newsletter #2](#) – Focused on supporting individuals to make community connections.

[Special Edition](#) – Devoted to resources Regarding the pandemic and support services.

[Resource Note #1](#) – COVID-19 Toolkit For DSPs Resources to help DSPs take care of themselves during the crisis

[Resource Note #2](#) – Coping with Coronavirus and Social Isolation Webinar

[Resource Note #3](#) – Webinar: Tools for Supporting People When Familiar Supports Aren't Available

[Resource Note #4](#) – NAMI COVID-19 Resource and Information Guide

[Resource Note #5](#) – International Disability Alliance – Leaving No-One Behind in the Disability-Inclusive Reponse

[Resource Note #6](#) – On the Ground with the Pandemic: A provider perspective

[Resource Note #7](#) – How do you talk about COVID-19 to people with intellectual disabilities?

[Resource Note #8](#) – HHS OCR Issues Guidance Confirming that Federal Law Prohibits Disability Discrimination in Rationing Scarce Medical Treatment; Disability and Disaster Hotline during COVID-19; and How the COVID-19 Stimulus Package Impacts People with Disabilities

[Resource Note #9](#) – The continued importance of ritual and routines

[Resource Note #10](#) – COVID-19 Health Summary for a Person with a Developmental Disability

[Resource Note #11](#) – One Page Descriptions for People who are Sick or Hospitalized

[Resource Note #12](#) – More Resources for Supporting Individuals During the Pandemic

[Resource Note #13](#) – Communication Rights and Multiple Uses for One-Page Descriptions



NO-SEW FACE MASK PATTERNS *BY JENNIFERMAKER*

Step 1: Determine your pattern size by measuring your head from ear to ear across your nose.

Step 2: Watch a video and/or read my face mask tutorial:

<https://jennifermaker.com/no-sew-face-mask-tshirt/>