

COVID-19. Safely Ending 2020 and Looking Forward to 2021

RCEB Community Meeting
Friday, December 11, 2020

COVID UPDATES

Based on reports to Regional Centers - as of
12/4/2020

Statewide: Total Regional Center Population:
355,298

Total (reported) Positive/Confirmed COVID
Cases : 4645

Deaths: 205

Regional Center of the East Bay

Total Population 21,388

Total (reported) Positive/Confirmed
COVID Cases : 175

Deaths :3

Status December 2020

- ▶ Alameda and Contra Costa County numbers continue to rise
- ▶ Hospital Capacity especially in ICUs limited
- ▶ Shelter in Place/Stay Home
 - ▶ Limited Outdoor Activities
 - ▶ Retail Limited to 20% capacity except for grocers
 - ▶ No in or outdoor dining
 - ▶ No gatherings in or outdoors

Similar Throughout the state

Regional Stay at Home Orders

- ▶ Members of the same household are encouraged to maintain physical and mental health by safely going to a park, a beach, hike, walk, or bike ride with members of their own household. Californians are also encouraged to keep connected with loved ones virtually
- ▶ Residents are required to stay at home as much as possible and minimize mixing to reduce unnecessary exposure, while still being able to do important things like go to the doctor, buy groceries, pick up takeout, go on a hike, or worship outdoors
- ▶ They prohibit private gatherings of any size, close sector operations except for critical infrastructure and retail, and require 100% masking and physical distancing in all others.

Hospital and Other Visitation

- ▶ People with Disabilities can have one person with them during in patient or emergency room visits . Must follow all hospital protocols.
- ▶ Since gatherings are limited to those in your household, visiting or taking home family members living outside of your home is not advised

Coping During Holidays and Celebrations

Identify how you're feeling. Figuring out your emotions can make things feel less overwhelming help find ways to cope. The COVID-19 pandemic has been difficult for many reasons, which means that some of your distress is likely related to things other than holidays or celebrations. Take some time to sort through your emotions in whatever way is most productive for you - journal, talk to a loved one or just spend some quiet time alone thinking.

•**Acknowledge what you've lost.** While many holidays and gatherings are mainly about thankfulness and celebration, they can still be difficult, even during normal circumstances. If you're missing a loved one, think of ways to honor them during your festivities. If you've lost a job or had to drop out of school, take the time to recognize the challenges that came with that. Even if you haven't lost anything concrete, we've all lost our sense of normalcy this year - it's okay to grieve that too.

•**Make the most of your situation.** While celebrations look different, that doesn't mean they need to be cancelled or even minimized. Some higher-risk activities such as gathering in person with people you don't live with should be avoided, but there are many other ways you can celebrate safely. Arrange virtual celebrations to stay connected and put twists on typical holiday traditions.

•**Try not to romanticize your typical plans.** Remember that while your celebrations may normally be full of excitement and joy, they can also be high stress. Even though you may be giving up some of your favorite things, you're probably leaving some stressors behind too. Be careful not to distort the situation and make it seem worse than it really is.

Practice gratitude. While it may seem harder to find things to appreciate, make a conscious effort to regularly identify some things that you're grateful for. It can be something as broad as your family, or something as specific as your favorite song playing on the radio the last time you got in the car.

- Continue healthy habits** like eating well-balanced meals, exercising regularly, getting plenty of sleep and avoiding alcohol and drugs.

- Reach out if you need help.** Rely on your support system or contact the Contra Costa Crisis Center by calling [211](tel:211) or texting HOPE to 20121 for 24/7 emotional support and resource referrals

Services

- ▶ **Essential Services continue to be provided directly**
 - ▶ Using proper PPE and social distancing to the extent possible
 - ▶ These include personal care, in home respite, day care , IHSS etc.
 - ▶ Services that can be delivered remotely or in alternative locations continue such as speech therapy via zoom, ILS via telephone and zoom

Alternative Service Delivery

- ▶ Started in September with discussions on what people want and agreements with providers, individuals , case managers.
- ▶ Plans in October/identification of Hours Days etc
- ▶ Providers have been submitting data to DDS
- ▶ Rates for Monthly service being shared with providers this week. Appeals process available
- ▶ Will start monthly rates for ASD in January with reporting to regional centers

Other Services

▶ Participant Directed Services

- ▶ Additional Options for Personal Assistance, ILS, Supported Employment
- ▶ Can hire a person you know
- ▶ Uses a Financial Management Service to pay workers
- ▶ Similar to Employer of Record as we have at RCEB. Adds new services during the pandemic

Coping With a Different Holiday Season this Year

- ▶ The ARC and SUNY STONY BROOK
- ▶ Crisis Response Project
- ▶ Outdoor Activities and Exercise
- ▶ Accepting that we cannot gather in the ways we have in the past

What if I need help during the holidays

- ▶ Call our main numbers

(1- 510 -618-6100)

(1-925-691-2300)

- ▶ Ask for your case manager
- ▶ If the case manager isn't there ,press zero for the operator and ask for a supervisor
- ▶ If we are closed , follow the instructions and request assistance
- ▶ We will call back utilizing our after hours services for emergencies.

Department of Developmental Services (DDS) Individual and Family Survey

At www.dds.ca.gov,

- ▶ Hear from people served and families about how things are going during the pandemic
- ▶ Last day to complete is 12/18

2021

The COVID Vaccines

- ▶ First vaccine approved by the FDA yesterday for emergency use
 - ▶ Priorities are health care workers, those in health facilities, IHSS workers
 - ▶ Each county and large health care facilities such as Kaiser will distribute
 - ▶ Expect other vaccines to be approved shortly . Will be many months until all are able to be vaccinated due to supply

ARCA letter to State Task Force for people served and caregivers especially those in congregate settings

Mandates / Requirements

- ▶ Initially, we expect no mandates. There is not enough vaccine
- ▶ Many unanswered questions. Brought out with studies but much quicker than usual. We don't know everything yet and we will find out more as more people are vaccinated

What to expect in 2021

- ▶ Continued Mask Mandates and Social Distancing for many months.
- ▶ Dr. Fauci says at least late spring until we return to some sense of “normal”
- ▶ Slow return to reopenings
- ▶ Herd Immunity: a large percentage of folks vaccinated and immune to virus.
- ▶ How long will immunity last?

What will Reopen

- ▶ Schools for those with need for in person instruction
- ▶ Younger children
- ▶ Day Programs when case rates are lower, probably small numbers to start.
- ▶ Expect that many fragile people will want to be the last to return to programs, schools. Also may have concerns about early vaccination.

Alternative Service Delivery

- ▶ Can we retain what is the best and individualized parts that are meaningful to people?
- ▶ What do you want to retain?
- ▶ Positives and Negatives

Self Determination

- ▶ Expect this will be an option for all by the middle of the next year
- ▶ RCEB will be making information about planning and preparing to select available in the next few months
- ▶ Educate Yourself if you might be interested