



The Intellectual
and Developmental
Disabilities Council
of Tarrant County

Welcome

**Needs of people with IDD
during the COVID-19
pandemic**

Tuesday, June 23, 2020



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Needs of people with IDD during the COVID-19 pandemic

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June 23, 2020 - Webinar





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Marcia



Session Overview

- Transmission of COVID-19 in congregate care settings and through home health care
- Transmission at school
- Accommodations and modification for self-hygiene and social distancing
- Psychological issues in disaster and how they may be expressed by people with IDD
- Psychological issues that require increased interventions



Higher Risk for Severe Illness

- Disability alone may not signal higher risk ([CDC, 2020](#))
 - However, there may be increased risk for those who:
 - have limited mobility
 - have trouble understanding information
 - are unable to communicate symptoms
 - Some disabilities have health-related factors (eg., Down syndrome, cystic fibrosis, Prader Willi syndrome)
- Older adults (65 and older)
- Individuals with a serious underlying medical condition
 - chronic lung disease
 - diabetes
 - liver disease
 - immunocompromised
 - serious heart conditions, etc. ([CDC, 2020](#))



Nursing homes and assisted living facilities in Texas

- Approximately 3,215 nursing facilities and assisted living facilities serve individuals in Texas
- More than 4,500 people live in State Supported Living Centers or State Hospitals

-However, the majority of people with disabilities live in the community- and may receive services from home health care providers.



Transmission of COVID-19 in congregate care settings and through home health care

Person to person spread within 6-feet

- droplets from coughs, sneezes, or someone talking ([CDC, 2020](#))

Many cases among older adults living in long-term care facilities or nursing homes

- Communal nature of congregate living facilities put individuals at higher risk
- Increased risk from being close to people providing care
- Higher risk of infection or severe illness for those with underlying chronic medical conditions ([CDC, 2020](#))

There is no foolproof method for preventing the virus from entering congregate living facilities.



Transmission at School

- Schools face many of the same challenges as congregate living settings
 - Many people together inside for extended period of time
 - Sharing of spaces, equipment, and supplies ([CDC, 2020](#))
 - Children with less understanding of how to limit transmission
 - Students who need assistance with following guidelines for self-protection
- Direct co-mingling with many community members across demographics



Actions we all can take, including direct support providers

- wash hands frequently for 20+ seconds
- use hand sanitizer if soap not available
- avoid touching your face
- clean high-touch surfaces
- wear a cloth face covering
- cover coughs and sneezes
- monitor health ([CDC, 2020](#))
- social distance as much as possible
- clean and disinfect according to [CDC guidelines](#)



Guidance for schools

- encourage families and staff to get the yearly flu vaccine
- encourage families and staff to take actions known to prevent the spread of germs
 - hand hygiene
 - respiratory etiquette
 - hands away from faces
 - routine cleaning
- educate families and staff on what to do when someone is sick
- maintain a relationship with public health officials ([CDC, 2018](#))
- follow decision tree published by CDC ([CDC, 2020](#))



Preparation for those most at-risk

- keep up-to-date list of medical conditions and medications
- have extra needed medications on hand
- plan at least two communication methods
- plan for if a direct support provider gets sick
 - create a list of friends, family, neighbors, and agencies that can assist ([CDC, 2020](#))

Difficulties in following CDC guidelines

Individuals with disabilities may experience challenges in:








- understanding recommendations
- implementing self hygiene procedures
- wearing a facemask
- complying with guidelines
- covering coughs and sneezes
- cleaning and disinfecting (Stough, 2020)

Accommodations and modifications for self-hygiene and social distancing



Prevention of COVID-19: Modifications and Accommodations for Individuals with Disabilities








There is currently no vaccine to prevent COVID 19. The best way to prevent infection is to take steps to avoid exposure to this virus, which are similar to the steps you take to avoid the flu. Most people with disabilities will not have difficulty with the CDC guidelines for self-protection. However, people with moderate to significant levels of disability may need the following modifications or accommodations in order to implement these guidelines. Always ensure that these and other guidelines are communicated in accessible formats.

	 <p>Wash hands with soap and water.</p>	 <p>Use hand sanitizer as backup.</p>	 <p>Cover coughs and sneezes.</p>	 <p>Avoid touching face.</p>	 <p>Disinfect often touched surfaces.</p>	 <p>Avoid close contact.</p>
<p>Cognitive Disabilities</p>	<ul style="list-style-type: none"> • Ensure understanding of the length of time hands must be washed. • Use a timer or other assistive device to time hand washing. • Caregivers provide assistance and supervision so that hands are washed adequately and often. 	<ul style="list-style-type: none"> • Ensure that people understand how to correctly use hand sanitizer. • Caregivers provide assistance and supervision in the use of hand sanitizer. 	<ul style="list-style-type: none"> • Model correct procedures for covering coughs and sneezes. • Provide facemasks for those who cannot perform these functions. 	<ul style="list-style-type: none"> • Explain the importance of keeping hands away from face. • Caregivers provide assistance and supervision in washing hands and using hand sanitizer more frequently. 	<ul style="list-style-type: none"> • Model disinfection procedures. • Model correct usage and storage of disinfectant products. • Caregivers disinfect area for these individuals. 	<ul style="list-style-type: none"> • Replace caregivers and attendants who are sick and providing care. • Assist with spatial separation from others. • Model appropriate distance to keep from others.



Prevention of COVID-19: Modifications and Accommodations for Individuals with Disabilities

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	 <p>Wash hands with soap and water.</p>	 <p>Use hand sanitizer as backup.</p>	 <p>Cover coughs and sneezes.</p>	 <p>Avoid touching face.</p>	 <p>Disinfect often touched surfaces.</p>	 <p>Avoid close contact.</p>
<p>Mental Illness/ Behavioral Disabilities</p>	<ul style="list-style-type: none"> • Ensure understanding of the importance of hand sanitation. • Stress compliance with hand sanitation guidelines. 	<ul style="list-style-type: none"> • Ensure understanding of the importance of hand sanitation. • Stress compliance with hand sanitation guidelines. 	<ul style="list-style-type: none"> • Ensure understanding of the importance of covering coughs and sneezes. • Stress compliance with covering coughs and sneezes. 	<ul style="list-style-type: none"> • Ensure understanding of the importance of avoiding touching own face. • Stress compliance with avoiding touching face. 	<ul style="list-style-type: none"> • Ensure understanding of the importance of disinfecting surfaces. • Stress compliance with disinfectant procedures. 	<ul style="list-style-type: none"> • Replace caregivers and attendants who are sick and providing care.

Psychological issues in disaster and how they may be expressed by people with IDD

Individuals with IDD may respond more strongly to the stress of a crisis ([CDC, 2020](#)).

- Isolation and loneliness
- Disconnected from routines
- Loss and grief
- Anxiety ([NAMI, 2020](#))
- Fear and worry
- Post-traumatic stress syndrome (PTSD) ([SAMHSA, 2020](#))

Psychological issues that require increased interventions

Changes in:

- Sleeping
- Eating
- Activity level

Duration of longer than 3 months

Increases in aggression, self-harming behaviors

Resources Available

- Behavioral Health Treatment Services Locator
- REDDy Directory Covid-19 Resources
- Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Mobile App
- SAMHSA Disaster Distress Helpline
 - 1-800-985-5990 open 24/7/365



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Questions and Answer Session

