

DDS is facilitating discussions with self-advocates, family members, service providers and regional centers about the best ways for self-advocates to resume regional center services. The guide below is designed to foster discussions with individuals whose family member lives in their home. Following your review and feedback about this guide, DDS will develop similar guides for individuals living in their own home, including those who receive supported or independent living services, and individuals who live in licensed residential settings. DDS will provide opportunities for family members to provide input into these guides. All guides will be available in plain language and will be translated so they are accessible to self-advocates and individuals whose preferred language is not English.

### **Draft Guide to Facilitate Individual Decision-Making and Re-Entry Choices Discussions for Individuals Living in Their Family Home**

This guide is designed to help families and self-advocates discuss their interest in resuming regional center services that stopped or were changed during California's stay-at-home orders. The purpose of this guide is to facilitate individual decision-making and choice. There is no set timeline by which individuals need to return to their prior services and no assumption the services will be the same. As part of this "re-entry" process, family members and self-advocates should begin to think about: how and when they want to go back to the services and supports they previously received; how they might need services modified or changed; and what modified services and supports might meet their needs better at this time.

The questions below may help you think about resuming regional center services. There are no right or wrong answers and answers may change over time. You may want to share this information when you have discussions with your regional center or service provider.

#### **1. Current Activities and Services and Any Changes:**

How does your family member currently spend their days? Are there new activities they enjoy?

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What services did they receive before the stay-at-home order? Do they miss any of these activities or services?

How are regional center services and supports currently provided to your family member (under stay-at-home order)? What do you and your family member like about how services are provided? What do you or your family member want to be different?

Has your family member maintained contact with service providers or others who are important to them? Are there strategies that could help reconnect your family member with family, friends, co-workers, staff?

As California re-opens, how would your family member like to spend their day? What services and/or supports do they need to safely achieve this?

Do you or your family member have concerns about returning to their prior activities? If so, what are they?

### **2. Changes in Health Status, Changes in Family Member Work Status**

Have there been changes to you or your family member's health status since the stay-at-home orders?

Does your family member have any disabilities or health conditions which will make it more challenging to return to their prior activities or pose any health risks? Has your family member's health care provider recommended any changes to their activities?

Are there changes to your family member's services and supports that could help reduce the impact of their disability or health conditions as they return to their prior activities?

Does your family member currently have a mask? Do they use their mask? Are there any disability-related reasons your family member cannot use a mask? Is there other Personal Protective Equipment (PPE) that works better for your family member (e.g. clear face shield)?

Is your family member able to follow safety procedures such as physical distancing, hand washing, temperature checks? Do they need support to follow these procedures?

Have you or your family member experienced any of the following while at home? Stress; isolation; death of a family member, caregiver, or friend; serious illness related to COVID 19 or other trauma? Does your family member need support to address these?

Have there been changes to your work status since the stay at home orders or since California began to re-open? How do these changes impact the services your family member needs?

### **3. Services and Activities You Are Comfortable Resuming**

Think about the services your family member received before the stay-at-home order. This may have been support while working, or attending school, a day program, or individual or small group services such as early intervention services, speech therapy or behavioral therapy.

Think about what you are comfortable starting again or how you want those services to be changed as California re-opens.

- I am comfortable with my family member, and believe it is safe, returning to the same program or services they received before the stay at home order.
- I might be comfortable with my family member returning to all or some of the same program or services they received before the stay at home order but need more information about safety protocols, staff support, etc.
- I am not comfortable with my family member returning to the same program or services they received before the stay at home order. I would like to:
  - Continue with the current services that are provided at my home
  - Have my family member return to their program or service with some changes or modifications (e.g. fewer days, shorter hours, smaller groups, consistent staff)
  - Learn about other kinds of services my family member can receive or other kinds of support I can receive for my family member to stay at home

Are you comfortable with your family member participating in community activities where safety protocols (wearing masks, hand washing/sanitizing, physical distancing) are followed? What type of activities are you comfortable with?

What kinds of transportation for your family member are you comfortable using? For example, are you comfortable with public transportation (e.g. public buses, Uber/Lyft, trains)? Transportation provided by a service provider? What protocols and supports need to be in place for you to be comfortable with public transportation or service provider transportation?

#### **4. Communication with Service Providers and Regional Center Service Coordinators and Staff**

Think about how you and your family member communicated with regional center staff and service providers during the stay-at-home order. Was it in-person, by telephone, video conference (e.g. Zoom or Skype,) email or some combination of these?

Which of these communication methods worked best for you?

What ways would you like regional center staff or service providers to communicate with you in the future?

Did you or your family members have any barriers to using technology to communicate with service providers or regional center staff?

Think about the technology you currently have in your home. Do you have a cell phone, a computer, laptop or tablet? Do you have access to Wi-Fi in your home?

Is there technology you need to more effectively communicate with regional center staff and service providers?

#### **5. Training Needs**

Is there training you or your family member needs so they can more safely participate in community activities? For example, do you or your family need training about how to use a mask, hand washing, physical distancing or other CDC safety guidelines?

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Is there training you or your family member needs so they can more effectively use technology? Does your family member need adaptive equipment and training to be able to access technology?

Would training about service options be helpful? This could include information about the different types of services regional centers can provide, the different ways that services can be provided, and ways in which services can be modified as you think about resuming services.