



Life without limits for people with disabilities™



Path to Alternative Services

2020

UCP Presenters

- ▶ Marissa Chavez, M.S., CRC - UCP Program Coordinator
San Diego Networks and Ready Stamps
- ▶ Viri Salgado – UCP Ready Stamps
- ▶ Adrian Smith – UCP Ready Stamps

Ready Rstamps

A Division of United Cerebral Palsy
Association of San Diego



Ready Stamps – A Unique Division of United Cerebral Palsy

- ▶ Ready Stamps is a unique full service stamp making device manufacturer. Individuals with different abilities learn, train and demonstrate their stamp producing skills. This includes the technical skills of inputting data orders, making the merigraph dyes, pressing rubber, assembling each stamps, labeling the product, to packing the stamps ready to be sent out to customers.

Ready Stamps – A Unique Division of United Cerebral Palsy

- ▶ During the pandemic participants were no longer able to meet on site and other methods of communication were presented
- ▶ Zoom, Face Time and phone session occurred throughout each week to all participants
- ▶ As the pandemic continued a more structure remote services began to shape

UCP Ready Stamps & Networks Alternative Services

- ▶ Zoom, Face Time and phone sessions have been vital during this time
- ▶ Sessions generally last anywhere from 5 minutes to a few hours depending on the session and based on the participants needs

UCP Ready Stamps & Networks Alternative Services

- ▶ Zoom sessions are held throughout the week – 1 to 2 hours per sessions, in large or small groups, facilitated by the Program Coordinator, Personal Development Coaches or a schedule presenter
- ▶ UCP has also been able to partner with other entities to ensure participants are getting the most out of the services provided

UCP Ready Stamps & Networks

Alternative Services

- ▶ Zoom Sessions included:
 - Health and Wellness class partnered with SCDD
 - Disaster Preparedness class partnered w/SCDD & Red Cross
 - Night at the movies w/discussion partnered w/SCDD
 - COVID updates & trainings info collected from CDC, SCDD, SDRC and other agencies
 - Self – guided and guided activities
 - Person Centered Planning
 - Other Sessions

UCP North County Alternative Services

- ▶ UCP North County “Grow a plant” activity

<https://www.youtube.com/watch?v=GKn9PuOsYrw>

- ▶ UCP North County “Card Craft”

<https://www.youtube.com/watch?v=TyxUwly531Y>

- ▶ UCP North County “Self Advocacy Class”

<https://www.youtube.com/watch?v=OY6ExLNFzRs>

UCP Ready Stamps & Networks Alternative Services

Let's Get Prepared



What: An opportunity for self-advocates to join in on Zoom classes to learn about a variety of preparedness topics and share resources

Who: People with Disabilities/Self-Advocates

When: November 3 at 1:00 (Covid-19 Safety)
November 10 at 1:00 (General Disaster Preparedness)
November 17 at 1:00 (Wildfires)
November 24 at 1:00 (Home Fires)
December 1 at 1:00 (Earthquakes)
December 8 at 1:00 (Review and Preparedness Kits)

Zoom meeting info:

Link to join Zoom Meeting

<https://zoom.us/j/94106155506?pwd=dVN1czhzWVFtYXB1dE5uZWJMOUuzdz09>

Meeting ID: 941 0615 5506

Passcode: 605901

Dial in number:

888 475 4499 US Toll-free

877 853 5257 US Toll-free

Meeting ID: 941 0615 5506

For information or questions call Debbie Marshall at (619) 913-8232 or email debbie_marshall@scdd.ca.gov



Please note we have a different Zoom code this week

The State Council on Developmental Disabilities and UCP/NETWORKS PRESENTS An Afternoon at the Movies



What: An opportunity to get together with other self-advocates to watch movies about people with disabilities. After watching the film, we will spend time talking about the film.

When: Wednesday Afternoons at 4:00p.m.

Where: Zoom

Link: Meeting ID: 6422773698

Passcode: 10405

Why: Watching and talking about films that relate to various disabilities can help build your advocacy skills and increase your awareness/understanding of how a disability can impact your life.

For information or questions call Debbie Marshall at (619) 913-8232 or email debbie_marshall@scdd.ca.gov



UCP Ready Stamps & Networks Alternative Services Challenges

- ▶ Participants who are not interested in Zoom
- ▶ Participants without computers/internet/smartphones
- ▶ Keeping participants engaged and active
- ▶ Ideas for different sessions
- ▶ Technology burn out
- ▶ Emotional states
- ▶ Appropriate content
- ▶ Following DDS guidelines

UCP Ready Stamps & Networks Alternative Services

- ▶ This pandemic has been a strain on us all and even more on those we provide services to
- ▶ Not being able to go out and to work is difficult but alternative services makes it possible to connect and move forward
- ▶ We are open to collaborations, partnerships and resources in order to offer our participants the most during this trying time

UCP Ready Stamps & Networks
Alternative Services

▶ Thank you!