

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



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 participates 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

- ➤ 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

- ➤ 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 presentor
- ► UCP has also been able to partner with other entities to ensure participants are getting the most out of the services provided

- 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

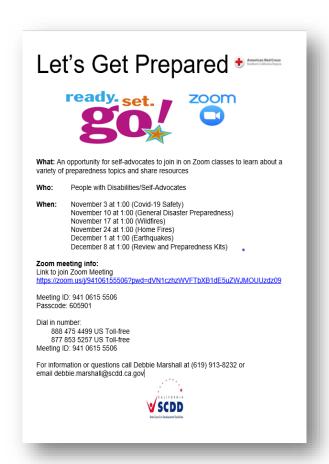
https://www.youtube.com/watch?v=GKn9PuOsYrw

► <u>UCP North County "Card Craft"</u>

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

UCP North County "Self Advocacy Class"

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



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

- 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

Thank you!