

LIVING / WELL

Healthy, Safe and Connected



COVID-19 RESOURCE TOOLKIT

INFORMATION AND RESOURCES TO KEEP
YOU HEALTHY, SAFE, AND CONNECTED

The COVID-19, or Coronavirus, outbreak has left a lot of people in need of new or different resources and clear information. While the situation continues to change all the time, we want you to have access to the information and tools you need to stay healthy, safe, and connected. We will update this information as we get it both in this guide and on our website, www.wi-bpdd.org

We also encourage you to be frequently checking the Wisconsin Department of Health Services website for more up to date information about COVID-19 and what you should be doing:

<https://www.dhs.wisconsin.gov/covid-19/index.htm>

IN THIS TOOLKIT:

Stay Healthy

Stay Safe

Stay Connected

Frequently Asked
Questions





STAY HEALTHY

What You Need to Know

COVID-19, also known as Coronavirus, is a serious illness spreading around the world. There are ways you can stay healthy and keep it from spreading to other people. Keep reading this page to learn what you can do to stay healthy.

What is COVID-19?

COVID-19 is an illness that spreads to other people easily. The common symptoms are fever, difficult breathing, and cough. For many people it is like getting a bad cold or the flu but some people can get very sick and end up in the hospital.

For more information on COVID-19 visit:

www.cdc.gov/coronavirus/2019-nCoV/index.html

THIS SECTION INCLUDES:

What is COVID-19

**How Do I Avoid
Getting Sick?**

**What Do I Do If I Get
Sick?**

**Resources for
Staying Healthy**

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People with
Developmental Disabilities



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HOW DO I AVOID GETTING SICK?

1. Stay at home if you can. Leave your house only when necessary.
2. Do not travel or go into crowded places.
3. If you have to go out, keep your distance from other people – at least 6 feet away if you can.
4. Wash your hands a lot with soap and warm water for at least 20 seconds.
5. Cough into a tissue or your elbow. Put tissues in the garbage right away and wash your hands.
6. Do not touch your face, especially your eyes, nose, and mouth.
7. Do not share food or drinks with anyone.
8. Wash down places you touch often.
9. Stay away from people who are sick.



Coronavirus: Tips for Staying Healthy: Video <https://www.youtube.com/watch?v=V7YI-BesvDw>

WHAT DO I DO IF I GET SICK?

If you get sick, do not go into the doctor's office, clinic or hospital. Call your clinic or hospital first and follow their instructions. Do not go to work or leave the house. If you live with other people, you should:

- Try to stay in a separate room or stay at least 6 feet apart from them.
- Wash your hands and clean the places you touch a lot. They should wash their hands a lot too, keep their distance and not touch their nose, mouth or eyes.
- Do not share food or drinks.

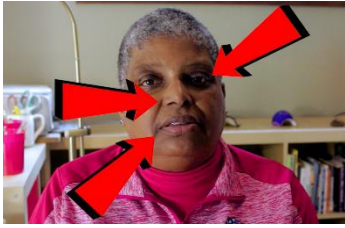
What do I do if I need help?

Check out the resources in the **Stay Safe** section of this toolkit to learn about your rights and how to stay safe.

Stay Healthy Resources for Self-Advocates and Caregivers:

- Coronavirus: Tips for Staying Healthy: Video
<https://www.youtube.com/watch?v=V7YI-BesvDw>
- How to Stay Safe Info Graphic: [Stay Healthy Info Graphic WI.pdf](#)
- COVID-19 Information By and For Self-Advocates:
<https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>
- Information on Coronavirus for Caregivers: <https://nadsp.org/covid-19resources/>
- Wisconsin Department of Health Services COVID-19 information webpage:
<https://www.dhs.wisconsin.gov/covid-19/index.htm>
- Center for Disease Control: www.cdc.gov/coronavirus/2019-nCoV/index.html

HOW TO STAY HEALTHY



**DO NOT TOUCH
YOUR FACE**



**DO NOT SHAKE
HANDS**



**WASH HANDS FOR
20 SECONDS**



**DO NOT SHARE
FOOD OR DRINKS**

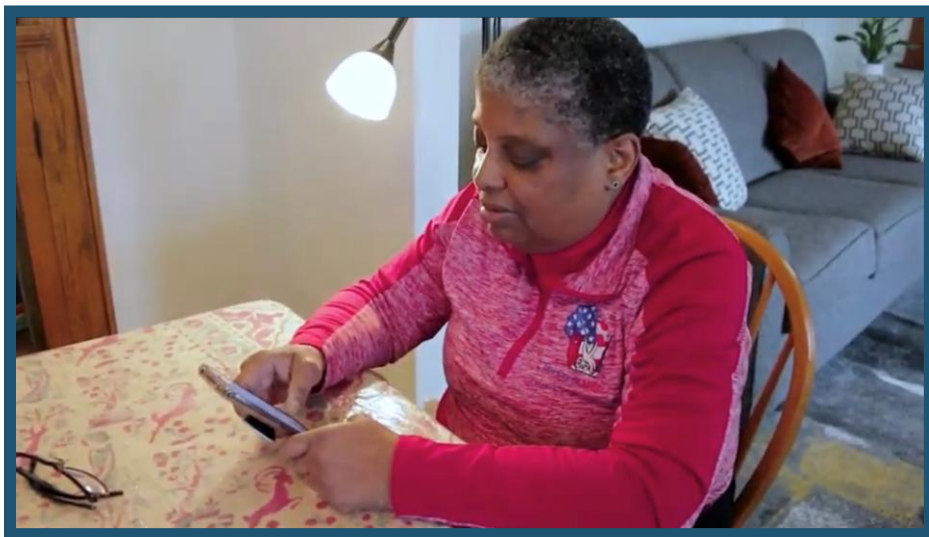
- ✓ Stay at home if you can. Leave only if necessary.
- ✓ Cover your mouth with a tissue or sleeve when coughing or sneezing.
- ✓ Put tissues in the garbage right away and wash your hands.
- ✓ Clean items around you like doorknobs, tables, and phones.



If you get sick:

1. Stay home.
2. Do not go into the doctor's office, clinic or hospital.
3. Call your clinic or hospital first and follow their instructions.

For more information on how to stay healthy, safe and connected visit: <https://wi-bpdd.org/index.php/living-well/>



STAY SAFE

The COVID-19 outbreak has temporarily changed how people are living and working. But there are still things you can ask for and do to stay safe during this time.

- You can call your care manager or IRIS consultant immediately to ask for additional supports if you feel you need them. The number for your care manager or IRIS consultant should be with your member handbook participant handbook or participant guide.
- You can call your Aging and Disability Resource Center (ADRC) to get more information about resources if your situation has changed. You can find the number for your area's ADRC here: <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>
- You can call 2-1-1 for additional resources that might be in your area like housing and food assistance. You can also text COVID19 to 211-211 or visit 211wisconsin.org
- If you are having a mental health crisis, you can call your county's crisis line. The numbers are here: <https://www.preventsuicidewi.org/county-crisis-lines>. You can also call the Disaster Distress Helpline: 1-800-985-5990 or text [TalkWithUs](https://www.preventsuicidewi.org/county-crisis-lines) to 66746. If it is an emergency, call 911.

THIS SECTION INCLUDES:

You Have Rights

How To Report

My Plan of Action

Helplines By County

Other Resources

CONTACT US

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People with
Developmental Disabilities



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YOU HAVE RIGHTS

The spread of COVID-19 has made the way we live look different for a little while. Even though things feel out of the ordinary and are changing all the time, you still have rights.



You have the right to be safe in your home.



You have the right to be free from abuse and neglect.



You have the right to the services and supports you need to stay healthy and safe



You have the right to tell your care manager or IRIS consultant if you are unhappy with a service or think you need a change to your services.

If any of these rights are being taken away or you don't feel that you are able to be safe with the supports and services you have right now, **call or email your care manager or IRIS consultant and ask them what changes can be made.** If you do not have a care manager or IRIS consultant, or if you have not heard from them for more than 24 hours after reaching out, there are other options available to get help.

This guide gives you the tools to make a plan and contact the right people to get the help you need during this stressful time.

HOW TO REPORT ABUSE

People with disabilities experience many kinds of abuse. This can be physical, sexual or mental abuse or financial abuse.

If you are a person with a disability experiencing abuse: <ol style="list-style-type: none">1) Tell one or more trusted adults who can help you figure out how to report.2) Call your local police department – 911, if you are in immediate need of help or danger.3) Call Adult Protective Services – Every County has this help available.	If you are witnessing or hearing about abuse from a person with a disability: <ol style="list-style-type: none">1) Tell one or more of the agencies that work with the person. They can help with the report.2) Call your local police department – 911, if you are in immediate need of help or danger.3) Call Adult Protective Services – Every County has this help available.
You can ask a person you trust to help you report. If the agency you report to isn't helpful, there are further resources listed in this toolkit who may be able to help.	

What is Adult Protective Services?

Every County has someone who looks into reports of abuse and neglect involving people with disabilities. This is called Adult Protective Services or APS for short. APS is still working and making visits to people's homes during the COVID-19 outbreak. If you think you are being abused or neglected, you should call your County Help Line. A list of County Helplines is listed at this website: <https://www.dhs.wisconsin.gov/aps/aar-agencies.htm> OR listed at the end of this toolkit.

How to spot abuse and neglect?

There are different kinds of abuse and neglect. Here are some examples:

- ☐ **Physical Abuse** – Hitting, pushing, shoving
- ☐ **Emotional Abuse** – Calling you fat, ugly, the R-word. Saying things like “nobody will ever want to be with you”, or posting photos or other items that are hurtful to you
- ☐ **Sexual Abuse** – Touching body and private areas when you don't want to be touched
- ☐ **Financial Abuse** -Taking your money and using it for themselves
- ☐ **Neglect** – Someone not taking care of you the way they are supposed to or you are struggling to take care of yourself

MY PLAN OF ACTION

1

Who am I going to talk to first?

- ☐ A person I trust. Their name is: _____
- ☐ The Police Department
- ☐ Adult Protective Services (APS)

2

Will I talk to them face to face or on the phone?

- ☐ I'm going to meet with them (**ONLY IF YOU ARE IN DANGER**)
- ☐ I'm going to call them on the phone. Their number is: _____

3

What am I going to say?

- Who did it happen to? _____
- Who was the person who did it? _____
- What happened? _____
- When did it happen? _____
- Where did it happen? _____
- Was there someone else there? _____
- Is there anything else that I want say? _____

4

What do I want to happen next?

- | | |
|---|--|
| <input type="checkbox"/> Keep myself safe | <input type="checkbox"/> Work with an advocate |
| <input type="checkbox"/> Leave the situation | <input type="checkbox"/> Learn to protect myself |
| <input type="checkbox"/> Have someone check on me regularly | <input type="checkbox"/> Get someone new to support me |
| <input type="checkbox"/> Learn more about my rights | <input type="checkbox"/> Something else: _____ |

MY CALL LOG

(Make copies of this page if you need to more places to write down your calls)

CALL # _____



Who did I call? _____



When did I call?

- What Day? (Month/Day/Year) (____/____/____)
- What time?



Did I speak to someone or leave a message?

I talked to someone. Who did I speak to? (Name, job title,
location) _____

I left a message. Who did I leave a message with? (Name, job title,
location) _____



What did they say? _____

❖ Tip: If you left a message, plan to call back the next day.



What's Next? (Will they follow up? Is there another person to call?)

❖ Tip: If you talk to someone, ask them what the next step is.

HELPLINE BY COUNTY

Adams County

Daytime Hours: 8 a.m.- 4 p.m.
Daytime Phone: 608-339-4505 or
Toll Free: 888-830-3454
After Hours Phone: 608-339-3304

Ashland County

Daytime Hours: 7:30 a.m. - 5 p.m.
Daytime Phone: 715-682-7004
After Hours Phone: 715-682-7023

Barron County

Daytime Hours: 8 a.m.- 4:30 p.m.
Daytime Phone: 715-537-5691
After Hours Phone: 888-552-6642 or
715-537-3106 if emergency

Bayfield County

Daytime Hours: M, W, Th, F: 8 a.m.
- 4 p.m.
Tu: 7:30 a.m. - 6:00 p.m.
Daytime Phone: 715-373-6144
After Hours Phone: 911

Brown County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 920-448-7885
After Hours Phone: 920-436-8888

Buffalo County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 608-685-4412
After Hours Phone: 608-685-4433

Burnett County

Daytime Hours: 8:30 a.m.-4:30 p.m.
Daytime Phone: 715-349-7600

Calumet County

M - F Hours: 24 Hours
M - F Phone: 920-849-1400
Weekend Hours Phone:
920-849-9317

Chippewa County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 715-726-7788
After Hours Phone: same

Clark County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 715-743-5233
After Hours Phone: 715-743-3157

Columbia County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 608-742-9233 or
Toll Free 888-742-9233
After Hours Phone: 608-742-4166

Crawford County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 608-326-0248
After Hours Phone: 608-326-8414

Dane County

Daytime Hours: 7:45 a.m. - 4:30 p.m.
Daytime Phone: 608-261-9933
After Hours Phone: 608-255-6067

Dodge County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 920-386-3580
After Hours Phone: 888-552-6642

Door County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 920-746-7155
then press #2
Toll Free: 888-743-1844 , ext 7155
then press #2
After Hours Phone: 920-746-2400

Douglas County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 715-395-1304
After Hours Phone: 911

Dunn County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 715-232-4006
After Hours Phone: 911

Eau Claire County

Daytime Hours: 8 a.m. - 5 p.m.
Daytime Phone: 715-839-7118
After Hours Phone: 715-839-4972

Florence County

Daytime Hours: 8:30 a.m. - 4 p.m.
Daytime Phone: 715-528-3296
Toll Free: 888-452-3296
After Hours Phone: 715-528-3346

Fond du Lac County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 888-435-7335
After Hours Phone: 920-929-3466

Forest County

Daytime Hours: 8:30 a.m. -4:30 p.m.
Daytime Phone: 715-478-7709
After Hours Phone: 715-478-3331

Grant County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 608-723-2136
After Hours Phone: 608-723-2157

Green County

Daytime Hours: 8 a.m. - 5 p.m.
Daytime Phone: 608-328-9393
After Hours Phone: 888-552-6642

Green Lake County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 877-883-5378
After Hours Phone: 920-294-4000

Iowa County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 608-930-9835
After Hours Phone: 608-935-3314

Iron County

Daytime Hours: 8 a.m. - 4 p.m.
Daytime Phone: 715-561-3636
After Hours Phone: 715-561-3800

Jackson County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 1-844-493-4245
After Hours Phone: 800-500-3910

Jefferson County

Hours: 24 Hours
Phone: 920-674-3105

Luneau County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 608-847-2400
After Hours Phone: 608-847-6161

Kenosha County

Daytime Hours: 8 a.m. - 5 p.m.
Daytime Phone: 262-605-6646
Toll Free: 800-472-8008
After Hours Phone: 262-657-7188

Kewaunee County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 920-388-0626
After Hours Phone: 920-388-3100

La Crosse County

Hours: 8 a.m. - 4:30 p.m.
Phone: 608-785-5700
After Hours Phone: 911

Lafayette County

Hours: 8 a.m.- 4:30 p.m.
Phone: 608-776-4960
After Hours Phone: 608-776-4848

Langlade County

Daytime Hours: 8 a.m. - 4:30 p.m.
24 Hour Phone: 715-841-5160
Toll Free: 855-487-3338

Lincoln County

Daytime Hours: 8 a.m. - 4:30 p.m.
24 Hour Phone: 715-841-5160
Toll Free: 855-487-3338

Manitowoc County

Hours: 24 Hours
Daytime Phone: 920-683-4230
After Hours Phone: 888-552-6642

Marathon County

Daytime Hours: 8 a.m. - 4:30 p.m.
24 Hour Phone: 715-841-5160
Toll Free: 855-487-3338

Marinette County

Daytime Hours: 8:30 a.m. - 4:30 p.m.
Daytime Phone: 715-732-3850
After Hours Phone: 715-732-7600

Marquette County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 608-297-3124
After Hours Phone: 608-297-2115

Menominee County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 715-799-3861
After Hours Phone: Same

Milwaukee County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 414-289-6660
Elder/Aging Abuse Unit: 414-289-6874
After Hours Phone: Same

Monroe County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 608-269-8600
After Hours Phone: 888-552-6642

Oconto County

Daytime Hours: 8 a.m. - 4 p.m.
Daytime Phone: 920-834-7000
After Hours Phone: 920-834-6900

Oneida County

Hours: 24 Hours
Phone: 715-362-5695
Toll Free: 888-662-5695

Outagamie County

Daytime Hours: 8 a.m. - 5 p.m.
Daytime Phone: 920-832-4646
After Hours Phone: Same

Ozaukee County

Daytime Hours: 8:30 a.m. - 5 p.m.
Daytime Phone: 262-284-8200
After Hours Phone: 911

Pepin County

Daytime Hours: 8:30 a.m.-4:30 p.m.
Daytime Phone: 715-672-8941
After Hours Phone: 715-672-5944

Pierce County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 715-273-6770
After Hours Phone: 715-273-5051

Polk County

Daytime Hours: 8:30 a.m.- 4:30 p.m.
Daytime Phone: 715-485-8400
After Hours Phone: 715-485-8300

Portage County

Daytime Hours: Monday: 8 a.m. - 4:30 p.m., Tuesday: 8 a.m.-6 p.m., Wednesday: 8 a.m. -5 p.m., Thursday: 8 a.m.-4:30 p.m., and Friday: 8 a.m.-3 p.m.
Daytime Phone: 715-345-5350
After Hours Phone: 866-317-9362

Price County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 715-339-2158
After Hours Phone: 715-339-3011

Racine County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 262-833-8777
After Hours Phone: 262-638-6741

Richland County

Daytime Hours: 8:30 a.m. - 5 p.m.
Daytime Phone: 608-647-8821
After Hours Phone: 608-647-2106

Rock County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 608-741-3600
After Hours Phone: 608-741-3600

Rusk County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 715-532-2299
After Hours Phone: 715-532-2200

Sauk County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 608-355-4200
After Hours Phone: 800-533-5692

Sawyer County

Daytime Hours: 8 a.m. - 5:30 p.m.
Daytime Phone: 715-634-4806
Toll Free: 800-569-4162
After Hours Phone: 715-634-5213

Shawano County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 715-526-4700
After Hours Phone: 888-238-3253

Sheboygan County

Daytime Hours: 8 a.m.- 5 p.m.
Daytime Phone: 920-467-4100
After Hours Phone: 920-549-3111

St. Croix County

Daytime Hours: 8 a.m. - 5 p.m.
Daytime Phone: 715-246-8255
After Hours Phone: 911

Taylor County

Daytime Hours: 8:30 a.m.-4:30 p.m.
Daytime Phone: 715-748-3332
After Hours Phone: 715-748-2200

Trempealeau County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 715-538-2311 x 290
After Hours Phone: 715-538-4351

Vernon County

Hours: 8:30 a.m. - 4:30 p.m.
Daytime Phone: 608-637-5210
After Hours Phone: 911

Vilas County

Daytime Hours: 8 a.m. - 4 p.m.
Daytime Phone: 715-479-3668
After Hours Phone: 715-479-4441

Walworth County

Hours: 24 Hours
Phone: 262-741-3200

Washburn County

Daytime Hours: 8 a.m. – Noon,
1 p.m. - 4:30 p.m.
Daytime Phone: 715-468-4747
After Hours Phone: 715-468-4720

Washington County

Daytime Hours: 7 a.m. - 5:30 p.m.
Daytime Phone: 262-365-5757
After Hours Phone: 262-365-6565

Waukesha County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 262-548-7848
After Hours Phone: 211 (impact) or
262-547-3388

Waupaca County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 715-258-6400
After Hours Phone: 800-719-4418 or
911 for emergencies

Waushara County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone: 920-787-6505
After Hours Phone: 877-883-5378

Winnebago County

Daytime Hours: 8 a.m. - 4:30 p.m.
Toll Free: 877-886-2372
After Hours Crisis Hotline:
Oshkosh: 920-233-7707 or 911
Neenah: 920-722-7707 or 911

Wood County

Daytime Hours: 8 a.m. - 4:30 p.m.
Daytime Phone:
Marshfield: 715-421-2345
WI Rapids: 715-384-5555
After Hours Phone: Same

Other Resources

Disability Rights Wisconsin

Disability Rights Wisconsin helps people with disabilities in Wisconsin. DRW is the Family Care and IRIS Ombudsman and can help people who have problems with these long-term care programs. They help people from age 18-59 who are in Family Care, Family Care Partnership, or IRIS. They can help with:

- Answer questions or provide information on your rights
- Look for ways to stop issues you have by working with your Managed Care Organizations or IRIS agencies
- Help you advocate for yourself
- Assist in filing complaints for formal appeals and grievances

DRW can also help look into abuse and neglect of people with disabilities of any age, even if you aren't using Family Care or IRIS. DRW is NOT a place to call in a crisis or emergency. You should call 911 if there is an emergency. If you have been abused or are neglected, you should contact the County Adult Protective Services or children's protective services unit or the police.

You can call DRW at **1-800-928-8778**.

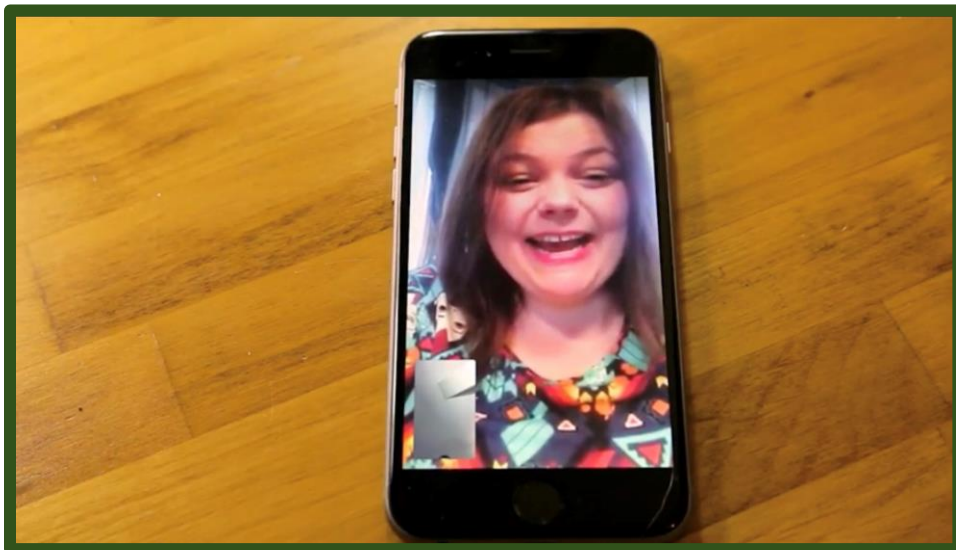
Board on Aging and Long-Term Care

The Board on Aging and Long-Term Care Ombudsman Program helps people **age 60 and older** who use long-term care services. The Ombudsman Program can help people living in a Wisconsin nursing home, Community Based Residential Facility (CBRF), Residential Care Apartment Complex (RCAC), Adult Family Home (AFH), or person served Family Care or IRIS programs.

Some of the services included are:

- Complaints regarding long-term care services
- Resolve issues regarding long-term care services
- Provide information and education on resident rights, restraints, and abuse reporting and prevention

Your regional Ombudsman can be reached by calling the confidential, toll-free line at **1-800-815-0015**.



STAY CONNECTED

What is Social Distancing?

Social distancing means staying away from places where many people might gather like a movie theater, church, grocery stores when crowded, concerts, large family gatherings - any place where many people might be. It means keeping space between you and others in most places you go. This could be at work, the grocery store, or the doctor. Think about standing at least 6 feet away from other people which is about the length of a person. This also means not visiting family and friends, not going to work, not going to church, not going to day services, not going to school, and not going to places in the community.

During this time, you may be wondering how to see my friends or family, my care manager or IRIS consultant, my co-workers-all the people you see every day. The good thing is there are many ways to connect with other people. People can connect on their phones, computers, IPADS, smart phones. There are many services being offered free now for people who can't leave their houses.

As of 03/24/2020, the Governor of Wisconsin has issued a Safer at Home directive. This means that you should not go into the community unless you need to pick up essential supplies like groceries or medications.

THIS SECTION INCLUDES:

What is Social Distancing

Ways to Stay Connected

Activities To Try

Ways to Share Ideas with Others

CONTACT US

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WAYS TO STAY CONNECTED

- Schedule regular phone, chat, facetime, Zoom or Skype dates to connect with people in your life.
 - Here is a video on how to download Skype to your computer:
https://www.youtube.com/watch?v=lb31wbnoz_c
- Schedule a meal or activity together with a friend using face time, Skype or video calling.
- If you and a friend have a Netflix subscription you can watch a movie together on a new technology called Netflix Party.
 - Learn more about Netflix Party here: <https://www.netflixparty.com/>
- Don't let coronavirus be the only thing you talk about with family and friends.
- Take time to laugh, share stories, and focus on other things going on in our lives

Here are other things you can do!

- **Keep Doing the Things You Do:** Create a schedule and try and stick to your regular sleep, school, meal, or work schedule. This might not be possible so fill your schedule with new ideas listed below.
- **Do things you enjoy or try something new:** Read a good book, watch a comedy, play a fun board or video game. Make cookies, do a craft.
- **Get outside:** Take a walk around in your neighborhood. This can make you feel better. Find a path near your house to walk in nature. Take your dog for a walk. But, remember to keep space between other people.
- **Find ways to exercise.** Try a new exercise at home. There are lots of videos and fitness apps available for free online to teach you new exercises.
- **Try new ways to relax:** Try deep breathing, meditation, and yoga. Set aside time every day to relax.

ACTIVITIES TO TRY

- Create a daily schedule to keep yourself in a routine: Daily Schedule Template: [Schedule](#)
- Find out if your service providers offering virtual services. Ask your service provider, care manager, IRIS consultant or vocational rehabilitation counselor for more information.
- Take time to relax and meditate- <https://www.calm.com/>
- Exercise or do Yoga: <https://yogawithadriene.com/> or www.youtube.com/user/BodyFitByAmy
- Learn about voting: <https://disabilityvote.org/videos/>
- Develop your employment plan using the Self-Directed Employment Planning Modules www.incontrolwi.org/self-directed-employment-planning/
- Check out and connect on the Self Determination Network: <http://sdnetworkwi.org/>
- Watch 10 popular short films, featuring people with intellectual and developmental disabilities <http://sproutflix.org/virtual-sprout-film-festival/>
- Find free, daily art lessons for children and adults - Wild, Free, and Crafty Art Lessons: [youtube.com/c/wildfreeandcrafty](https://www.youtube.com/c/wildfreeandcrafty)
- Take virtual Museum Visits- <https://artsandculture.google.com/project/streetviews>
- Use social media to visit the Milwaukee Zoo virtually - <http://www.zooview.tv/>
- Take a nature hike: <https://dnr.wi.gov/topic/Parks/activities/hike.html>
- Watch a free concerts online- <https://miss604.com/2020/03/free-concerts-to-watch-at-home-during-covid-19-distancing.html>
- Find out if your library has pick up services - <https://dpi.wi.gov/pld/directories/systems>
- Set up a Netflix Party- <https://www.netflixparty.com/>
- Connect with family and friends using Skype- <https://www.skype.com/en/>
- Sign up for LOV Inc. email alerts to connect to their online classes: <https://lovdane.org/who-we-are/emailsignup/>
- Develop a Future Plan with your family or support network using tools developed by The Arc: <https://futureplanning.thearc.org/>
- Disability Rights Wisconsin can answer your questions about voting including absentee voting and voter registration. For assistance, email info@disabilityvote.org or contact the Disability Rights Wisconsin Voter Hotline at 1-844-347-8683 and leave a message and someone will call you back. Check out the Disability Vote Coalition website - it is full of resources: disabilityvote.org/

WAYS TO SHARE IDEAS WITH OTHERS

People are learning new ways to stay busy, productive, and connected every day! We want to hear about the things you are finding or the creative ways you are connecting with others. We want to share more of what you are finding on our social media!

You can share your ideas with us on:



Wisconsin Board for People with Developmental Disabilities

Share what you are doing in the comments on our page or tag us in the photos or stories on your pages!



@wibpdd

Tag us in cool and accessible things you see on Twitter!



@WIBPDD

Share what you are doing in the comments on our posts or tag us in the photos or stories on your pages. Answer the questions you see in our Instagram Stories!



Self- Determination Channel

Share what you are doing in the comments on our videos!

FREQUENTLY ASKED QUESTIONS

Safety

What will happen to day programs and people who go to them?

- Day programs are not required to close right now. Some programs have decided to close. If you are not sure about your program, call them to find out if they are open or not.
- If your day program is open and you don't want to go, let them know you have chosen to stay home because of the coronavirus.
- The situation with the coronavirus changes every day. Day programs will let you know if they decide not to provide services. Be sure they have the right phone number to contact you.

What if I need more or different supports or services?

- Call your care manager or IRIS consultant and tell them you need more help. When things in your life change, the services you get should change.
- When you talk to your care manager or IRIS consultant, tell them what has changed in your life and the kind of help you need. They should help you figure out the kind of extra services that will help you.

What other resources are available to assist me during this time?

- Aging and Disability Resource Centers (ADRC) numbers can be found here: <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>
- local libraries, local medical providers, clinics, and hospital, local food pantries, churches and other non-profit agencies and resource centers may have resources available to you. Call before visiting any location, many are temporarily closed or working remotely.
- Disability Rights Wisconsin helps people with disabilities in Wisconsin. DRW is the Family Care and IRIS Ombudsman and can help people who are have problems with these long-term care programs. They help people from age 18-59 who are in Family Care, Family Care Partnership, or IRIS. They can help with:
 - Answer questions or provide information on your rights
 - Look for ways to stop issues you have by working with your Managed Care Organizations or IRIS agencies
 - Help you advocate for yourself
 - Assist in filing complaints for formal appeals and grievances
- DRW can also help look into abuse and neglect of people with disabilities of any age, even if you aren't using Family Care or IRIS. DRW is NOT a place to call in a crisis or emergency. You can contact DRW at: **1-800-928-8778**.

Health

If someone in my family or my roommate gets the Coronavirus and need to be quarantined what should we do?

- Call your doctor first and do not go into the doctor without first talking with them.
- Use a separate room and bathroom for sick household members
- Keep shared rooms and bathrooms clean.
- Clean hands regularly by handwashing with soap and water or using an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid contact with the sick person.
- Avoid sharing personal items like utensils, food, and drinks.
- Call your care manager or IRIS consultant if you need support.

If my caregiver gets the Coronavirus and needs to be quarantined or hospitalized, who will support me?

- If your caregiver works for an agency, call the agency to see if you can get a new caregiver.
- Call your care manager or IRIS consultant immediately to get additional supports.
- If you have not been able to reach anyone in 24 hours, call Disability Rights Wisconsin at 1-800-928-8778. Another option is to call your county helpline. See the Stay Safe section of the toolkit for a list of numbers.
- If you are in danger, call 911.

I feel like I am in crisis and I need someone to talk to me. What mental health resources are available?

- You can call your county's crisis line. The numbers are listed here: <https://www.preventsuicidewi.org/county-crisis-lines> .
- You can also call the Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746.
- You can call the National Suicide Prevention Hotline: (800) 273-8255.
- If it is an emergency, call 911.

Employment and Benefits

What if I lose my job or I am told not to come to work because of the coronavirus?

- If you have a job coach or a Division of Vocational Rehabilitation Counselor let them know that your employer has told you not to come to work.
- Your benefits might change if you are working less or not working. Contact Social Security 1 (800) 772-1213 and tell them.
- Call your care manager or IRIS Consultant to let them know you have lost your job or hours have been reduced and if you feel you will need other services or supports.
- If you think you may have trouble paying your rent, buying food or paying for other bills, there are people who can help you figure out what to do. Be sure to call your care manager or IRIS consultant right away.
- You may be able to get unemployment benefits. Call (608) 266-3131. 211 can help you find information or services for a variety of needs. 211 is free and confidential. You can text COVID19 to 211-211, visit 211wisconsin.org, or call 211. Currently the phone lines have a lot of traffic, so be patient or see if you can get the answer online or by text.

What if I lose my private health insurance because I have been laid off during the Coronavirus situation?

- If you have recently lost your employer-sponsored health coverage, you should contact ACCESS Wisconsin: <https://access.wisconsin.gov/access/>. You can also call the benefits specialist your ADRC: www.dhs.wisconsin.gov/adrc/consumer/index.htm
- Call Forward Health to let them know you no longer have private insurance and your Medicaid will be your primary health insurance. <https://www.forwardhealth.wi.gov/WIPortal/>

Will I still get my benefit check if the Social Security office closes?

- Yes. You will still get your monthly benefits check. Social Security offices have closed for face-to-face contact, but they are still doing their work. If you have questions, call Social Security at 800-772-1213.

The COVID-19 situation is changing daily, and many answers are not known at this time.

Please refer to official local, county, state, and federal websites for up-to-the-minute information.

- Wisconsin DHS Website: <https://www.dhs.wisconsin.gov/covid-19/index.htm>
- CDC Website: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>