



Developmental Disabilities Supports Division

Supports Waiver Planning During a Public Health Emergency

COVID 19 Planning

Consider a Safety Kit

- ✓ Hand sanitizer
- ✓ Cloth masks
- ✓ No contact thermometer to check visitor temperatures
- ✓ Sign-in log for visitors

Consider a Plan for Home & Community Interactions

- ✓ Be aware of current Public Health Orders
- ✓ Plan for 6- foot social distancing
- ✓ Plan before & after-visit cleaning routines
- ✓ Avoid crowds
- ✓ Identify no-touch items for visitors
- ✓ Use screening tools
- ✓ Find ways to connect without face to face contact
- ✓ Explore low cost cell and internet

<https://www.lifelinesupport.org>

Getting Started...

What is a Community Supports Coordinator?

To get started, a Community Supports Coordinator (CSC) from the CSC Agency you select will soon contact you. A CSC:

- Provides you information about the Supports Waiver
- Assists you with establishing waiver eligibility
- Visits monthly through telehealth or in person
- Helps you develop your person-centered plan
- Helps you decide if the plan is working for you
- Helps connect you with resources in your community

Home Visits & In-Person Services during COVID- 19

You can make choices that best meet your health and safety goals during the Public Health Emergency. Many services have remote or in-home (versus community based) options during the Public Health Emergency. A CSC will contact you by teleconference or telehealth. You will want to understand potential risks and think about your overall comfort level with different types of available services.

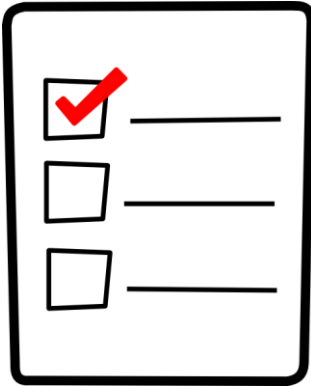
COVID -19 SAFE: Practice Temp Checks and Screen Visitors

OVER THE PAST 14 DAYS

1. **Do you or anyone you live with have symptoms: coughing, shortness of breath, or a fever (100.4F), chills, repeated shaking with chills, muscle pain, headache, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, and or loss of taste or smell?**
2. **Have you or anyone in your home had contact with anyone with a positive or suspected case of COVID-19?**
3. **Have you or anyone in your home traveled out of state or by air or public transit or traveled to a hot spot?**
4. **Have you or anyone in your home been in crowds without social distancing?**

Screening first can help you decide if you feel safe to meet with someone in person or at your home. Most businesses and service providers are using screening tools before entry. You can use one too. If your visitor has a fever or answers yes to any of these questions, you should not visit in person.

Individual Risk Benefit Decision Guide



Review the items below to consider risks that could affect your health and safety during the Public Health Emergency. Discuss with your family, people important to you, and your CSC. Circumstances change quickly during a Public Health Emergency so you may want to review these items frequently and talk to your CSC about your service plan when needed.

Risk Factors: Either Myself or Others at Home Are at High Risk

| Me | Other | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Diabetes |
| <input type="checkbox"/> | <input type="checkbox"/> | Overweight or underweight |
| <input type="checkbox"/> | <input type="checkbox"/> | Older than 50 years old |
| <input type="checkbox"/> | <input type="checkbox"/> | Lung or breathing issues (asthma, COPD or pneumonias) |
| <input type="checkbox"/> | <input type="checkbox"/> | Heart issues including high blood pressure |
| <input type="checkbox"/> | <input type="checkbox"/> | Other medical conditions (cancer, kidney, liver or stomach issues such as GERD, immune disorders or other chronic health issues) |

Risk Factor: Hot Spots and COVID Spread in My Community

- My home county has a high COVID- positive rate.
 - My visitor's home county has a high COVID- positive rate.
- NM Data Dashboard <https://cvprovider.nmhealth.org/public-dashboard.html>

COVID Safe Practices

- I am able and willing to wear a mask when needed.
- I am willing to talk about COVID and ask others to wear a mask around me.
- I can designate areas in my home where social distancing (6 ft) is possible.
- I am aware that I can make choices about what is best for my health.
- I am aware of where I can get information to stay safe.
- The people who I connect with are aware of my choices.

Benefits of In-Person Contact

- Being with others is important to me and my mental health.
- Having daily activity outside my home helps reduce how often I may feel anxious, angry, or emotional.
- I need in-person assistance to be safe.
- I need hands-on care from a clinician to reduce physical pain or to help me be more healthy, active or independent.
- I need in person specialized support for complex health or clinical needs.

COVID - 19

Information Resources

New Mexico Department of Health

<https://cv.nmhealth.org>

- ✓ Public Health Order
- ✓ COVID Safe Practices
- ✓ Where to get Tested

DDSD

<https://www.nmhealth.org/about/ddsd/>

Centers for Disease Control and Prevention (CDC)

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Developmental Disabilities Supports Division

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Provider Selection Guide – COVID Appendix

Talk to your case manager, consultant or community supports coordinator about planning your service plan. When you know which services, you would like to plan for, the questions below may help with provider agency or vendor selection during COVID-19.

□ **HOW DOES YOUR AGENCY COMMUNICATE THE LATEST INFORMATION ABOUT COVID SAFE PRACTICES TO PARTICIPANTS?**



- ✓ Ways you like to communicate email; text; phone, website, or in person
- ✓ Easy to understand materials
- ✓ Point person at agency who is easy to reach
- ✓ How remote services are provided or supported

□ **HOW DOES YOUR AGENCY HELP UNDERSTAND RISKS AND BENEFITS TO THIS SERVICE DURING COVID-19?**



- ✓ Agency communication about the risks and benefits of services and my choices
- ✓ If the agency is willing to work through my individual needs and risk factors

□ **HOW DOES YOUR AGENCY IMPLEMENT COVID SAFE PRACTICES?**



- ✓ Rules about wearing & cleaning cloth masks
- ✓ Use of visual cues for six feet distance
- ✓ Hand washing routines
- ✓ Cleaning and sanitation practices
- ✓ Plan to get, use and dispose safely of Personal Protective Equipment (PPE)

□ **HOW DOES YOUR AGENCY SCREEN STAFF?**



- ✓ Contactless temperature checks before entry
- ✓ Plan to send staff home if they show signs or symptoms of COVID infection
- ✓ Frequency of screening
- ✓ Signage and symptoms checklist/questionnaire

□ **HOW DOES YOUR AGENCY AVOID HIGH RISK SITUATIONS FOR COVID-19 TRANSMISSION?**



- ✓ Avoiding crowds or large gatherings
- ✓ Providing spacious settings and ventilation
- ✓ Limiting close contact
- ✓ How chores and grocery shopping are supported
- ✓ Transportation in shared vehicles

□ **HOW DOES YOUR AGENCY SUPPORT TELEHEALTH, TELEMEDICINE OR REMOTE PERSONAL VISITS?**



- ✓ Support for use, cleaning, access to devices and internet
- ✓ Technical support for staff

□ **HOW DOES YOUR AGENCY ADDRESS AN OUTBREAK?**



- ✓ A quick communication plan to alert people to possible exposure
- ✓ Quarantine and back up staffing plans

What You Can do if You are at Higher Risk of Severe Illness from COVID-19

(Print Resources Web Page: <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html>)

Are You at Higher Risk for Severe Illness?



Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

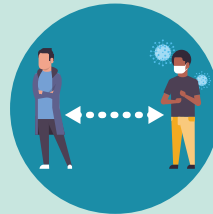
Here's What You Can do to Help Protect Yourself



Stay home if possible.



Wash your hands often.



Avoid close contact (6 feet, which is about two arm lengths) with people who are sick.



Clean and disinfect frequently touched surfaces.



Avoid all cruise travel and non-essential air travel.

Call your healthcare professional if you are sick.

For more information on steps you can take to protect yourself, see CDC's [How to Protect Yourself](#).



cdc.gov/coronavirus