

#### **COVID-19 Update** May 15, 2020

## What Does Re-Opening Mean for Me?

We are working with advocates and providers on how to re-open the DD system. If you would like to tell us about your concerns or questions, or to let us know what you want to see happen when we re-open, email us at BHDDH.AskDD@bhddh.ri.gov or talk with your Social Caseworker. Look for more details coming up in the next few weeks. At this time, DDD will continue to be available for telephone, email, or video calls. In-person meetings will be part of a future phase.

## **Rhode Island Re-Opening** PHASE I: STAY CLOSE TO HOME

While Rhode Island is beginning to re-open for some things, it will take some time to fully return to normal. Questions remain about whether there will be a resurgence of the virus. Rhode Island is taking a careful, phased-in approach to re-opening. In Phase 1, the following areas will open with limitations. See <u>https://www.reopeningri.com/</u> for more information.

- The stay-at-home order lifts, but we should still aim to stay close to home. The goal is to limit our networks.
- Everyone who can work from home should continue to work from home. Employees of office-based businesses who need to go to the office may do so on a very limited basis.
- Elective medical procedures resume under safety guidelines. •
- All Rhode Islanders who have deferred healthcare needs, ٠ including immunizations, well visits, or specialty care, are encouraged to reach out to their primary care doctor. Many specialty providers remain open for telehealth and needed care.
- Telehealth is covered and encouraged, including for mental health care.
- Some parks open, and public parking is now available. Pick a convenient park for a walk or a run (and please limit your time).
- **Non-critical retailers** that were previously closed reopen with capacity restrictions, though preorders are encouraged, and shoppers should limit browsing time.
- Continue ordering delivery and take-out from restaurants. Options will begin to expand – hopefully including outdoor dining later in Phase I.
- Nursing homes, assisted living, and other congregate care facilities remain closed to visitors. This includes DD group homes.

"Now is a time for kindness and empathy. As we reopen, we need to think about our communities, families, and neighbors over ourselves. We can come out of our homes and get back to some limited *activities – and for those of you* who can, we want you to support local businesses, go to retail stores, pick up food from your favorite restaurant, go schedule a doctor's appointment you've been putting off. It will all feel a bit different, and we need everyone to continue taking precautions, but hopefully we can all start getting a bit closer to our old routines.

We're all in this together."

-Gina Raimondo Governor

## Rhode Island's Phased-In Plan for Re-Opening

Our strategy to reopen the economy is a phased approach to maintain flexibility.

## RHODE ISLAND



## **Silver Linings**

This is a section we're adding to highlight some of the good things going on in the midst of all the difficulties right now. If you have anything you'd like to share, please send it to <u>BHDDH.AskDD@bhddh.ri.gov</u> with the subject: Silver Linings.

This week, we're highlighting some of the individuals who continue to work during this challenging crisis. Let's celebrate, give thanks and respect to our brave workers on the front line. Only first names are used to respect individual's privacy. Please note that practicing social distancing, wearing of masks and hand washing protocols have been established and in place.

#### **Recognizing DD Working Heroes During COVID-19 Crisis**

Lori, has been working at Dunns Corners Market for 3 years. She continues her normally scheduled work week and indicates that business is booming. She states that she is glad to be working and has had no problems taking bus transportation to and from work. She also indicates the bus during her transportation times is not usually busy. Lori continues to assist with food prep and other kitchen duties, and states they are following their usual guidelines for food safety, while continuing to step up their efforts in following the guidelines of social distancing and cleanliness during this health crisis. Lori continues to be busy with shopping orders and take out. "This is different" she states. She continues to work her regular schedule and feels her employer has done a great job keeping everyone safe.

**Jonathan** states "It seems that McDonalds is an essential business, who knew?" Jonathan reports that McDonalds has attached a "sneeze guard" to the drive through window to keep employees and customers at a safe distance. He states that he has gloves available, he chooses not to use them. He washes and sanitizes so frequently his hands are dry. He's happy to be still working.

**David** at Stop & Shop has gone above and beyond to ensure the safety of all. He has continued to work his regularly scheduled hours, with added tasks.

**Kenny** has been working 5 days a week at Home Depot since COVID-19 started. Home Depot supplies PPE and is giving their part time employees a \$50 a week bonus and added 40 hours of sick time to their bank through Dec 31<sup>st</sup>. Kenny states they are taking good care of their employees.

**Ronald** was hired in April 2019 at Mr. Messenger to clean for 5 hours a week. Even with a language barrier he exceeded all expectations. Shortly after starting, they asked if he wanted to add another day working in the warehouse. He happily agreed. Ronald cleaned, painted, loaded the trucks and performed other duties as needed. He went up to 14 hours a week. Ronald now is T.S.A. (Transportation Security Administration) Certified. He assists the drivers with White Glove Service deliveries. He is currently working to help deliver gloves and medications on a Hospice route. Ronald is considered an Essential Employee and has a letter he travels with stating such.

Alan continues to work at McQuades Marketplace stocking shelves and assisting customers.

**Emily** has worked as a Bus Monitor for the West Warwick School system since September 2015. Her job requires patience and consistency, which Emily has excelled at. During this pandemic the buses aren't running, so Emily was asked to work handing out lunches to the children daily from 11am to 1pm. Emily's story has been showcased at the Sherlock Center with Emily speaking about her career and what it means to her to be successful.

Jon is still working 2 days a week at the Paint Shoppe in East Providence, which is staying open as an essential hardware & home improvement supplier, Jon is working as hard as ever even though he has had to change the way he's interacting with customers. With help from his job coach Mike, he has adjusted to the new social distancing protocols now in place. It's a family owned and operated business, so it's important to Jon that he goes to work and helps his father and sister keep things going during throughout this crisis.

**Michael,** an employee of Walmart for 26 years, continued his scheduled shifts and worked additional hours as needed until he just recently decided to take a leave. His job currently is to oversee and assist customers at the self-check-out aisle. He recognizes that the store has been busy and is adjusting to the changes that are put into place to keep employees and the public safe. He admits the process is a little different because of social distancing and the extra cleaning tasks that are done frequently. He has made many friends over the years with his regular customers and enjoys exchanging friendly greetings and general conversation. He looks forward to getting back to normal soon and feeling more at ease in the public arena.

We appreciate the sharing of these stories that demonstrates people's ability to adapt to working in this challenging COVID-19 environment and the importance of support from staff, family, and friends. Please continue to send us your stories and experiences.

## Keep up the great work, stay safe and healthy!

## Accessibility Awareness Day is May 21st, 2020

**Global Accessibility Awareness Day** focuses on digital access and inclusion for the more than one billion people with disabilities worldwide. It is marked annually on the third Thursday of May. The global pandemic is making digital inclusion even more vital to the needs, and in some cases, safety, of people with disabilities.

The following is taken from the Accessible360 blog (<u>https://accessible360.com/accessible360-blog/</u>). Accessible360 is a company that helps organizations navigate digital accessibility.

"You might be surprised to learn that people with disabilities spend about twice as much time online as people without disabilities. When websites and mobile apps are not designed or coded correctly, people with disabilities are left out. Digital accessibility has become an increasingly crucial disability rights issue."

"People with disabilities make up about 25% of the U.S. population. That's a ton of people who potentially cannot participate fully in society because they aren't receiving necessary accommodations. My hope is that the COVID-19 response – having online instruction, virtual meetings, food delivery services etc. – will convince more people of the enormous impact of digital accessibility on all aspects of society."

"The practices that have been adopted by schools and businesses during COVID-19 cannot stop when this pandemic ends. They must stay in place permanently to ensure the inclusion of all people."

"You cannot get the virus from being in the same room as someone who is infected"

**COVID-19** 

MYTH:

FACT:

When someone is infected with COVID-19, they spread microscopic droplets of virus every time they breathe, cough, or sneeze. To help protect yourself, wash your hands properly and practice social distancing (stay 6 feet apart from others).

## **Comprehensive Support Services Directory**

The Comprehensive Support Service Directory is tool that was developed to help staff locate a particular service or support based on a customer's need. While not an exhaustive list of all providers or services, the hope is that this directory helps provide a more complete picture of what services are available. Although it was developed for NetworkRI staff and other workforce development network partners, it has information relevant to many others. Topics include:

Community Action Programs ('Cap Agencies')	Health Insurance
Childcare	Health Care
Clothing	Housing and Homelessness
Disability Assistance	Immigration Assistance
Domestic Violence	Legal Services
Family & Caregiver Support	Substance Abuse/Addiction Recovery
Financial Help and Assistance	Transportation Assistance
Food Insecurity and Hunger	Veterans Assistance

The directory was developed in partnership with the United Way of Rhode Island 211 Service. This document is maintained electronically and will be periodically updated and revised on the Governor's Workforce Board website at: <u>http://gwb.ri.gov/workforce-partner-resources</u>. The current version is also available on the BHDDH website.

The most common symptoms of COVID-19 are dry cough, tiredness and fever. Some people may develop more severe forms of the disease, such as pneumonia. The best way to confirm if you have the virus producing COVID-19 disease is with a laboratory test. You cannot confirm it with this breathing exercise, which can even be dangerous.

#Coronavirus

Norld Health Organization

# FACT:

Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from the coronavirus disease (COVID-19) or any other lung disease.



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## Can Self-Directed Individuals Pay Staff for Televisits?

Yes. Any in-person services or supports that would normally be covered by the DD waiver will be covered for televisits using the billing code T2017.

Services may be provided over the telephone or service providers may use popular applications that allow for video chats, including Apple FaceTime, Facebook Messenger video chat, Google Hangouts video, Zoom or Skype, to provide telehealth visits during the COVID-19 nationwide public health emergency. Please note that these third-party applications potentially introduce privacy risks, and staff or the participant should enable all available encryption and privacy modes when using such applications.

Other applications such as Facebook Live, Twitch, TikTok, and similar video communication applications are public facing, and should not be used in the provision of telehealth by covered health care providers.

## **Workforce Stabilization Loans**

Rhode Island has established the Congregate Care Workforce Stabilization Fund, providing \$8.2 million to be dispersed among low-earning, front line workers in the state's congregate care facilities, including DD group home. The money is being distributed to all employees earning \$20 or less per hour. This is only for staff working in congregate settings like group homes, so will not be available for self-directed staff.

## Waiver Concerns?

If you are having any concerns or issues with your Medicaid or the Medicaid Waiver, please call the main Department of Human Services (DHS) hotline at (401) 415-8455 Monday through Friday 8:30 AM to 3:30 PM to speak to a live worker about your questions or concerns.



## If you are experiencing a mental health crisis, BH Link is here for you

BH Link's mission is to ensure all Rhode Islanders experiencing mental health and substance use crises receive the appropriate services they need as quickly as possible in an environment that supports their recovery. Call 911 if there is risk of immediate danger. Visit the BH Link website at <u>www.bhlink.org</u> or for confidential support and to get connected to care:

#### CALL **(401) 414-LINK (5465)**

#### If under 18 CALL: (855) KID(543)-LINK(5465)

Visit the 24-HOUR/7-DAY TRIAGE CENTER at 975 Waterman Avenue, East Providence, RI

### Stay Informed with Information on COVID-19

#### **Rhode Island Department of Health COVID-19 Resources**

Hotline	(401) 222-8022 or 211 after hours;
Email	RIDOH.COVID19Questions@health.ri.gov
Website	https://health.ri.gov/covid/

#### **Center for Disease Control COVID-19 Information**

Website	<u>cdc.gov/coronavirus</u>
Videos	https://www.cdc.gov/coronavirus/2019-ncov/communication/videos.html
	Includes a link to ASL videos

#### BHDDH Information on COVID-19's Impact on DD Services and the DD Community

Website <u>bhddh.ri.gov/COVID</u>

#### **RI Parent Information Network (RIPIN)**

Website	https://ripin.org/covid-19-resources/
Call Center	(401) 270-0101 or email callcenter@ripin.org

#### Advocates in Action – for videos and easy to read materials

 Website
 https://www.advocatesinaction.org/

 Website offers BrowseAloud, which will read the website to you

## Sign Up for Our Email List

If you aren't receiving email updates and newsletters from the Division, you can sign up on our

website. From the main BHDDH page at <u>bhddh.ri.gov</u>, select **What's New**, then go to bottom and click on **DD Community Newsletter**. The link to sign up for the BHDDH

DD Community Newsletter SIGN UP FOR THE BHDDH NEWSLETTER

Newsletter is directly below the title, as shown in the picture at right.

## **Contacting the Division**

The department is working on a reduced workforce and therefore calls should not be placed directly to your social caseworker. DDD has put 24-hour phone coverage in place with a central business hour phone number and an on-call number for nights and weekends.

If you have a vital need, please call the numbers below. If you have any general questions or concerns, please email them if you can, in order to try to leave the phone lines free for those who need to call. We will do our best to address your questions directly or through future newsletters.



EMAIL: BHDDH.AskDD@bhddh.ri.gov

# **REOPENING RI**

# Advisory regarding face coverings and cloth masks

There are many things that you can do to help protect yourself and others from becoming infected with COVID-19. People who show no symptoms of illness may still be able to spread COVID-19. A face covering may help prevent you from spreading COVID-19 to other people.

- A face covering can include anything that covers your nose and mouth, including dust masks, scarves, and bandanas.
- Do not use healthcare worker masks, such as the N95 masks those should be preserved for healthcare workers.
- It is important that you wear these face coverings or masks in situations where it is difficult to maintain a social distance of six feet from others. For example, in a pharmacy or grocery store.

#### When you wear a cloth mask, it should:

- Fit snugly but comfortably against the side of the face,
- Be secured with ties or ear loops,
- Include multiple layers of fabric,
- · Allow for breathing without restriction, and
- Be able to be laundered and machine dried without damage or change to shape.



When putting on and taking off a mask, do not touch the front of it, you should only handle the ties or ear straps, and make sure you wash the cloth mask regularly. Wash your hands or use hand sanitizer after touching the mask.

Cloth masks should not be placed on young children younger than age two, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

Instructions on how to make your own cloth mask are available on the CDC web site <a href="https://youtu.be/tPx1yqvJgf4">https://youtu.be/tPx1yqvJgf4</a>.

#### In addition to wearing a cloth mask you should continue to practice proven methods to protect yourself.

- Practice social distancing at all times by remaining six feet away from others when you have to leave your home for essential trips.
- Stay home if you are sick and avoid close contact with others.
- Wash your hands often with soap and water for at least 20 seconds; use alcohol-based hand gel with at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth.
- Clean things that are frequently touched (like doorknobs and countertops) with household cleaning spray or wipes.
- Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.



# ENGAGE VIRTUALLY



- Stay in touch with friends and loved ones, or even reconnect with people you haven't seen in years, through social media platforms like <u>Facebook</u>, <u>Twitter</u>, and <u>Instagram</u>.
- Check out video call platforms such as <u>Skype</u>, <u>FaceTime</u>, and <u>Google Hangouts</u>, so you can see the faces of family and friends while you talk to them.



## EXPLORE

- Browse more than 2,500 free courses available on edX. With subjects ranging from computer science to arts and humanities to foreign languages, there's something for everyone.
- Explore zoos and aquariums across the country, including <u>Smithsonian's National Zoo</u>, through virtual behind the scenes tours and lessons. Many have live webcams so you can watch the animals any time.
- Enjoy artwork from around the world. Thousands of museums and galleries have partnered with <u>Google Arts & Culture</u> to display their collections through virtual tours.
- Tour one of the many <u>national parks</u> offering digital tours and experiences that you can access anytime.
- Learn from the pros. <u>MasterClass Live</u> is currently offering one free streaming class per week.
- Check your library's free e-books and audiobooks you can borrow without leaving home. Consider joining a virtual book club to connect with others enjoying the same book.
- Host dinner or a game night with friends over video chat. Good Housekeeping has <u>10 game ideas</u> to get you started.
- Catch free theater or opera performances online. <u>The New York</u> <u>Metropolitan Opera</u> is streaming a different encore performance from their Live in HD series every day, and the UK's <u>National</u> <u>Theatre</u> streams a different play on YouTube every Thursday.



CONNECT

UNWIND

The <u>Eldercare Locator</u>, a public service of ACL, is a nationwide service that connects older adults and their caregivers with trustworthy local support resources. Whether you are looking for help with services like meals and home care, or you want to learn more about caregiver education and respite, the Eldercare Locator can point you in the right direction.

## Want something lower tech?

Watch a TV show or movie while talking to a friend on the phone. Many streaming services are offering free trials or certain shows and movies at no charge.

Write a letter to a friend and reminisce about one of your favorite memories of them. Ask them to write back and share their own favorite memory.

Keep up to date with current events and stay connected to neighbors by reading local newspapers and community bulletins.





People who are surviving violence in their relationships or families may be experiencing increased isolation and danger caused by social distancing measures during the COVID-19 pandemic. The following resources remain open and accessible to anyone who needs them, offering clinical, support and advocacy services.

# Resources for Survivors of Violence During COVID-19

## You are not alone. Support is available to you. Don't let COVID-19 be a barrier to seeking help.

ORGANIZATION/RESOURCE	POPULATION SERVED	PHONE	WEBSITE
BHDDH Quality Assurance Hotline	Adults with disabilities	401-462-2629	www.bhddh.ri.gov
BH Link	Adults in mental health or substance use crisis	401-414-5465	www.bhlink.org/
Blackstone Valley Advocacy Center	Survivors of domestic violence	401-723-3057	www.bvadvocacycenter.org
Center for Southeast Asians	Southeast Asian immigrants and refugees	401-871-5633	www.cseari.org/
Crime Victim Compensation Program	Provides financial support for survivors of violent crimes	401-462-7655	http://treasury.ri.gov/program s/crime-victim-compensation- program/
Crossroads Rhode Island	People and families experiencing homelessness	401-861-2760	www.crossroadsri.org/
Day One	Child and adult survivors of sexual assault	401-421-4100	www.dayoneri.org
Domestic Violence Resource Center of South County	Survivors of domestic and dating violence Individuals and families affected by domestic	401-782-3990	www.dvrcsc.org
Elizabeth Buffum Chace Center	violence and sexual assault	401-738-9700	www.ebccenter.org
Family Service of Rhode Island	Children, youth, adults and families impacted by violence, crime and social determinants of health	401-331-1350 Info 401-519-2280 Services	www.familyserviceri.org
Kids Link	Children and youth in emotional crisis	855-543-5465	www.bhlink.org/
Office of Healthy Aging	Adults 60 years of age and older	401-462-0555	www.oha.ri.gov
Office of the RI Attorney General	Survivors and their families	401-274-4400	www.riag.ri.gov
Parent Support Network of RI	Families/children at risk or who have behavioral/mental health needs	401-467-6855	www.psnri.org
Progreso Latino	Survivors of assault (bilingual/bicultural help)	401-365-4010	www.progresolatino.org
Sojourner House	Survivors of assault and their children	401-861-6191	www.sojournerri.org
Tri-County Community Action Agency	Elder, deaf, deafblind, and hard of hearing	401-441-6325 VP 401-519-1916 Voice	www.tricountyri.org
Women's Resource Center	Survivors of domestic violence	401-846-5263	www.wrcnbc.org
YWCA	Children, families and veterans	401-769-7450	www.ywcari.org/

## If you need immediate help:

- > Call 911. If unable to call, text 911 with your address.
- > Call RI Victims of Crime Helpline, available 24/7, at 800-494-8100.
- Go to the hospital emergency department as soon as possible if you've survived a sexual assault. If you need help with this process, contact Day One at 401-421-4100.
- Access the 24/7 Chat Helpline available through <u>www.ricadv.org</u>.

## To report child or elder abuse:

- > Report child abuse to 1-800-RI-CHILD.
- > Report abuse of a person age 60 years or older to the Office of Healthy Aging at 401-462-0555.

For COVID-19 information and the latest guidance, call 401-222-8022 or visit www.health.ri.gov/covid Social distancing does not have to lead to social isolation. We all can take care of each other in this crisis and reach out to loved ones, friends, neighbors and colleagues to see if they have the care and support they need and if they feel safe at home. No one should ever feel alone.

## What if I need to be connected to services and programs?

If you need help with food, childcare, housing, or other supports, 2-1-1 can help. Call 2-1-1 for free, confidential help or visit <u>www.uwri.org/2-1-1</u>. Multilingual assistance available. If you are under quarantine or isolation – or an older adult or caregiver – in need of assistance, contact Rhode Island's healthy aging helpdesk, Point. Call 401-462-4444 or visit <u>www.oha.ri.gov/point</u>. The RI Coalition Against Domestic Violence can connect survivors with various resources via the 24/7 Chat Helpline available through <u>www.ricadv.org</u>.

Visit <u>www.RIdelivers.com</u> for a list of food and essential supply curbside and delivery options during the COVID-19 pandemic. RI Delivers also includes information about free food-assistance programs and mutual aid groups.

## What if I need court advocacy services?

Rhode Island courts are still open for all domestic violence matters, including restraining orders, criminal arraignments and emergency child custody interventions. Survivors of abuse can connect with domestic violence court advocates to address protection and safety needs by reaching out to the local advocate's office.

Garrahy Judicial Complex(Providence):401-458-3372Noel Judicial Complex (Kent County):401-822-6680Murray<sup>1</sup> Judicial Complex (Newport):401-474-1628, 401-595-1680McGrath<sup>1</sup> Judicial Complex (Wakefield):401-782-3995

Rhode Island Legal Services is also available to help: 401-274-2652 or 800-662-5034.

ACI Victim Advocate Resources:

Parole Board contact: Dominique Torres Ramos, 401-462-0914; DOC contact: Kim Maciel, 401-462-0381.

## What if I need housing support?

Shelter and housing services are available. Contact one of the following organizations for help in securing a safe place to live.

Blackstone Valley Advocacy Center	401-723-3057	Lucy's Hearth	401-277-4316	
Crime Victim Compensation Program	401-462-7655	OHA Elder Emergency Respite	401-462-0555	
Crossroads Domestic Violence Program	401-861-2760	RI Havens	401-462-4444	
Domestic Violence Resource Center of	401-782-3990	Sojourner House	401-765-3232	
South County		Women's Resource Center	401-846-5263	
Elizabeth Buffum Chace Center	401-738-1700			
What if I need to apply for upomployment?				

## What if I need to apply for unemployment?

If you are a contract worker, small business owner, worker for hire, self-employed, or otherwise usually ineligible for regular unemployment insurance (UI) benefits, resources are now available. Apply at <a href="https://covidemergencyuibenefits.dlt.ri.gov/">https://covidemergencyuibenefits.dlt.ri.gov/</a>. If you are eligible for regular unemployment insurance benefits and are out of work for any reason, including COVID-19, apply for UI at <a href="https://www.dlt.ri.gov/ui/fileclaim2.htm">www.dlt.ri.gov/ui/fileclaim2.htm</a>.<sup>2</sup> If you are unable to work due to illness or quarantine, but your place of business remains open, you may be eligible for Temporary Disability Insurance (TDI). Apply at <a href="https://www.dlt.ri.gov/tdi/TDlfile.htm">www.dlt.ri.gov/tdi/TDlfile.htm</a>.<sup>3</sup> If you have questions about benefits for which you are eligible, contact DLT by e-mail at <a href="https://covidemergencyubenefits.dlt.ri.gov/di/TDlfile.htm">dlt.covid19@dlt.ri.gov/di/TDlfile.htm</a>.<sup>3</sup> If you have questions about benefits for which you are eligible, contact DLT by e-mail at <a href="https://covid19@dlt.ri.gov/di/TDlfile.htm">dlt.covid19@dlt.ri.gov/di/TDlfile.htm</a>.<sup>3</sup> If you have questions about benefits for which you are eligible, contact DLT by e-mail at <a href="https://covid19@dlt.ri.gov/di/TDlfile.htm">dlt.covid19@dlt.ri.gov/di/TDlfile.htm</a>.<sup>3</sup>

<sup>1</sup>Note that Murray Judicial Complex and McGrath Judicial Complex offices remain closed; advocates can be accessed via phone Monday-Friday, 8:30-4:30. <sup>2</sup>If your place of business closes, or you are directed by your employer to remain home, you may be eligible for UI. If you have to stay out of work to care for your children due to quarantine, illness, or school/daycare closings, you may be eligible for UI.

<sup>3</sup>Benefits may be available for you to care for a family member that has been impacted through Temporary Caregiver Insurance (TCI). You can apply at the same link above for TDI.

Get help 24/7

Call 2-1-1

# You are not alone.