

FLU SHOTS, DAY CARE ASSESSMENTS, AND QUESTIONS ABOUT ALTERNATIVE SERVICES

RCEB COMMUNITY MEETING
FRIDAY, OCTOBER 2, 2020

PRESENTERS:

DIRECTOR ,HEALTH AND BEHAVIORAL SERVICES: LUCY RIVELLO, RN
ASSOCIATE DIRECTOR, CHILDREN'S SERVICES: ELVIA OSORIO -RODRIGUEZ, MA
DIRECTOR,CONSUMER SERVICES: RONKE SODIPO, MSW

COVID UPDATE

Based on reports to Regional Centers - as of 9/22/2020

Statewide: Total Regional Center Population: 354,640

Total (reported) Positive/Confirmed COVID Cases :
2,798

Deaths: 155 (36% in Nursing Facilities)

Regional Center of the East Bay

Total Population 21,388

Total (reported) Positive/Confirmed COVID Cases :
98

Deaths: 3 (2 in Nursing Facilities)

COVID RELATED Restrictions in Alameda AND CONTRA COSTA COUNTIES

- ▶ Both still under Shelter in Place.
- ▶ Masks/Face Covering, Handwashing, Physical Distancing
- ▶ In the red zone for the state. Some more re openings planned.

Staying Healthy Through the Fall and Winter During a Pandemic

- ▶ Get a Flu shot!
- ▶ Find a way to move your body regularly
- ▶ Connect with friends or family
- ▶ Find a mental health provider (through health insurance or look for free online options/apps)
- ▶ Make your home/work space easier to use
- ▶ Prepare for possible power outages

Flu Vaccines are More Important This Year

- ▶ Because of the COVID-19 pandemic, reducing the spread of respiratory illnesses, like flu, this fall and winter is more important than ever.
- ▶ Vaccinations prevent severe illness from the flu and other communicable diseases. Although the flu vaccine will not protect you from COVID-19, it will prevent you from becoming ill from several other respiratory viruses
- ▶ Getting a flu vaccine this fall is more important than ever, not only to reduce your risk from illness but also to conserve potentially scarce health care resources.
- ▶ Getting a flu vaccine is an essential part of protecting your health and your family's health this season. *Everyone 6 months of age and older should get flu vaccine every season, there are smaller doses available for younger children*
- ▶ Manufacturers have already begun distributing flu vaccines and will continue to distribute vaccine throughout the fall and winter.

Where You Can Find a Flu Vaccine

- ▶ First, check with your health care provider or local pharmacy about when and where you can find a Flu Vaccine
- ▶ Both Alameda and Contra Costa Public Health Depts have resources listed on their websites, that include free or low cost flu shot options (regardless of health insurance)
- ▶ Alameda County Public Health: <http://www.acphd.org/flu/flu-clinics.aspx>
- ▶ Contra Costa County Health: <https://cchealth.org/flu/vaccination.php>

Move Your Body!

- ▶ While we know that your feelings can influence your movement, it is not as obvious that movement can influence your mood too
- ▶ For example, when you feel tired and sad, you may be slower to move. When you feel anxious and worried, you may either rush around or become completely paralyzed.
- ▶ Recent studies show that the connection between your brain and your body is a “two-way street” and that means movement can change your brain too
- ▶ Regular movement or exercise can reduce anxiety by making your brain’s “fight or flight” system less reactive.
- ▶ Walking, dancing, practicing yoga, martial arts are all great ways to keep moving, pick your favorite way to move each day. There are many free youtube videos to guide you if you are new to any of these.

Take Care of Your Mental Health

- ▶ Check in with friends, family and neighbors regularly/often
- ▶ Call, chat using Face Time/WhatsApp/Zoom, take short walks or hikes together, while keeping a safe distance and wearing face coverings/masks
- ▶ Find out if your health insurance covers mental health support
- ▶ Many providers offer telehealth therapy/counseling, there are also many online/low cost or free resources available now too
- ▶ Reaching out for help and connecting with your support system/community can help reduce loneliness, anxiety, depression from the pandemic/politics/environmental changes/social injustice and life in general this year.

Make Your Living/Working/Schooling Space User-Friendly

- ▶ Create comfy spaces to make life at home easier
- ▶ Clear clutter or unused furniture from the space as much as possible
- ▶ Let natural light and fresh air in your space, when the air safe to breathe
- ▶ If possible, avoid work and online classes in bed/bedroom, keeping sleeping space separate will allow for more day time productivity and better sleep during the night
- ▶ Change expectations to meet the current times, we are all doing the best that we can, taking one day at a time!

Prepare for Possible Public Safety Power Outages

- ▶ If you live in an area that experiences gusty winds or severe weather, or the power lines that supply your home travel through an area that does, PG&E may shut off electricity to prevent wildfire
- ▶ You can sign up for notice to be sent to you before a power outage on PG&E's website: pgealerts.alerts.pge.com/updates
- ▶ If you or a member of your family relies on power for medical or mobility devices, you can sign up for PG&E's **Medical Baseline Program**
- ▶ Those who qualify for Medical Baseline Program qualify for lower rates on their energy bills, advanced notice of power outages, and may qualify for a no cost back up battery
- ▶ Have emergency supplies ready, including batteries, flashlights, cash, full tank of gas in the car

CHANGES TO SERVICE DELIVERY MODELS

- ▶ PROVIDERS WHO ARE NOT PROVIDING TRADITIONAL SERVICES WILL BE REACHING OUT TO DISCUSS ALTERNATIVE SERVICE DELIVERY
- ▶ THIS MAY INCLUDE RESPITE PROVIDERS, DAY CARE PROVIDERS, DAY SERVICES AND OTHERS
- ▶ ON SEPTEMBER 18th , WE SHARED DETAILS DURING OUR COMMUNITY MEETING

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are primarily located on the right side of the frame, creating a modern, dynamic feel.

QUESTIONS ABOUT DAY CARE AND OTHER CARE AND SUPPORT

CHILDREN PARTICIPATING IN REMOTE EDUCATION?

- ▶ WHAT SUPPORTS CAN RCEB PROVIDE?
- ▶ WHAT IS THE SCHOOL DISTRICT'S RESPONSIBILITY?
- ▶ EARLY START EXTENSIONS

RESPITE NEEDS

- ▶ NO FAMILY FEES CURRENTLY BEING ASSESSED
- ▶ OUR POLICIES-are still the same and include our respite tools to capture what is in place, where supports are still needed
- ▶ WHAT ARE EXCEPTIONS? Any service request which exceeds our policies are reviewed as Exceptions - During Covid many have been reviewed and extended

EARLY START EXTENSIONS

- ▶ For children served in the Early Start program who haven't been able to complete transition to their Local Education Agency, RCEB can extend Early Start services . Directive is in 30 day increments and RCEB will continue to work with family on the transition

ADULTS PARTICIPATING IN ALTERNATIVE SERVICES

- ▶ Residing at home with family
 - ▶ Day Services
 - ▶ Respite
 - ▶ Additional Participant Directed Services?
- ▶ Residing in residential settings
 - ▶ In Home Day Programming
- ▶ Residing independently
 - ▶ With Independent Living Services (ILS)
 - ▶ With Supported Living Services (SLS)