

WEBVTT

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00:00:00.000 --> 00:00:06.900

Cat good afternoon. Everyone welcome to the webinar. And again, thank you for joining us today.

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00:00:06.900 --> 00:00:15.599

As the title suggests this is targeted toward families and individuals to share information and resources around coven, 19 and staying healthy.

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Again, my name is Lisa, not house, and I am believe for to support you families with a division of developmental disabilities.

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The information that we're going to share with you today is intended to help decrease some of the overwhelming feelings that you might be experiencing around coven 19.

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00:00:35.520 --> 00:00:43.590

Help you make informed choices about your health and wellbeing and provide you with beneficial tools and resources that can be explored further.

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00:00:43.590 --> 00:00:55.859

To help guide you in making your decisions when we 1st started talking about doing this webinar, I could immediately relate to the relevance of the topic.

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00:00:55.859 --> 00:00:59.490

Because I also have a daughter with a developmental disability.

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00:00:59.490 --> 00:01:06.870

And my family, and I share those feelings of being absolutely overwhelmed with all that's going on right now with coven, 19.

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00:01:06.870 --> 00:01:13.769

And, like, so many other families I know I too have experience and I continue to experience feeling overwhelmed at times.

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00:01:13.769 --> 00:01:16.769

And it can really feel like information overload.

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00:01:16.769 --> 00:01:23.849

But what is different for me, is that as a parent, I not only have to take in all the information and apply it to myself.

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00:01:23.849 --> 00:01:31.859

But I also have to stop and consider everything for my daughter's perspective. And I have to think about what is going to be best for her and her health.

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00:01:31.859 --> 00:01:41.459

So, I not only have to process the basic information, but I also have to consider all the extra details related to her unique disability and health factors.

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00:01:44.459 --> 00:01:50.159

And I recently participated in a webinar that focused on family engagement during the pandemic.

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And on that call, we discussed how stressed some families really are right now.

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00:01:55.019 --> 00:02:01.530

Which was actually what was keeping them from engaging, making choices, or even taking action at all.

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00:02:01.530 --> 00:02:12.509

So, if you're a parent, a family member or an individual with a developmental disability, you are likely to have some of the same similar layers of added stress on your plate right now, too.

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00:02:12.509 --> 00:02:25.050

So, for example, you might be dealing with returning to in person school or another program, and you're concerned with health and safety issues, like wary or not wearing a mask and how that's going to affect your health.

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You might be trying to adjust to a new norm, which has greatly affected caregiving supports in your home.

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00:02:32.039 --> 00:02:44.009

Accessing your community safely getting back to the routine that allows for work play and recreation and many other individual details that probably some folks haven't even thought about yet.

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00:02:45.240 --> 00:02:55.139

All of these factors, and even more are layered on top of the known negative effects of cobit, including the severe illness or loss that we may have experienced.

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00:02:55.139 --> 00:02:59.430

I don't know about the rest of you, but when I start feeling overwhelmed.

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00:02:59.430 --> 00:03:06.270

I sometimes have a hard time taking in all the information and deciphering what I need to focus on the most.

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00:03:06.270 --> 00:03:10.349

Therefore, I unfortunately probably miss a lot of the important facts.

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00:03:10.349 --> 00:03:17.189

And now with Clovis, I also have to weed through which information is most beneficial for me. And my daughter.

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00:03:17.189 --> 00:03:22.650

We know that families and individuals might sometimes need some extra support.

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00:03:22.650 --> 00:03:26.969

And we also know that it's very important for them to have access to the current.

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00:03:26.969 --> 00:03:33.449

Relevant and easy to follow information in order to help them make the best informed decisions they can.

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00:03:34.469 --> 00:03:42.960

So, in the next few minutes, Mary, Leslie are both going to share some very useful information and key resources that will help you make informed decisions.

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00:03:42.960 --> 00:03:51.360

Regarding Colvin, 19 and your health. So Mary, if you're ready, I'm going to turn the presentation over to you.

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00:03:53.280 --> 00:04:01.314

Good afternoon. Everyone Thank you so much for joining us today like Lisa, and probably many of you on this call.

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00:04:01.314 --> 00:04:11.245

I am a mom, and I have a daughter who with unique abilities, and disabilities and multiple special healthcare needs in addition to that.

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00:04:11.245 --> 00:04:12.865

I am the director of Missouri family,

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00:04:12.865 --> 00:04:13.495

the family,

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00:04:13.555 --> 00:04:17.454

and we receive phone calls from the entire state of Missouri,

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00:04:17.754 --> 00:04:23.665

with individuals who are requesting information needing referrals needing some assistance,

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00:04:23.665 --> 00:04:31.285

and sometimes some navigation and handholding around this very important and very stressful decision regarding the coven 19.

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00:04:31.764 --> 00:04:46.225

so, I'm very happy to join with this panel to provide some additional information about how to make the decision how to become informed and how to search to find the best answer for you and your family like all of his on this call.

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00:04:46.254 --> 00:04:59.095

It's not just about our family. It's also about the families that we have contact with, or it might be about our caregivers 1 of my daughter's community support workers who comes and spends time with her has diabetes.

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00:04:59.095 --> 00:05:05.964

So, in making these decisions, we have to consider other lives that might be impacted by the lives that we live.

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00:05:07.403 --> 00:05:21.744

At the resource center, we support individuals and families as mentioned before and it has been a privilege to work with this team on some of the

information that they want to share with you and I'm going to turn this over to cat right now.

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00:05:21.774 --> 00:05:34.134

And she's going to show you a video that has been prepared that will help you as you continue your journey on figuring out your response to the scope at 19 epidemic that we have in our nation.

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00:05:38.098 --> 00:05:45.358

Taking me 1 moment, please call who is it that the list to who is it that that will make the biggest impact on this.

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00:05:45.863 --> 00:05:57.803

But we also need to know how are people getting access to the services bidding? Do they have the transportation that they need? Do they have bass to? Where do they know where to go and get the vaccine if that's what they need?

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00:05:58.194 --> 00:06:04.853

So, we use those 3 buckets of support throughout our entire conversation about staying safe and getting back to basins.

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00:06:05.069 --> 00:06:09.658

So that, let's think about getting back to basics what does that really me?

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00:06:25.079 --> 00:06:34.288

The 1st thing is, are you washing your hands if you don't wash your hands that might prevent us from going back to being able to get back to the basics of life.

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00:06:34.288 --> 00:06:37.319

If we don't cover our.

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00:06:37.319 --> 00:06:42.509

We don't stay home when we're feeling sick. They don't wear a mask and that's needed.

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00:06:42.509 --> 00:06:53.278

and if we don't get vaccinated these are all things that might prevent us from the vision for what we want and take us towards getting sick stay in sick and getting others sick

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00:06:53.278 --> 00:07:05.968

But we can also have that conversation about the reverse. So when I sit down with somebody, and I say, what can we each do? What can each 1 of us do to stay safe? We can think about it like this.

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00:07:05.968 --> 00:07:17.399

Are you washing your hands? Do you stay home when you're sick? Are you wearing your mask? So we use those conversation either way, depending on who that person is and where you want to get started.

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00:07:17.399 --> 00:07:23.158

But it's also really important to think about all of the resources to really help us.

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00:07:23.158 --> 00:07:32.158

Stay informed about cobit, stay informed about the best way to stay safe. And if you think about it, we use the star form for doing that.

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00:07:50.874 --> 00:08:04.494

The other way is, is the people in their lives that they trust, you know, helping them identify, you know, is it isn't a family. Is it a friend? Is it your doctor? Is it your case manager pointing app and helping that person?

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00:08:04.524 --> 00:08:08.303

Identify those people that will help them make an informed choice.

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00:08:08.903 --> 00:08:19.283

The other thing moving around the stars is where are you going to get your post up to date information? Are you going to the CDC? Are you going to the Department of mental health website?

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00:08:19.463 --> 00:08:24.593

Are you talking to your support coordinator and asking them for the most up to date information?

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00:08:24.869 --> 00:08:37.288

But we also know you can go into the community, you to talk to your pharmacist, your schools, your senior centers, your, the thing to do during your day, your dentist, your employers. That's a lot of other places. We get our information.

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00:08:37.703 --> 00:08:46.433

But we also know it's important to help people understand incredible websites, credible news, media, credible, social media and blogs.

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00:08:46.583 --> 00:08:54.803

So, also trying to understand where maybe that information or misinformation might be coming from, are also different strategies to support that conversation.

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00:08:56.188 --> 00:08:58.673

But we also don't want to say up to date checkout,

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00:08:58.703 --> 00:09:02.964

most stop coded that for up to date information,

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00:09:03.203 --> 00:09:11.214

you can also go to the permanent mental health division and available disability website for a list of resources that would be helpful for you,

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00:09:11.484 --> 00:09:12.234

or join them.

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00:09:12.234 --> 00:09:21.803

Every Friday from 1030 to 1130 to find out what's happening currently, or you can go to the administration and community living's website for even more information about code and 19.

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00:09:22.769 --> 00:09:27.479

We hope this helps you think about how to stay safe and getting back to basis.

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00:09:28.979 --> 00:09:37.014

Anything else you want to add before we turn it over to Leslie? I just wanted to let you guys know that we are here and available for you.

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00:09:37.014 --> 00:09:51.563

You can Google us at Missouri family, the family and the resource center telephone number will pop up and we're happy to visit with you and help to provide those resources that you might be looking for, to gather your information and help in your decision making.

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00:09:54.688 --> 00:09:59.938

All right, thank you, Leslie. I think it's all up to you.

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00:10:01.889 --> 00:10:16.859

Alright, great. Good afternoon. Everybody I'm Leslie and I'm your division clinical coordinator, and I'm going to review an informational

tool kit that was created by the division and Casey, and the Institute for human development personnel.

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00:10:16.859 --> 00:10:25.048

This tool kit has credible information and resources about cobit 19 that you can use to make decisions about yourself.

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00:10:25.048 --> 00:10:33.808

People you take care of family members, any, anyone can use this information to help make those important personal decisions.

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00:10:33.808 --> 00:10:39.269

Um, this tool kit, I'm going to forward my screen here, go to the next slide.

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00:10:39.269 --> 00:10:44.639

I'm not sure if you can see that. I might just share my screen. Is that okay?

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00:10:44.639 --> 00:10:48.389

Cause I'm going to also show some links. Yeah, that'd be fine.

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00:10:48.389 --> 00:10:52.889

Oh, thank you. It kind of looks like that and it's a 2 pager.

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00:10:52.889 --> 00:10:56.068

Um, oh, go ahead and pull my.

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00:10:56.068 --> 00:11:08.938

so you can see it

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00:11:08.938 --> 00:11:14.399

thanks for your patience okay this um

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00:11:14.399 --> 00:11:18.989

If you'll just take a look at this on the left hand side, they have little symbols.

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00:11:18.989 --> 00:11:24.178

any kind of gives you an idea of what is in this section of the tool kit

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00:11:24.178 --> 00:11:31.649



This looks like a little person reading something or maybe reading a newspaper and it is supposed to represent general information.

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00:11:31.649 --> 00:11:32.339

Um,

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00:11:34.283 --> 00:11:38.484

so this 1st link that we come to is from the Centers for Disease Control,

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00:11:38.634 --> 00:11:40.344

or what we usually just say,

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00:11:40.344 --> 00:11:41.004

CDC,

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00:11:41.004 --> 00:11:43.673

because it's easier and it has easy to read covert,

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00:11:43.673 --> 00:11:48.443

19 materials that were made for people with intellectual and developmental disabilities.

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00:11:48.683 --> 00:11:51.114

And other people who want basic information.

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00:11:51.448 --> 00:11:59.938

The 2nd link is from the CDC also, and it's called cobit 19 vaccines are important.

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00:11:59.938 --> 00:12:06.509

It is also an easy to read. Um, it has easy to read information regarding the coded 19 vaccines.

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00:12:06.509 --> 00:12:10.438

And we'll look a little bit more at that here in just a little bit.

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00:12:10.438 --> 00:12:16.769

This this link will give general information about vaccines ranging from why they can be important.

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00:12:16.769 --> 00:12:26.033

And also, who can get a vaccine now, this next link I have already had, I already pulled it up, cause I was worried my computer wouldn't pull it up. Right? But this is a really nice 1.

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00:12:26.303 --> 00:12:34.553

it's, it was created by the Missouri developmental disabilities council in partnership with a Missouri Department of health and senior services.

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00:12:34.859 --> 00:12:48.173

And we refer to it as the Missouri plane language guide and see this other long title here. It's got it's a code 19 vaccine for individuals with intellectual and developmental disabilities, their families, and caregivers in Missouri.

98

00:12:48.384 --> 00:12:51.803

And I just think that picture is so nice. It's such a cute picture.

99

00:12:52.318 --> 00:13:05.698

And it highlights right? Your choice is a powerful thing. Everyone has to make their own choice. And what we're doing here is just trying to provide those resources so that you guys can have the best information that we have out there.

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00:13:05.698 --> 00:13:12.149

So here it says, cobit, 19 vaccine, eligibility anyone over 12.

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00:13:12.149 --> 00:13:22.349

It also has a phone number for covert hotline for Missouri. It also has the most ops coven website, which is just they both have really good resources.

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00:13:22.349 --> 00:13:26.519

It talks about what it is like, what is it even.

103

00:13:26.519 --> 00:13:37.469

How do you get coven? What happens if you have it? It talks about the symptom so that's helpful to know. So you can if you're feeling different, you can kind of compare.

104

00:13:37.469 --> 00:13:45.688

It talks about how sick you can get and then how do you stay healthy? That's important because we want to prevent as much as we can.

105

00:13:45.688 --> 00:13:50.009

And it talks about getting the vaccine washing your hands.

106

00:13:50.009 --> 00:13:53.308

We're a face hovering.

107

00:13:53.308 --> 00:13:59.249

Stay at least 6 feet or 2 arms link from other people. That's not in your household.

108

00:13:59.249 --> 00:14:08.999

This is good to make a plan in case you have to stay at home. It kind of helps. You think ahead of like, what are you going to do if you can't if you have to quarantine just in case.

109

00:14:08.999 --> 00:14:15.028

If you have a job, a, what if you're worried about missing work, it has some ideas there.

110

00:14:15.028 --> 00:14:22.708

It also has ideas. Where can you go safely? How do you stay in touch with your friends? And then why is all of this important.

111

00:14:24.058 --> 00:14:33.629

What do you do if you're sick? What do you do if someone you live with get sick? That's really important because it's hard to stay healthy. When other people in your house are sick.

112

00:14:33.629 --> 00:14:37.948

And then if I'm sick, what do I do when shall I call my doctor? So that's.

113

00:14:37.948 --> 00:14:44.369

That has all those good tips on there and then again, it has the website for most Ops.

114

00:14:44.369 --> 00:14:49.678

And then the counsel, their website as well in case you want to look at that.

115

00:14:49.678 --> 00:15:03.923

So, I'm going to pull up our tool kit again and here we have, uh, 2 different things. The division of developmental disabilities created. We have several, but these are pertinent to cove it at their cold observed decide acts.

116

00:15:04.163 --> 00:15:12.563

And what they are is informational sheets that we have posted on our website 1 is strictly 19 and it has, um.

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00:15:12.869 --> 00:15:18.149

Information about signs and symptoms how to support individuals with disabilities.

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00:15:18.149 --> 00:15:25.229

How should you wash your hands? Like good hand washing keeping your environment claim social distance saying.

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00:15:25.229 --> 00:15:38.129

And then, what do you do, if you've been diagnosed, if you're having symptoms or even if you're having anxiety, or someone you care about is having anxiety about being sick and having to be quarantined or just anxiety in general from this pandemic.

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00:15:38.129 --> 00:15:44.129

It will take you to some resources that you can use to, to help get through that.

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00:15:44.129 --> 00:15:50.938

Or, do I help cope with it? Another observed decide act that I want to show you? I.

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00:15:50.938 --> 00:15:56.849

Lisa, and I thought it talking and thought it would be helpful.

123

00:15:56.849 --> 00:16:00.149

This 1 is about.

124

00:16:00.149 --> 00:16:11.698

A pulse, oximetry and Kobe 19, you guys might not have heard about this before, and it's just a way to to monitor. If you're sick it's a way to keep track and see if you're getting worse.

125

00:16:11.698 --> 00:16:23.489

And what you can do is use a pulse oximetry her. And if that's 1 of those things, that's like a close pan and you clip it on your finger and it can read your oxygen levels and your polls.

126

00:16:23.489 --> 00:16:27.899

And the document gives you information on what regular oxygen levels are.

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00:16:27.899 --> 00:16:34.229

And should not, it shouldn't be your main method of monitoring, but it's just a tool that can help you. So that way.

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00:16:34.229 --> 00:16:41.188

Um, like, if their oxygen level goes lower, that might prompt you to seek medical assistants and.

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00:16:41.188 --> 00:16:53.308

Always refer to your doctor as well, because they may have parameters for who someone you're taking care of yourself that they might say if it's such and such, you know, give me a call. If it's.

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00:16:53.308 --> 00:17:03.899

If it's this low call, 911, or they'll help you determine what, what would be best for you and then if you're interested in getting a pulse ox diameter or need help getting 1.

131

00:17:03.899 --> 00:17:08.249

I am I recommend reaching out to your service coordinator for help with that.

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00:17:08.249 --> 00:17:12.659

I was able to get 1 at a local store so there.

133

00:17:12.659 --> 00:17:18.209

They're, uh, you can get them at places here. It talks about what's a pulse ox?

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00:17:18.209 --> 00:17:21.209

What to observe for shortness of breath.

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00:17:21.209 --> 00:17:29.759

Breathing faster than usual. Maybe if someone feels sick to do their usual activities, like, they're just too weak or too tired.

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00:17:29.759 --> 00:17:43.163

Or just don't fill right at all. And then this is kind of wild too, because sometimes a person doesn't even have symptoms at all. They just seem regular, but then you, you go there and they got covert. They seem fine. You're going along about your day.

137

00:17:43.193 --> 00:17:51.324

Maybe you just do a check just to see how they're running their oxygens let Brennan, and it might be low and you're just like, oh, my gosh. So that could prompt prompt you to call the doctor.

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00:17:51.659 --> 00:17:57.148

And this has a guide on how peoples oxygen levels usually run.

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00:17:57.148 --> 00:18:05.249

That's if you're not using oxygen, like seeing that picture, how the person's got oxygen and their nasal in their nose. You know.

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00:18:05.249 --> 00:18:12.838

Well, if you don't have to use oxygen, and that's these, this is a guide on what kind of they shouldn't run.

141

00:18:12.838 --> 00:18:21.419

And then if you use oxygen, it has a little information there about it. Sometimes if you're having to wear oxygen or if your lungs if you have a lung disease.

142

00:18:21.419 --> 00:18:25.318

Chronic lung disease at your oxygen levels, may may run a little lower.

143

00:18:25.318 --> 00:18:32.249

And then here, we have other links to resources about utilizing the pulse ox, amateur.

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00:18:32.249 --> 00:18:40.798

So, just something that you guys it's out there for you that you can use and the link, like I said is on this tool kit.

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00:18:40.798 --> 00:18:45.659

That you can definitely use and look at the information.

146

00:18:45.659 --> 00:18:56.068

Now, over to the side here in the 2nd section, you see that telephone and that is to key you in that there's phone numbers on over here in this section.

147

00:18:56.068 --> 00:19:07.499

Missouri covert 19 hotline and website. The information's there, it's information on how to access a vaccine near you, or find information about transportation to a vaccine site.

148

00:19:07.499 --> 00:19:10.798

So, you can visit their website here.

149

00:19:10.798 --> 00:19:17.038

Most apps, Kobe dot com or call that number. So whichever you're more comfortable with.

150

00:19:17.038 --> 00:19:20.249

And then also CDC dial.

151

00:19:20.249 --> 00:19:23.308

Um, this is vaccine help for people with disabilities.

152

00:19:23.308 --> 00:19:30.088

In dial D. I. A. L. can help you find a location to get the cobit 19 vaccine.

153

00:19:30.088 --> 00:19:33.808

I want to get there and then any other questions you might have.

154

00:19:33.808 --> 00:19:36.929

And they also have an email address, which is handy.

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00:19:36.929 --> 00:19:44.249

Um, because lots of people like doing email and so there's their email address and then they have a phone number here. You can call.

156

00:19:44.249 --> 00:19:54.479

And then also, if you speak a different language, like, if your main language is not English, you can call, uh, 1 of these numbers down here toll free.

157

00:19:54.479 --> 00:19:59.519

And someone can help you there so that's a that's a pretty good deal.

158

00:19:59.519 --> 00:20:03.929

Being able to access information by phone and my email.

159

00:20:03.929 --> 00:20:08.669  
And then by their websites, and let's see.

160  
00:20:08.963 --> 00:20:10.403  
Now, this is pretty neat too.

161  
00:20:10.943 --> 00:20:13.134  
This has this represents,

162  
00:20:13.403 --> 00:20:13.644  
like,

163  
00:20:13.644 --> 00:20:15.534  
videos or book,

164  
00:20:15.564 --> 00:20:17.604  
like a storyboards,

165  
00:20:17.604 --> 00:20:19.824  
or I'm still a music thing there,

166  
00:20:20.364 --> 00:20:26.574  
but it's stuff that you can you can look at and watch a video maybe to help you kind of figure out what it is that you're wanting to do.

167  
00:20:26.969 --> 00:20:32.909  
Let's see here, I will show that link and, like I said, I already pulled him up. I was.

168  
00:20:32.909 --> 00:20:36.959  
I need a nervous about my stuff coming up. Okay.

169  
00:20:36.959 --> 00:20:44.999  
Okay, so this is code with 19, MIT materials for people with intellectual and developmental disabilities and care providers.

170  
00:20:44.999 --> 00:20:49.409  
And so you can kind of go down here. I hope I'm not making you dizzy scrolling.

171  
00:20:49.409 --> 00:20:52.679  
But if this is about getting a code 19 shot.



172

00:20:52.679 --> 00:20:55.979

And this is a neat little story it's about is he.

173

00:20:55.979 --> 00:21:02.278

And I'll just open it up for you. There's Izzy and that's her sister and then that's the doctor.

174

00:21:02.278 --> 00:21:06.598

And so here, I'll scroll on down just to give you an idea.

175

00:21:06.598 --> 00:21:10.138

My doctor says I need to get a covert 19 shot.

176

00:21:10.138 --> 00:21:15.058

The shot helps me keep from getting helps. Keep me from getting sick from cobit 19.

177

00:21:15.058 --> 00:21:22.048

And so you can see it goes through their step by step what they do when whenever is he's going to go get her shot.

178

00:21:22.048 --> 00:21:25.888

And it goes from start to finish and it talks about follow up.

179

00:21:25.888 --> 00:21:32.578

And it talks about maybe her arms sore, or she might have a little more symptoms from the shot than that.

180

00:21:32.578 --> 00:21:36.449

And so that's that's just a kind of a neat thing to to.

181

00:21:36.449 --> 00:21:45.479

Be able to share with people. They also have posters if that's anything that you'd be interested in. And that shows Izzy with her band aid on and she got her shot.

182

00:21:45.479 --> 00:21:53.459

This 1 over here is an interactive fill in the blanks with multiple choice options and that helps people get prepared.

183

00:21:53.459 --> 00:21:56.519

That can help people get prepared for getting a vaccine.

184

00:21:56.519 --> 00:22:06.028

And then, over here to the right is a video, and it tells the story about isn't getting her shot and it's just more like a little movie instead of like a book.

185

00:22:06.028 --> 00:22:10.288

And the same goes with, they have them for washing your hands.

186

00:22:10.288 --> 00:22:13.469

Only is he, he's not in all of them. They're different characters.

187

00:22:13.469 --> 00:22:17.459

Um, getting a covert 19 test.

188

00:22:17.459 --> 00:22:22.648

That hopefully can help people not be anxious about that because, I mean, all this is, you know.

189

00:22:22.648 --> 00:22:27.118

Nerve wracking for a person to have to deal with. How should I wear my mask?

190

00:22:28.169 --> 00:22:32.278

There's a story in a video and a poster.

191

00:22:32.278 --> 00:22:39.388

Social distancing that helps talk about that, because that is a difficult 1, especially if you're used to being around people.

192

00:22:39.388 --> 00:22:45.659

And if you're a lot of people don't even need each other. So it's, it's, it's it's difficult. So this can help.

193

00:22:45.659 --> 00:22:49.439

Explain that and how to safely be around each other.

194

00:22:49.439 --> 00:22:53.189

And then over here is a caregiver tip sheet.

195

00:22:53.189 --> 00:22:58.318

And then right here is a provider tip sheet. So if you want to read more about these things.

196

00:22:58.318 --> 00:23:02.638

In care when you take care of people, you can definitely look at that stuff.

197

00:23:02.638 --> 00:23:06.898

Okay, I'm going to hold on a 2nd here. Okay.

198

00:23:06.898 --> 00:23:11.969

So, CDC stay safe from Kobe 19. we looked at that.

199

00:23:11.969 --> 00:23:16.288

What to expect after getting a coban? 19 vaccine.

200

00:23:16.288 --> 00:23:27.749

Um, this link will, uh, it's a 1 pager, and it tells, uh, it's real easy language and it tells okay, what kind of symptoms might you have after you get your shot.

201

00:23:27.749 --> 00:23:32.699

Um, just different information.

202

00:23:32.699 --> 00:23:37.499

As to how that goes about, and then here we have.

203

00:23:37.499 --> 00:23:42.028

Our symbol for person centered, planning.

204

00:23:42.028 --> 00:23:47.159

And this is the link to the back to basics.

205

00:23:47.159 --> 00:23:53.128

Um, a short video that highlights the importance of and individualized support planning and that's the 1 that we just saw.

206

00:23:53.128 --> 00:23:58.828

Which is just a really good just a great video. And then here we put in here also.

207

00:23:58.828 --> 00:24:07.888

If you go to that section, you can see that we have that link about materials for people with intellectual and developmental disabilities and care providers again, because it does have.

208

00:24:07.888 --> 00:24:12.959

Things in there, for for different people and making choices.

209

00:24:14.909 --> 00:24:18.838

Below that we have the Missouri Department of health and senior services.

210

00:24:18.838 --> 00:24:26.338

Find a vaccine location near you, and I will pull that up if we're not running out of too much time.

211

00:24:26.338 --> 00:24:31.618

Getting kind of close, but I can show you if that's okay.

212

00:24:33.269 --> 00:24:37.048

Because it's very, it's super helpful to know where to go.

213

00:24:37.048 --> 00:24:40.828

I got nothing on my screen to there. We go.

214

00:24:40.828 --> 00:24:47.578

Okay, so this is the Department of health and senior services vaccine go no cozy vaccine. Mo dot. Gov.

215

00:24:47.578 --> 00:24:53.788

And then right here you can go to get a vaccine and then you can.

216

00:24:53.788 --> 00:24:58.679

Let's see local vaccination events and that if you click on that.

217

00:24:58.679 --> 00:25:04.409

It'll show you hang on a 2nd, it's going slow. Oh, here we go.

218

00:25:04.409 --> 00:25:09.568

It'll show you events where you can go in and get a go, just go get your vaccine.

219

00:25:09.568 --> 00:25:13.108

And if you go to shows different areas.

220

00:25:13.108 --> 00:25:16.469

In different regions here my scroll back up.

221

00:25:16.469 --> 00:25:23.669

So, I can show you about the other 1. okay. Let's see. So, this is location for events.

222

00:25:23.669 --> 00:25:27.689

We may need to go to the bottom. Okay. Here we go.

223

00:25:27.689 --> 00:25:35.999

So this is the federal vaccine finder, this might be an easy easier 1 in a way. And I'll tell you why, because you can mark.

224

00:25:36.564 --> 00:25:51.294

Any of these 3 vaccines that you want that's coded Madonna, Pfizer Johnson and Johnson. And what I usually do is just hit all 3 of them. And I'll just tell you why? Because they say the best vaccine is the 1 that you've gotten.

225

00:25:51.564 --> 00:25:52.284

So.

226

00:25:52.648 --> 00:26:06.443

Um, but you may have other opinions on that, and that's just fine but see, I'm going to put my zip code in here 865340. and then you and then I want to do it in my opinion is 25 mile radius, but you can search even up to 50 miles away.

227

00:26:08.878 --> 00:26:13.528

But I'm going to put in 2005, just because, and, uh, it shows.

228

00:26:13.528 --> 00:26:21.328

See, it's got all the places that have the vaccines, and if I hover over this pilot grow overall health clinic.

229

00:26:21.328 --> 00:26:35.999

If you see over there on the map, it's got the phone number so you can even call that place and say, hey, I'm interested and then they can, you know, you can find out what kind they have for. Sure. And, and see if you're able to just walk on in, or if you need an appointment.

230

00:26:35.999 --> 00:26:39.838  
So that I feel like that's really a helpful thing.

231  
00:26:39.838 --> 00:26:44.818  
But there's also something else I want to show. Yeah and I'll try, I'll try to be.

232  
00:26:44.818 --> 00:26:49.229  
Be brief about it, but it's it's important.

233  
00:26:49.229 --> 00:26:55.679  
Because you may not know this, get a ride if someone needs help getting a ride to get a vaccine.

234  
00:26:55.679 --> 00:27:00.838  
Um, right here you can go down and there's different things you can click on to, uh.

235  
00:27:00.838 --> 00:27:07.888  
See about getting a ride to get your vaccine. Um, so if you're having trouble with that, I'd encourage it.

236  
00:27:07.888 --> 00:27:12.898  
Encourage you look in that up so, just so, you know, that's out there.

237  
00:27:12.898 --> 00:27:18.239  
And let's see here got a couple of other things to cover.

238  
00:27:19.288 --> 00:27:25.348  
Um, the department I'm okay. The the testing side? Yes. Yes.

239  
00:27:25.348 --> 00:27:30.568  
There's a side that talks about, uh, getting tested. Let's see.

240  
00:27:33.088 --> 00:27:37.169  
Coming in a 2nd, I thought I had an article here I'll pull up from here.

241  
00:27:39.689 --> 00:27:50.878  
Oh, right. Here's the Department of health and senior services. Um, and it'll tell about how to get free testing and then Here's some where they're, they're having testing sites.

242

00:27:50.878 --> 00:27:55.469

That way if you're having symptoms and your concerns, you can just get a free test and there, you know.

243

00:27:55.469 --> 00:27:58.888

And then also, I want to point out to the right hand side.

244

00:27:58.888 --> 00:28:07.558

There have hot spot advisories, so you can see if where your county is. If it's under a hotspot advisory, then hot spot means.

245

00:28:07.558 --> 00:28:11.818

There's a lot of cases, and there may not be a very high vaccine rate.

246

00:28:11.818 --> 00:28:26.249

And so, it's just conditions are just to where you might, you need to take precautions if you want to stay, stay code free and stay healthy. But it looks like, uh, yesterday, bowling or no, that was today voluntary Madison counties.

247

00:28:26.249 --> 00:28:31.288

They were added to the advisory list, but you can always go back and look at that.

248

00:28:31.288 --> 00:28:37.439

And I'm going to show you something else on the right hand side, but just real quick monoclonal antibody treatment.

249

00:28:37.439 --> 00:28:51.118

That's an option if you're recently, if you just get diagnosed and we're start having symptoms that is an option that if you meet the criteria, you or your loved 1 or whomever could possibly have this.

250

00:28:51.118 --> 00:29:01.858

Monoclonal antibody treatment to help decrease symptoms, but you would need to speak with your health care provider or even station Mt. Which is.

251

00:29:01.858 --> 00:29:06.269

An option that we have, and that is for all.

252

00:29:06.269 --> 00:29:18.594

Let's see here I've got a well, I'll tell you about station and D, real quick. It's a service you can use. If you have a Medicaid waiver, you can look at information about it on this link. Right here. It's free for you.

253

00:29:18.773 --> 00:29:22.193

There's a physician on call that, and there are people who are trained with.

254

00:29:22.499 --> 00:29:25.739

To work with people with intellectual developmental disabilities.

255

00:29:25.739 --> 00:29:28.949

There are available 24 hours a day. 7 days a week.

256

00:29:29.544 --> 00:29:40.403

They're not supposed to replace your doctor, but they can help and they can confer with your doctor after, like, say that you're having a problem and you call or get a hold of them.

257

00:29:40.644 --> 00:29:46.223

They can consult with you and help you find the best path of how to get taken care of.

258

00:29:46.528 --> 00:29:52.499

And then they also communicate with your regular doctor to let, you know, to kind of. So that that.

259

00:29:52.499 --> 00:29:59.338

That way, everybody's in the loop of what's going on, but please visit that site. If you want more information about station empty.

260

00:29:59.338 --> 00:30:02.788

And, like I said, it's free, and it's for all waiver participants.

261

00:30:02.788 --> 00:30:14.219

And then the final section is a link to charting the life course from our colleagues that you in case there is a variety of videos that can assist people while managing life.

262

00:30:14.219 --> 00:30:20.009

With the existence of CO that there are topics such as supporting mental health during covid 19.

263



00:30:20.009 --> 00:30:23.189  
I'll just show you just while I'm talking about it.

264  
00:30:23.189 --> 00:30:27.808  
I like I like looking at stuff I already have pulled up. Okay.

265  
00:30:27.808 --> 00:30:35.909  
So, we have charting the life course for respite during covert, 19 tools for coping and planning green cobit, 19.

266  
00:30:35.909 --> 00:30:43.138  
Supporting mental health during code 19 and that's a big 1. so all of you just remember that. Don't forget about your own mental health.

267  
00:30:43.138 --> 00:30:47.999  
The mental health of your loved ones during this chat troubling time, it's okay to get help.

268  
00:30:47.999 --> 00:30:51.479  
So, in conclusion.

269  
00:30:52.679 --> 00:31:01.019  
That's the final thing on there, but in conclusion to the review, this kid, I want to emphasize that these materials are intended for informational purposes.

270  
00:31:01.019 --> 00:31:13.259  
They're credible resources, so, but I also want to add that we encourage you to consult your medical health provider for additional information related to your personal health care needs.

271  
00:31:13.463 --> 00:31:28.163  
And I just appreciate you, let me go over. I apologize about 6 minutes over, but I just appreciate the time being able to talk with you all about this. And I hope that what we're doing today is helpful for you, and I'm going to go ahead and turn it back over to Lisa.

272  
00:31:28.528 --> 00:31:38.608  
Want to stop sharing my screen. I'll give links to the.

273  
00:31:38.608 --> 00:31:48.148  
Where she is there we go. Thanks. Thanks, Mary. Thanks for sharing all that. Good information.

274

00:31:48.148 --> 00:32:00.084

And just a reminder that if you are receiving services through the division of DD or through 1 of the targeted case management entities, your support coordinator also has access to these materials and resources. And they can share them with.

275

00:32:00.084 --> 00:32:05.753

You don't ever hesitate to reach out to your support coordinator. They've got lots of information so.

276

00:32:06.179 --> 00:32:11.429

They're a resource for you and the 1 page resource that Lesley just highlighted is.

277

00:32:11.429 --> 00:32:14.429

On the divisions 19 web page.

278

00:32:14.429 --> 00:32:29.398

And it's under the individuals and families, accordion so it is out there, go out, explore it, check on the links and also, you know, feel free to share this with other families and individuals that, you know, because they can benefit from the information as well.

279

00:32:30.263 --> 00:32:40.493

And before we close today, I just want to invite everybody to reach out and get connected to the divisions communication efforts. We send out email notifications on a regular basis.

280

00:32:40.493 --> 00:32:45.624

We share information about services programs and other different items related to DD.

281

00:32:46.169 --> 00:32:53.669

The division also has a Facebook page, a YouTube channel, and also be sure to check out our new newsletter called in the loop.

282

00:32:53.669 --> 00:33:01.769

And this brings us to the end of our webinar today. Thank you all for joining us. We hope you find the information to be beneficial and helpful.

283

00:33:01.769 --> 00:33:14.939

And remember, as Kat mentioned at the beginning of the webinar, there's going to be a quick pop up poll question, or a survey question at the

end. So please be sure and answer that for us because it helps us to collect data on the webinars.

284

00:33:14.939 --> 00:33:20.880

Thank you all very much. Thanks for letting us go over and hanging in there with us.