



ASSOCIATION OF UNIVERSITY CENTERS ON DISABILITIES

THE LEADERSHIP, EDUCATION, ADVOCACY & RESEARCH NETWORK

COVID-19 Public Health Webinar Series

Session 1: Advice from Medical Providers

April 15, 2020



National Center on Disability in Public Health

Public health is for everyone.

Facilitators:

Ilka Riddle, PhD - University of Cincinnati Center for Excellence in Developmental Disabilities (UCEDD)

Adriane Griffen, DrPH, MPH, MCHES - Association of University Centers on Disabilities (AUCD)

Speakers:

Georgina Peacock, MD, MPH, FAAP - Division of Human Development and Disability, National Center on Birth Defects and Developmental Disabilities, Centers for Disease Control and Prevention (CDC)

Larry Yin, MD, MSPH - USC UCEDD at the Children's Hospital Los Angeles

Matt Holder, MD, MBA, FAADM – Lee Specialty Clinic, American Academy of Developmental Medicine and Dentistry

Laura Stough, PhD - Center on Disability and Development, Texas A&M University



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Welcome Ilka Riddle, PhD

University of Cincinnati Center for Excellence in
Developmental Disabilities (UCCEDD)



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Introduction: What is public health?

Adriane Griffen, DrPH, MPH, MCHES
AUCD

Public health...

promotes and protects the health of people and the communities where they live,
learn, work and play.
prevents people from getting sick or injured
promotes wellness by encouraging healthy behaviors.

American Public Health Association: www.apha.org/what-is-public-health

Practice of science and art to ...
help prevent disease,
prolong life and
promote health
through an organized community effort

Winslow, C.E.A.: *The Untilled Field of Public Health*. *Modern Medicine*, 2:183-191. 1920.



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Public health shares tools for managing change, thinking creatively and doing things differently

Griffen, A., Risley, K., Petros, M., and Welter, C.: *Inclusion Wheel: Tool for Building Capacity and Public Health Leaders to Serve People with Disabilities*. Health Promotion Practice, March 2020 Vol. 21, No. (2) 209–218.



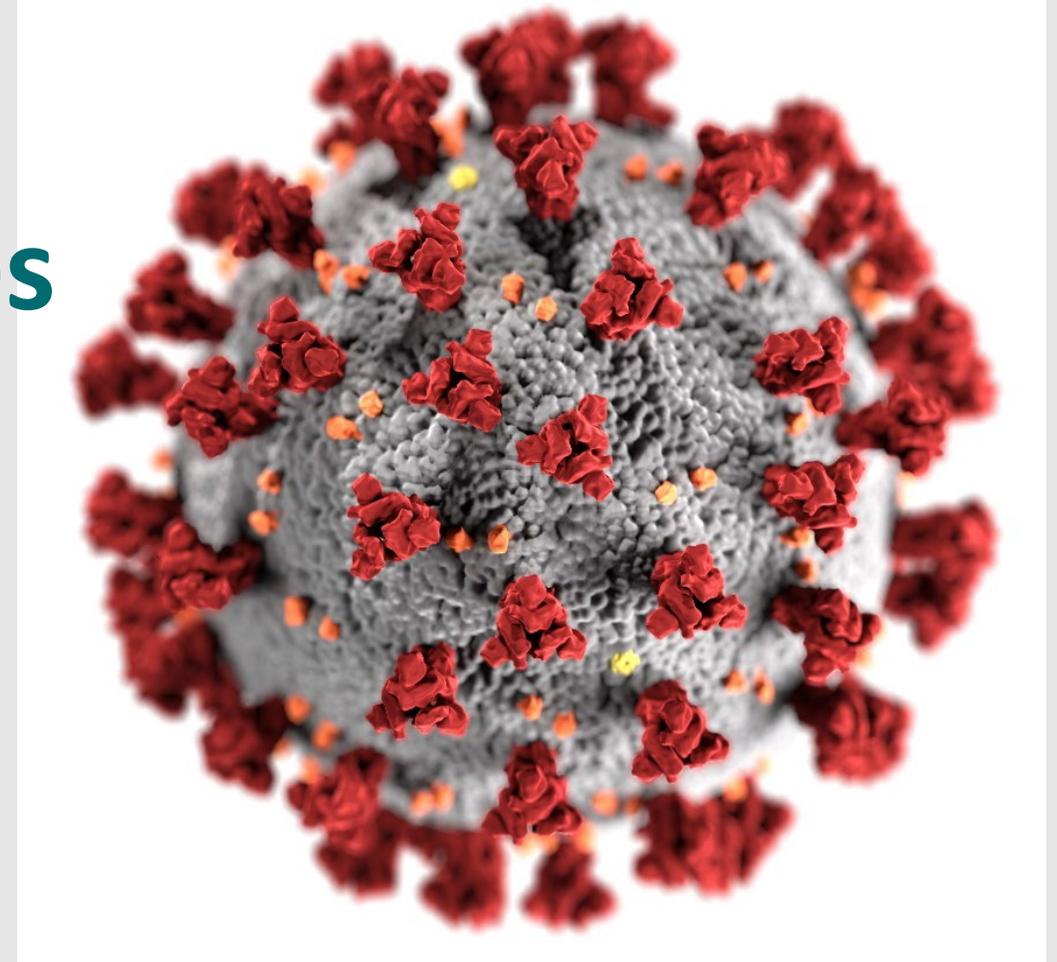
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Coronavirus and Individuals with Disabilities

Georgina Peacock, MD, MPH, FAAP
Community Interventions and At Risk Task Force
COVID-19 Emergency Response
Centers for Disease Control and Prevention

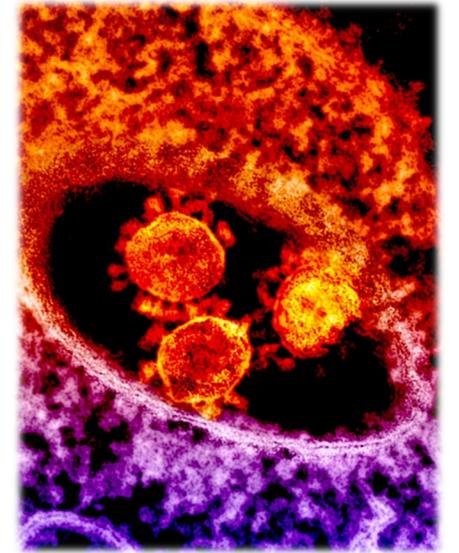
April 15, 2020



For more information: www.cdc.gov/COVID19

COVID-19: Background and How It Spreads

- Large family of viruses that cause respiratory illness
- Named for the crown-like spikes on surface
- All 50 states have reported cases of COVID-19 to CDC
- Mainly spread from person to person (within 6 feet)
- Droplets, produced when an infected person coughs, sneezes or talks, can land in the mouths or noses of people nearby or possibly be inhaled into the lungs

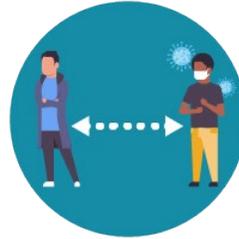


Preventing COVID-19

- Clean your hands often
- Avoid close contact with people who are sick
- Stay home
- Avoid touching your face, eyes, nose and high-touch surfaces
- Cover mouth/nose with a cloth face cover
- Clean and disinfect

CDC COVID-19 Prevention site:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>



Have a Plan for if You Get Sick

- Plan what you will do if you or your direct support provider gets sick
- Create a contact list of family, friends, neighbors and local service agencies that can provide support if [you or your direct support provider is ill](#)
- Have enough household items, a 30-day supply of over-the-counter and prescription medicines, any medical equipment or supplies
 - Some health plans allow for a 90-day refill on prescription medications; discuss with your provider
- Make a photocopy of your prescriptions



What To Do If You Get Sick

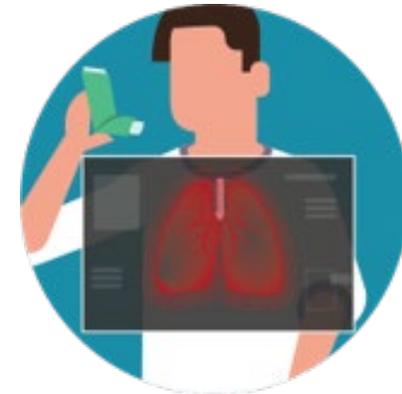
- **Stay home and contact your healthcare provider** about any [symptoms of COVID-19](#): Fever, cough, and shortness of breath
- If you have mild illness, you may be able to recover at home. Follow CDC info on [caring for yourself at home](#) and [10 steps document](#)
- Get **medical attention immediately** if you have any of the emergency warning signs*
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion or inability to arouse
 - Bluish lips or face



*The list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

People with Disabilities and COVID-19

- Disability alone may not be related to higher risk or severe illness
- Some people with disabilities might be at a [higher risk of infection or severe illness](#) because of underlying chronic medical conditions
- People who may be at risk include those who:
 - Have limited mobility
 - Cannot avoid close contact with others
 - Have trouble understanding information or practicing prevention
 - May not be able to communicate symptoms of illness
- Resources:
 - [People with Disabilities](#)
 - [American Sign Language Videos](#) about COVID-19



Direct Support Providers for People with Disabilities

- Ask direct support providers if they have symptoms or if they have been in contact with someone who has COVID-19
- Tell direct support providers to:
 - Wash hands
 - Clean frequently touched surfaces and equipment
 - Wear a cloth face covering
 - Refer to [CDC's Recommendations for Routine Cleaning and Disinfection of Households](#)
- Providers can follow CDC's guidance for [healthcare personnel caring for patients with confirmed or possible COVID-19](#) and on [home care for people not requiring hospitalization](#)

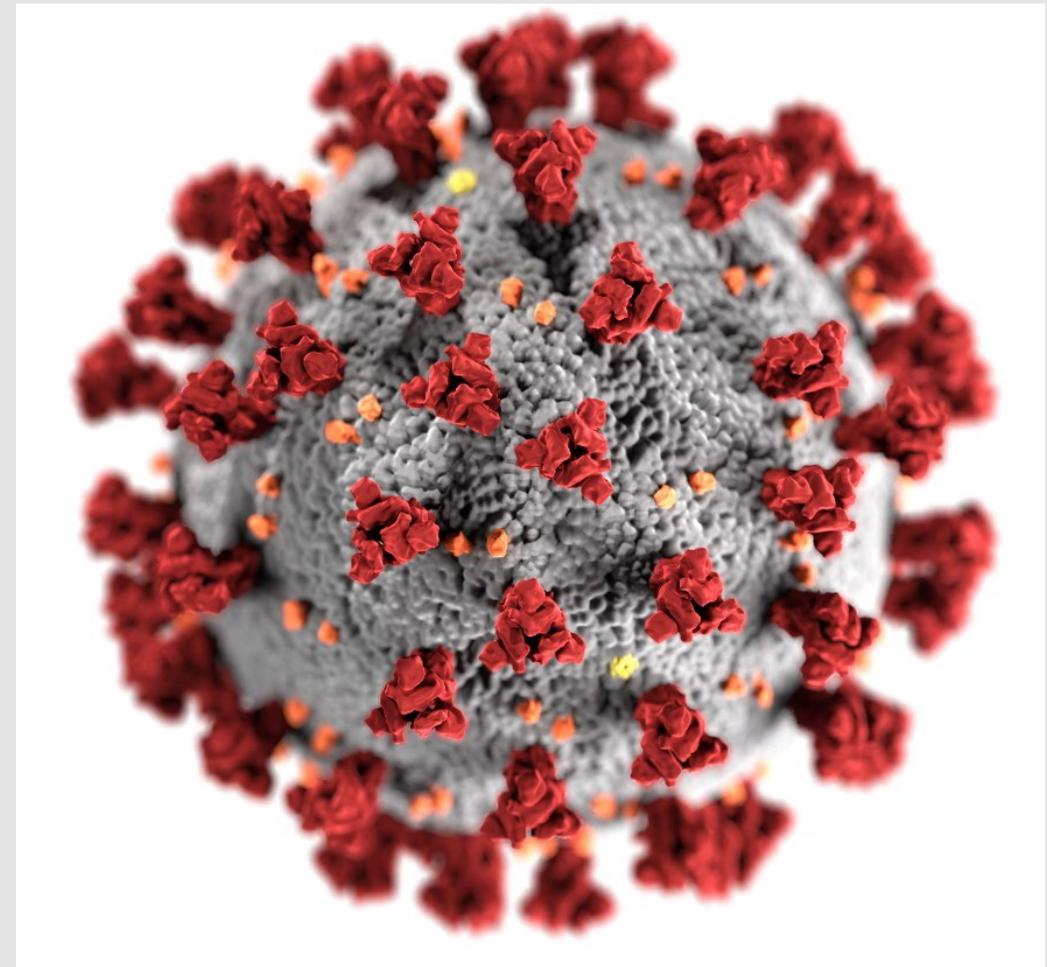
Take Care of Yourself

- Take breaks
- Take care of your body
- Connect with others
- Make time to unwind
- Visit [Stress and Coping website](#). If you or someone you care about are feeling overwhelmed, you can:
 - Visit the CDC Disaster Distress Helpline, call 1-800-985-5990, or text TalkWithUs to 66746
 - Visit the National Domestic Violence Hotline or call 1-800-799-7233 and TTY 1-800-787-3224

The image shows a screenshot of a social media post from the CDC, dated April 1 at 11:45 AM. The post text reads: "Caring for a loved one may cause stress and anxiety during the COVID-19 outbreak. If you feel overwhelmed and need help coping, find ways to manage your feelings:" followed by three bullet points: "• Connect with family and friends by phone, text, or email.", "• Call, email, or text your healthcare professional.", and "• Get support 24/7 by calling 1-800-985-5990 or text TalkWithUs to 66746." Below the text is a link: "Learn more about stress and coping during the COVID-19 outbreak: <https://bit.ly/39UVoEj>".

Below the post is a video thumbnail with a green header that says "CORONAVIRUS DISEASE 2019 (COVID-19)". The video shows a woman with short dark hair, wearing a yellow shirt, looking down with a somber expression. In the bottom left corner of the video is the CDC logo, and in the bottom right corner is the URL "cdc.gov/coronavirus".

For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348 www.cdc.gov



The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.



Pediatric Perspectives-COVID-19

Larry Yin MD, MSPH

Associate Professor, Clinical Pediatrics

Keck School of Medicine

Director, USC University Center of Excellence in
Developmental Disabilities at Children's Hospital Los Angeles

Staying Safe & Steps to Prevent Spread

- In your home
 - Hand-washing, Social distancing, frequent cleaning of high touch areas (doorknobs/cell phone/controllers/light switches/dials)
 - Don't share towels-kitchen/bath
 - Cover your sneeze/cough with tissue and then throw it in the trash
 - Medication/Special formulas
 - Masks
- In the community-stay at home
 - Have disinfectant wipes in the car if you have to go out
 - Social distancing >6 feet
 - Masks >2yo
- Doctor Visits
 - Only if necessary
 - Some offices will offer “drive-through” immunizations
 - Use telehealth/telephone care

What to do if your child gets ill

- Signs

- Fever, “dry” cough, Stomach pain/diarrhea
- Isolate from others
- Wear a mask
- Usually gets better by a week

- When to call your doctor

- Fever >4 days or not improving with medicine
- Harder to breath, breathing faster
- Not drinking/eating or not going to the bathroom as frequently
- Not active or your worried

Receiving Community Supports Safely



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- Tech

- Weekly calls to providers (speech therapist, physical therapist, occupational therapist, mental health professional, ABA therapist)
 - Activities to do at home
 - Markers of progress
- E-mail correspondence: ask providers for helpful online tips/activities
- Video chats with providers

- Education/Therapies

- Special education services
- Reach out to your UCEDDs/State Departments of Developmental Disability Offices/State Department of Education for support
- Providers coming to your home



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Wellness tips

- Stressful time for everyone, including children-anxiety/depression/loneliness
- Signs to watch for
 - Fear/worry
 - Changes in sleep/eating habits/concentration/excessive crying
 - Each child reacts differently
- Talking to your children
 - Be reassuring/calm
 - Make time to talk/share
 - Pay attention to what your kids are watching on YouTube/TV/social media
 - Be truthful with information and provide it at the developmental level of the child
 - Avoid using words that might blame others
- Ensure you take time for yourself
 - Take a break from the news and ensure your kids do too
 - Stay connected to your family/friends/teachers/faith-based leaders
 - Create/stick to a daily schedule
 - Build in daily exercise for everyone

Resources for Children



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- CDC Symptom checker: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html#>
- Resource for finding free meals near you: <https://www.fns.usda.gov/meals4kids>
- At home workout options: <https://www.health.com/fitness/coronavirus-at-home-workout>
- Free/low cost internet:
 - <https://www.internetessentials.com/covid19>
 - <https://www.spectrum.net/support/internet/assistance-communities-need>
- How to talk to kids about Coronavirus: <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>; <https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>
- My Hero is You storybook: <https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/my-hero-you>
- Video story about helping young children with staying at home: https://www.youtube.com/watch?v=DA_SsZFYw0w&feature=emb_logo
- Supporting grieving students through the pandemic: <https://www.schoolcrisiscenter.org/resources/covid-19-pandemic-resources/>
- Tips for supporting children at home: <https://www.autismspeaks.org/news/tips-managing-children-home-during-covid-19>



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Medical Provider Perspective- COVID-19

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Addressing Ventilator Scarcity



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- *“...persons with disabilities should not be denied medical care on the basis of stereotypes, assessments of quality of life, or judgments about a person’s relative “worth” based on the presence or absence of disabilities or age. Decisions by covered entities concerning whether an individual is a candidate for treatment should be based on an individualized assessment of the patient and his or her circumstances, based on the best available objective medical evidence.” [1] –ocr/hhs*



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- *...the spectrum of developmental disabilities and their myriad biomedical causes are too widely varied and too poorly understood by the general medical community to reliably be used as broad evidence-based predictors of life expectancy or the quality of life of an individual.”[2] - aadmd*
- *“While the possibility of a person’s survival may receive some consideration in an allocation decision, that consideration must be based on the prospect of surviving the condition for which the treatment is designed—in this case, COVID-19—and not other disabilities.” [3] – kyp&a*



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Accompaniment



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- *“Hospitals are required to permit a patient support person at the patient bedside for... the patient (medically necessary) including patients with intellectual and/or developmental disabilities and patients with cognitive impairments including dementia.”[4] – nyopwdd*
- *“Therefore, it is recommended that medical facilities provide reasonable accommodations in their visitor policies for persons who need support from known support persons (family, community agency personnel, or other designated caregivers).”[2] - aadmd*



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Healthy at Home



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- Lee Specialty Clinic [5]
 - Medical
 - Psychiatric/Behavioral
 - Dental
 - Therapeutics
 - Specialties (nutrition, neurology, audiology, ophthalmology, gynecology, etc.)

Funding for the Lee Specialty Clinic is provided by the Centers for Medicare and Medicaid Services and the Kentucky Cabinet Health and Family Services — Department for Behavioral Health, Developmental and Intellectual Disabilities



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Healthy at Home

- Mental Health
 - Establish and adhere to the new norm
 - Special Olympics Strong Minds [6]
 - Use technology for social interaction
 - Stay away from constant news
 - Keep the late-night screen time to a minimum
- Activity
 - Get outside if you can
 - Customizing exercise routines
 - Special Olympics School of Strength [7]
 - Special Olympics Fit 5 [8]



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Healthy at Home

- Personal Hygiene

- Keep regular hygiene schedule
- Don't forget SLEEP hygiene
- Practice handwashing
- Diligent oral hygiene
 - But for caregivers – no power brush, no tongue brush during pandemic

- Nutrition

- Plan ahead to get the fresh health ingredients
- Hydration, hydration, hydration!
- Keep caffeine to a minimum
- Vitamin D and sun light

Healthy at Home



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- Other Tips
 - Consider longer prescriptions
 - Adhere to medication regimens
 - Introduce PPE now and desensitize to it
 - Track ins, outs and BMs much more closely
 - Request tele-consultations with your doctor
 - Consider a Tele-Emergency service like Station MD [9]
- Caregivers
 - All of this applies to you as well!



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References and Links



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[1] HHS - <https://www.hhs.gov/about/news/2020/03/28/ocr-issues-bulletin-on-civil-rights-laws-and-hipaa-flexibilities-that-apply-during-the-covid-19-emergency.html>

[2] AADMD - <https://www.aadmd.org/coronavirus-center>

[3] Kentucky P& A
<http://nebula.wsimg.com/22ef11968d4a5f12780bfe07d0e65e08?AccessKeyId=65CDDAA309ED09126F01&disposition=0&alloworigin=1>

[4] NY OPWDD -
https://opwdd.ny.gov/system/files/documents/2020/04/doh_covid19_hospitalvisitation_4.10.20.pdf

[5] Lee Specialty Clinic (<http://leespecialtyclinic.com>)

[6] Strong Minds (<https://resources.specialolympics.org/health/strong-minds>)

[7] School of Strength videos (<https://www.specialolympics.org/school-of-strength>)

[8] Fit 5 videos (<https://resources.specialolympics.org/health/fitness/fit-5-page>)

[9] Station MD (<https://www.stationmd.com>)



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TEXAS A&M UNIVERSITY
Project REDD



Becoming Part of the Response



Intersection with Disability

- **Not all people with disabilities have medical problems.**
- **However, some disabilities include underlying factors that intersect with risk factors to COVID-19.**
 - Down syndrome, cystic fibrosis, Prader Willi syndrome)
- **In addition, occurrence of disability increases with age.**
- **Nursing homes and assisted living facilities in Texas:**
 - over 4,500 of people with disabilities live in State Support Living Centers.
 - Approximately 1,215 nursing facilities and 2,000 assisted living facilities, for a combined total of 3,215 facilities



Intersection with Disability

(Stough, Sharp, Resch, Decker, & Wilker, 2015)

- **Even without underlying health conditions, research has revealed barriers to services and supports for people with disabilities experiencing disasters and other emergencies in the areas of**
 - Communication
 - Transportation
 - Medical Care and Health
 - Employment and Financial Status
 - Housing
 - Reconnecting with disability-related supports and services



Challenges in Following CDC Guidelines for Self Protection

- **Challenges for some individuals with intellectual disabilities**
 - Understanding Recommendations
 - Implementing Self Hygiene Procedures
- **Challenges for some people with behavioral or mental health disabilities**
 - Wearing a Facemask
 - Complying With Guidelines
- **Challenges for some individuals with physical disabilities**
 - Covering Coughs and Sneezes
 - Cleaning and Disinfecting





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.
<p>Physical Disabilities</p>	<ul style="list-style-type: none"> • Make adaptations to home environment to allow for frequent hand washing. • Caregivers provide assistance so that hands are washed adequately and often. 	<ul style="list-style-type: none"> • Design accessible alternate hand sanitizing methods. • Caregivers provide assistance in the use of hand sanitizer. 	<ul style="list-style-type: none"> • Design accessible alternate methods to cover face. • Provide facemasks for those who cannot perform these functions. 	<ul style="list-style-type: none"> • No modifications or accommodations likely needed. 	<ul style="list-style-type: none"> • Design accessible alternate methods for disinfecting surfaces. • 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.
<p>Sensory Disabilities</p>	<ul style="list-style-type: none"> • Provide guidelines in accessible format. 	<ul style="list-style-type: none"> • Provide guidelines in accessible format. 	<ul style="list-style-type: none"> • Provide guidelines in accessible format. 	<ul style="list-style-type: none"> • Provide guidelines in accessible format. 	<ul style="list-style-type: none"> • Provide assistance in identifying disinfectant products. • Provide guidelines in accessible format. 	<ul style="list-style-type: none"> • Replace caregivers and attendants who are sick and providing care. • Provide guidelines in accessible format.

Becoming Part of the Response

1. Provide resources and information
2. Connect people with disabilities and disability organizations with emergency management and public health contacts
3. Develop tools, services, and supports
4. Protect the continuity of your organization and your services
5. Protect yourself as a valued asset to the disability community



Directory of Community Resources in Texas

A site affiliated with the Center on Disability and Development

[Search Resources](#)

Find disability resources and community services throughout Texas! Customize your search by zip code, county, region, keyword, or category.

[Search Corona](#)

[Virus Resources](#)



[Search Harvey Resources](#)

[Edit Resources](#)

Did you spot an incorrect phone number or something that is outdated? You can fix it! Simply [create a free account](#). If you're already registered, [log in](#) now.

[Add Resources](#)

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Discussants:

Hector Ramirez - Disability Rights California

Lesley Cottrell, PhD – West Virginia Center for Excellence in Disabilities

Q&A Marshal:

Steve Sulkes, MD - Strong Center for Developmental Disabilities, University of Rochester



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Hector Ramirez

Disability Rights California



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Lesley Cottrell, PhD

Wet Virginia Center for Excellence in Disabilities



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