SC GUIDE FOR

COMMUNITY

REINTEGRATION

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OVERVIEW As communities begin to reopen on a larger scale, people will have different levels of readiness to return to pre-pandemic activities. This guide is designed for Supports Coordinators (SCs) to use when supporting people, their families, staff, and other supporters. This guide is designed to facilitate conversations to identify supports and services the person, their family and staff may need to successfully reenter the community when and if they choose to, and are able.

PURPOSE AND DIRECTIONS This guide can be used to start conversations during regular monitoring or wellness check-ins. First, start with the 'Brief Assessment Questions' at the beginning of the guide to help determine which section(s) need to be addressed in greater detail. After going through the initial questions, move on to each section where the person may need support by clicking on the key area. Once in the area of need, use the detailed questions in those areas to guide discussion, consider the guidance, and access needed resources.

Please note these questions are meant as a guide and should be adapted to meet the person's communication needs and level of understanding.

This guide includes 6 key areas, each with ideas for support based on what the person shares:
- Return to Community Activities and Settings
- Physical Health
- Infection Control Measures
- Mental and Behavioral Health
- Changes in Routine
- Services and Supports

As these conversations happen, SCs should consider any changes needed in supports, services, risk mitigation strategies and plan outcomes as outlined in the person's ISP. SCs should use the Annotated ISP together with this tool focusing on health and safety focus areas. The SC should document any decisions made in the person's service notes.

PROVIDER CONSIDERATIONS It is critical for teams to consider what providers are able to do when helping people re-engage in the community. Providers may or may not be able to resume services at the same level as before the pandemic. For example, facility-based day CPS may be unable to serve the same number of people due to social distancing. Teams need to consider what additional or alternative services might need to be put in place. If the previous or current provider cannot provide the services, a plan for the needed services should be made.

BRIEF ASSESSMENT QUESTIONS

These brief questions will help you assess each of the 6 areas for the person. These questions will help identify areas where additional focus may be required at this time, allowing the team to focus on areas of need rather than having to complete the entire tool. Each time you meet with a person and their team, you can begin with these brief questions to determine what areas may be most important to discuss at that specific time. While you may not need to review each section every time you meet with the person, it's important to ask these brief questions each time as their situation and needs may change.

If the **answer is no to any of these questions**, you may want to **further explore that section with the person** to assess their needs. If the **answer is yes** to any of these questions, then **you may not need to review that section** in depth with the person at that visit. If it's determined you need to further explore a specific section with the person and their support team, you can use the links below to navigate directly to those sections. Please note, even if the answer is yes, you may want to further explore that section as it may lead to areas of strength for the person that can be leveraged to help where there are identified needs.

	YES	NO
Return to Community Activities and Settings: Is the person able to go into the community and do all of the activities they would like?	○	○
Physical Health: Is the person physically healthy with no unmet healthcare needs?	○	○
Infection Control Measures: Is the person able and willing to comply with infection control measures (masking, social distancing, etc.)?	○	○
Mental and Behavioral Health: Are all of the person's mental or behavioral health needs being met?	○	○
Changes in Routine: Has the person been able to return to or maintain a daily routine they want/like?	○	○
Services and Supports: Are the person's service and support needs fully met?	○	○

SECTION 1: Return to Community Activities and Settings

QUESTIONS TO CONSIDER

Are you able to go into the community and do all of the activities you want? If no, consider the following questions:
- What activities are you not able to participate in at this time?
- What is keeping you from participating in these activities (e.g., restrictions, staffing, transportation, anxiety/concerns)?

Do you want to do things in the community? If yes, consider the following questions:
- What things would you like to do in the community?
- What supports would you need to do those activities?
- Are these new activities or ones that you've done before?

Do you feel comfortable going out into the community? If no or unsure, consider the following questions:
- What worries or concerns do you have about doing things in the community?
- What can help you feel better or less worried about going out into the community?
- Have you developed any new skills, interests or strengths during the pandemic? If yes, explore the following questions:
  - Would you like to continue or expand those activities?
  - Do you need any additional supports to continue those activities?

DISCUSSION NOTES

SECTION 1: Return to Community Activities and Settings

GUIDANCE

If the person is demonstrating a desire to return to community settings and/or activities then:
- Plan for supporting the person in returning to those activities if they are available and in accordance with ODP guidelines (for example, transportation trip should limit the number of passengers)
- If it is an activity that cannot be done while complying with current precautions, identify and offer alternative activities that the person might enjoy instead

If the person is unsure or is expressing some anxiety about returning to community settings and/or activities then:
- Consider continuing to support the person remotely and engage the providers to help them identify solutions to the identified barriers.

If the person is unwilling to return to community settings and/or activities or is expressing significant anxiety about returning to community settings and/or activities then:
- Continue to support the person in their current environment and then reengage in conversations over time in an effort to build up to increasing their comfort levels.

RESOURCES
- **Back into the Community: Who to listen to and what to trust** | aidinpa.org/resource/back-in-community-covid/
- **Using Vision Boards to Find Community Supports** | paautism.org/resource/vision-boards-community-supports/
- **Finding Activities in Your Community** | asdnext.org/resource/activities-community-social-recreation/
- **Social Distancing Social Story** | paautism.org/resource/social-distancing-social-story/
- **Wearing a Mask Social Story** | paautism.org/resource/wearing-mask-social-story/
- **Safety While Completing Errands** | aidinpa.org/resource/safety-errands-covid-community/
- **Preparing to Go Into the Community** | aidinpa.org/resource/preparing-community-covid/
- **Updated Order of the Secretary of the Pennsylvania Department of Health Requiring Universal Face Coverings: Frequently Asked Questions** | health.pa.gov/topics/disease/coronavirus/Pages/Guidance/Universal-Masking-FAQ.aspx

SECTION 2: Physical Health

QUESTIONS TO CONSIDER

Do you feel well physically? If no, consider the following questions:
- Do you currently have any signs or symptoms of COVID-19?
- Do you have long lasting side effects or issues from having COVID-19 in the past?

Has your health changed during the pandemic? If yes, consider the following questions:
- Do you have new medical diagnoses or conditions?
- Have any conditions improved?
- Have you had any medication changes?
- Are you taking all prescribed medicine, if applicable?
- Do you have any unmet healthcare needs?

DISCUSSION NOTES

SECTION 2: Physical Health

GUIDANCE

If the person is doing well physically and has no unmet healthcare needs:
• Consider how to support the person returning to increased community activities, if they are available, while continuing to monitor and check in on current health status.

If the person is physically unwell or has unmet healthcare needs:
Put strategies in place to ensure that health issues are being addressed and followed up on by the appropriate medical experts and COVID-19 testing is considered;
• Consider continuing remote services as needed based on healthcare needs.

If the person has active, confirmed COVID-19 symptoms/illness, or awaiting results of COVID-19 screening, or has current signs/symptoms consistent with COVID-19, or has any high risk health conditions then:
• The person should seek medical attention and team transition discussions should be on hold until the health issues are resolved.
• Consider how telehealth options can support the individual.

RESOURCES
• **COVID-19 in Pennsylvania** |
  health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx
• **Physical Health Resource Collection** | paautism.org/resource/physical-health/
• **Telehealth ASERT Resource** | paautism.org/resource/telehealth-covid19/
• **Telehealth AID in PA Resource** | aidinpa.org/telehealth/
• **Monitoring Physical Health** | aidinpa.org/resource/monitoring-physical-health/

SECTION 3: Infection Control Measures

QUESTIONS TO CONSIDER

Do you wash your hands or use hand sanitizer often? If no, consider the following questions:
- Do you need support with washing your hands?

Are you able to practice social distancing when you are interacting with others? If no, consider the following questions:
- Do you understand why social distancing is important?
- Are there challenges in maintaining social distancing? If so, what are they?

Do you wear a mask when you go out into the community? If no, consider the following questions:
- Do you have access to a mask?
- Is it hard for you to wear a mask? If so, what makes wearing a mask hard?
- Do you have difficulty communicating while wearing a mask?

Will you agree to participate in screening precautions when engaging in community activities (temperature checks, etc.)? If no, consider the following questions:
- What barriers are there to following screening precautions?
- What supports do you need in order to follow screening precautions

Have you received the COVID-19 vaccine? If no, consider the following questions:
- Are you interested in getting the vaccine?
- Do you have questions about the vaccine?
- Do you need assistance with scheduling, transportation or other accommodations to get the vaccine?

SECTION 3: Infection Control Measures

DISCUSSION NOTES

SECTION 3: Infection Control Measures

GUIDANCE

If the person is able to independently or with supports practice good hand washing/hygiene, social distancing, wear a mask for the amount of time needed for a given activity, then:
• Support the person in returning to community activities, if they are available.

If the person inconsistently practices good hand washing/hygiene, social distancing, wearing a mask for the amount of time needed for a given activity, then:
• Support the person in improving their skills related to following the proper safety precautions to avoid contracting or spreading COVID-19.

If the person is not able or is unwilling to (with or without supports) practice good hand washing/hygiene, social distancing, wear a mask for the amount of time needed for a given activity, then:
• If there is a medical reason preventing the person from being able to wear a mask, continue providing supports the person is currently receiving until the requirement to wear masks is lifted
• Continue supporting the person in their current environment and then reengage in conversations over time and build up to increasing their ability and/or willingness to practice necessary safety precautions to avoid contracting or spreading COVID-19.
• Explore options for the person to engage in community activities that would be considered safe, even if they are unable or unwilling to follow basic infection control procedures.

SECTION 3: Infection Control Measures

RESOURCES

- **Order of the Secretary of the PA Department of Health Directing Public Health Safety Measures for Businesses Permitted to Maintain In-person Operations** | governor.pa.gov/wp-content/uploads/2020/04/20200415-SOH-worker-safety-order.pdf
- **Coronavirus (COVID-19) Health and Safety Guide** | paautism.org/resource/coronavirus-resources/
- **Coronavirus Social Story** | paautism.org/resource/coronavirus-social-story/
- **Hand Washing Tips and Tools** | aidinpa.org/resource/hand-washing-tips-covid/
- **Hand Washing Social Story** | paautism.org/resource/hand-washing-social-story/
- **How to Properly Wash Hands** | paautism.org/resource/hand-washing/
- **Getting Tested for COVID-19 Social Story** | paautism.org/resource/testing-covid-social-story/
- **Wearing a Mask Social Story** | paautism.org/resource/wearing-mask-social-story/
- **Updated Order of the Secretary of the Pennsylvania Department of Health Requiring Universal Face Coverings: Frequently Asked Questions** | health.pa.gov/topics/disease/coronavirus/Pages/Guidance/Universal-Masking-FAQ.aspx
- **CDC: Vaccines for COVID-19** | www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html
- **COVID-19 Vaccination Scams** | aidinpa.org/resource/covid-vaccination-scams/
- **COVID-19 Vaccine Information** | aidinpa.org/resource/covid-19-vaccine/
- **Getting the COVID-19 Vaccine Social Stories** | aidinpa.org/resource/covid-19-vaccine-social-stories/
- **I'm Vaccinated, Now What? Social Stories** | aidinpa.org/resource/fully-vaccinated-social-stories/

SECTION 4: Mental Health and Behavioral Health Needs

QUESTIONS TO CONSIDER

Have there been changes in your skills since the pandemic? If yes, consider the following questions:
- Have you acquired any new skills (like coping skills) to help you deal with the COVID-19 crisis?
- Have you lost any skills that you previously had?

Has your mental health or behavioral health changed since the pandemic? If yes, consider the following questions:
- Any new or worsening symptoms or improvement in symptoms?
- Do you have any concerns for your safety (self-harm or aggression)?
- Did you have access to behavioral support and/or mental health treatment (counseling/therapy) during the pandemic? If so, is it still being provided? Is the plan still effective/working?
- Do you need help accessing behavioral support and/or mental health treatment?

Have you experienced any of the following while at home: stress, isolation, death of a family member, caregiver, or friend, changes in your home due to COVID-19, other traumatic events. If yes, consider the following questions:
- Were behavioral support and/or mental health supports offered? If so, were they helpful?
- Do you need help accessing behavioral support and/or mental health treatment?

DISCUSSION NOTES

SECTION 4: Mental Health and Behavioral Health Needs

GUIDANCE

If the person is feeling safe and has the necessary supports and skills to deal with any current mental or behavioral concerns then:
- Support the person in returning to community activities, if they are available.

If the person is feeling unsafe and does not have enough support or skills to deal with any current mental or behavioral challenges then:
- Ensure that appropriate supports are in place or access to services is available and can help the person with their mental health/behavioral health needs.

If the person is experiencing a mental health crisis due to their recent experience then:
- Ensure that appropriate supports are in place or access to services is available and can help the person with their mental health/behavioral health needs.

RESOURCES

- **Department of Human Services: Mental Health in PA** | dhs.pa.gov/Services/Mental-Health-In-PA/Pages/default.aspx
- **ODP Announcement 20-035: Preventing and Responding to Behavioral Crises** | dhs.pa.gov/coronavirus/Pages/ODP-Preventing-Responding-Behavioral-Crises.aspx
- **Mindful about Meltdowns: A COVID-19 Resource for Parents** | paautism.org/resource/mindful-about-meltdowns/
- **Coping with Coronavirus** | paautism.org/resource/coping-covid/
- **Be Well, Think Well Resources: Mental Health Resources** | paautism.org/resource/be-well-mental-health/
- **Get S.A.F.E and be S.O.U.N.D** | paautism.org/resource/get-safe-and-be-sound/
- **How to Create a Coping Zone** | paautism.org/resource/how-to-create-a-coping-zone/
- **Stand Up Against Stressors** | paautism.org/resource/mental-health-stressors-coping/
- **Anxiety-What you need to know** | aidinpa.org/resource/anxiety-overview-covid/
- **Dealing with Negative Thoughts and Maintaining Control** | aidinpa.org/resource/negative-thoughts-control-covid/
- **Noticing Signs of Mental Health** | paautism.org/resource/mental-health-crisis-intervention/
- **Trauma and Coping** | paautism.org/resource/trauma-and-coping/
- **Maintaining Mental Health During a Pandemic** | aidinpa.org/resource/mental-health-pandemic/
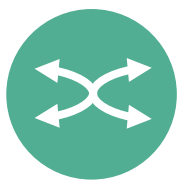
SECTION 5: Changes in Routine

QUESTIONS TO CONSIDER

What has your day looked like since the stay at home order has been in place? Consider the following questions:
- How are you spending your day?
- Have you started doing any new activities? If yes, would you like to continue these?
- Have you experienced any changes in your physical activity and are you staying physically active?
- Have you created new routines in your day that you would like to maintain?

How would you describe your sleep quality since the stay at home order has been in place? Consider the following questions:
- What is your sleep like every night?
- Have you had any changes in your sleeping patterns/schedule?

Have there been changes to your relationships over the past year? If yes, consider the following questions:
- Have you lost relationships important to you?
- Have you gained new relationships?
- Have you been able to maintain contact with people who are important to you? (family, friends, staff you have a strong relationship with)
- How are you maintaining contact? By phone? Video chat? Other?

DISCUSSION NOTES
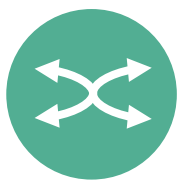
SECTION 5: Changes in Routine

GUIDANCE

If the person's current, daily routine aligns with the requirements of their activities (like employment) when they transition then:
- Support the person in maintaining their current routine.
- Consider any new activities that the person wants to continue to engage in and how they can be built into their routine.

If the person will need to adjust their current, daily routine to align with the requirements of their activities (like employment) when they transition then:
- Help the person identify what changes they would like to prioritize in their daily routine and how their team can support them.

If the person's current, daily routine does not align with the requirements of their activities (like employment) when they transition then:
- Assist the person in seeking additional services to address the negative impacts on their daily routine. Identify ways the team can support the person as they begin to transition back to their routine prior to the stay at home order.
- Engage the team to help the person develop a schedule to build a routine that helps establish structure for their day.

RESOURCES
- **Routines and Schedules During an Emergency** | aidinpa.org/resource/routines-schedules-emergency/
- **Visual Schedule Resources** | paautism.org/resource/visual-schedules/
- **Adjusting to New Situations** | paautism.org/resource/adjusting-new-situations-environment-anxiety/
- **Staying Connected While Socially Distancing** | aidinpa.org/resource/social-distance-connection-covid/
- **Being Flexible and Starting New Routines** | aidinpa.org/resource/video-being-flexible-and-starting-new-routines/

SECTION 6: Supports and Services

QUESTIONS TO CONSIDER

Have you been receiving services? If yes, consider the following questions:
- What services are you currently receiving?
- How have you been receiving supports during the stay at home order (in-person, telehealth, formal, informal)?
- Have you had the same staff during the stay at home order?
- How satisfied were you with those supports?

Do you have any unmet service or support needs? If yes, consider the following questions:
- What services or supports do you need?
- How do you want to receive supports moving forward (in-person, telehealth)?
- If you self-direct your services, is there staff (SSPs) available as the 40/60 rule is reinstituted?

Do you or your family supports have a job you will be returning to? If yes, consider the following questions:
- Will you need support in order to be able to return to work?
- Will you need support if family members return to work?

Do you have a desire to continue remote services long term? If yes, consider the following questions:
- Do you have the assistive technology you need to receive services remotely? (Smart phone, tablets, etc.)
- Do you have access to the necessary technology to be successful with remote supports?
- Do you have what you need to be able to communicate your wants and needs? (e.g. interpreter)

SECTION 6: Supports and Services

DISCUSSION NOTES

SECTION 6: Supports and Services

GUIDANCE

If the person does not want any changes to their current supports and services after the stay at home order is lifted then:
- Continue to provide the current supports and services as allowed under Appendix K, as long as health and safety of the person can be assured (for example, continue providing remote services).
- Assess whether the person has what they need to receive remote supports and/or telehealth (assistive technology) and if not, support them in getting what they need.
- Assess if the person has lost any skills since the stay at home order or gained new skills or competencies.

If the person needs some changes to their current supports and services after the stay at home order is lifted then:
- The team should discuss available options to provide needed supports to the person (for example, the individual is going back to work and needs support on the job) and adjust accordingly.
- Assess if the person has lost any skills since the stay at home order or gained new skills or competencies.

RESOURCES
- **Caring for Someone with COVID-19** | aidinpa.org/resource/caring-covid-home/
- **ODP Announcement 20-090: Clarification Regarding Hours of Intellectual Disability/Autism (ID/A) Waiver Services Provided by Relatives or Legal Guardians** | dhs.pa.gov/coronavirus/Pages/ODP-IDA-Waiver-Services-Provided-Relatives.aspx