



Developmental Disabilities Supports Division

Supports Waiver Planning During a Public Health Emergency

Getting Started...

What is a Community Supports Coordinator (CSC)?

To get started, a 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
- Contacts you monthly
- 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
- Helps you understand your choice between participant directed or agency-based service delivery

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. You will want to understand potential risks and think about your overall comfort level with different types of services.

COVID -19 SAFE: Practice Screening

Screening first can help you decide if you feel safe to meet with someone in person or at your home. Your CSC, direct support personnel and service providers must wear a mask when providing services. You can also develop a COVID Safe screening tool for your home. Check the Provider Selection Guide on the DDSD website [Provider Selection Guide \(nmhealth.org\)](https://www.nmhealth.org/provider-selection-guide) and *Provider Selection- COVID Appendix* is attached here.

COVID 19 Safety

Vaccine and Testing

COVID-19 Vaccine Hotline
(855) 600-3453

[CV.nmhealth.org](https://www.nmhealth.org)

[cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/disabilities](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/disabilities)

Safety Kit

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

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
- ✓ Explore low cost cell and internet

<https://www.lifelinesupport.org>

OVER THE PAST 14 DAYS

1. Do you or anyone you live with have symptoms: coughing, shortness of breath, or a fever (100.4F) or 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?

ONLINE RESOURCES FOR SUPPORTS WAIVER PLANNING

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

- ✓ Supports Waiver Service Standards
- ✓ Secondary Freedom of Choice
- ✓ Employer of Record Toolkit
- ✓ Tips for Provider Selection during COVID-19

DDSD Guidance for Waiver Programs

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

Supports Waiver Services

Available Services

The available Supports Waiver services to mix and match based on need within the annual \$10,000 budget per participant:

- Assistive Technology*
- Behavior Support Consultation
- Customized Community Supports-Group
- Customized Community Supports-Individual
- Employment Supports
- Environmental Modifications*
- Personal Care
- Non-Medical Transportation
- Respite
- Vehicle Modifications*

*\$5,000 available every five years.

Service Delivery Models

As a Supports Waiver participant, you will have the choice to access services through Agency Based Services or Participant Directed Services.

Agency Based Service Delivery

When you choose to have Supports Waiver services provided through the agency-based model, the CSC will help you get information about the agencies that provide Supports Waiver services.

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Participant Directed Service Delivery

You can also choose to have Supports Waiver services provided through a participant-directed model. You will either be your own employer for your services or select an Employer of Record.

For Further Information
Please contact:
Supports Waiver Program
Manager: Jennifer Roth at
Jennifer.Roth@state.nm.us or
505-629-7476

Protecting ourselves and our loved ones is going to take **ALL OF OUR TOOLS**

Get vaccinated. Wear a mask. Avoid crowds. Wash hands often.



COMMON COVID-19 VACCINE QUESTIONS

WHY SHOULD I GET A COVID-19 VACCINE?

COVID-19 is the worst global pandemic in a century, and it has taken a devastating toll on our families and communities.

COVID-19 vaccines protect you. The sooner most people are vaccinated and protected against COVID-19 disease, the sooner New Mexicans and all Americans can get back to normal life.

ARE COVID-19 VACCINES SAFE?

COVID-19 vaccines were tested in large studies with thousands of adults of all ages, including those 65 and older. The vaccines were found to be safe and provided very strong protection in older adults.

The risk of catching the virus and having a bad outcome is much higher than any risk from the vaccine.

CAN THE COVID-19 VACCINE CAUSE COVID-19 DISEASE?

The **vaccine cannot give you COVID-19**; there is no live virus in it!

ARE THERE ANY SHORT-TERM SIDE EFFECTS TO LOOK OUT FOR?

While the COVID-19 vaccination will protect you from COVID-19, you may have some adverse reactions, which are normal signs that your body is building protection. These should go away in a few days.

- On the arm where you got the shot: pain, swelling
- Throughout the rest of your body: fever, chills, tiredness, headache

WHAT CAN I DO IF I HAVE SIDE EFFECTS FROM THE VACCINE?

- Talk to your doctor about over-the-counter pain relievers, such as ibuprofen or acetaminophen.
- For pain in the area where you got the shot, apply a cool wet washcloth and move the arm.
- For fever, drink plenty of fluids and dress lightly.

VISIT [VACCINENM.ORG](https://www.vaccinenm.org) OR CALL 1-855-600-3453

COMMON COVID-19 VACCINE QUESTIONS

HOW MANY SHOTS WILL I NEED?

The Pfizer and Moderna vaccines each require two shots. The Johnson & Johnson vaccine is a single shot.

ARE COVID VACCINES REQUIRED?

State and federal governments do not require people to be vaccinated for COVID-19. Some private entities may require their employees to get vaccinated.

WILL WE STILL NEED TO WEAR A MASK?

Yes. The vaccines are very effective at preventing infections, but we don't know yet how effectively they prevent transmission. To protect your loved ones, continue to:

- Wear a mask when around others.
- Avoid close contact with people who are sick.
- Avoid crowds.
- Stay six feet away from others.
- Wash your hands frequently with soap and water for a minimum of 20 seconds and dry hands with a dry or paper towel. (Use hand sanitizer if soap and water are not available.)

WHAT IF EMPLOYEES GET A FEVER AFTER THEIR VACCINATION?

Employees who have a fever after vaccination should stay home and get tested for COVID-19. If the virus is not the likely cause of the fever, they may return to work based on their employer's policy.

IS EVERYONE ELIGIBLE?

Yes. Individuals are encouraged to register for vaccine at vaccinenm.org. After you create your profile, DOH will notify you when vaccine is available.

Over the next few months, New Mexico will receive limited supplies of COVID-19 vaccine. DOH aims to offer vaccine to the general public by mid-2021.

Register to request an appointment for your vaccine at vaccinenm.org or call 1-855-600-3453.

WHAT IF I'VE ALREADY HAD COVID?

People who have already had the COVID-19 virus, with or without obvious symptoms, should be vaccinated. If a person currently has COVID-19, that person should not receive the vaccine until they have recovered from illness. Once the person does not have symptoms and is no longer required to isolate, they should get the vaccination.

Testing to determine prior infection is not recommended.

HOW MUCH WILL IT COST?

There is **no cost to receive the vaccine and you will not be billed directly**. Your provider may bill your insurance company.

To register for your COVID-19 vaccine visit: vaccinenm.org

For more information on the COVID-19 vaccine visit: cv.nmhealth.org/covid-vaccine

