



A Self-Advocate's Guide to COVID-19

Part 7: VT Developmental Services During the Coronavirus Outbreak

The Coronavirus or COVID-19 is changing our lives in many ways. It is changing the way people with developmental disabilities are getting services for a while. This booklet was created by Green Mountain Self-Advocates in partnership with Developmental Disabilities Services Division, State of Vermont. Our goal is to clearly communicate some of the basic guidelines about what must be happening when receiving Developmental Services during the Coronavirus outbreak.

The rules in your state may be different. Use this booklet as an example of how the government can work with self-advocates to use plain language when describing services.

VT Developmental Services During the Coronavirus Outbreak

Governor Scott said we must Stay-At-Home until at least May 15.

The order says you can only leave your house to:



- walk, exercise
- get groceries or medicine
- work if you are needed
- go to a doctor's appointment
- get take-out food

If you MUST go out in public:



- Wash your hands before and after.
- Stay 6 feet (2 meters) apart from other people.
- Wear a face mask that covers your nose and mouth when near people.

This change is only for a while. The Governor will tell us when the Stay-At-Home order is over.

What About My Services?



Remember you have rights.

Your team must ask your opinion when changing your services. You must be included. Your guardian (if you have one) must be included.



Some services may stop for a while. You must be told why. **Your agency must give you a plan in writing saying how they will help you.** Once the emergency is over, your case manager will help you get services again.

My Case Manager



- Your case manager must talk to you once a week. Let your case manager know if you want to talk more often.
- If you are having a difficult time, staff may come see you in person. They will be wearing a mask and gloves.
- If you need help from a staff person right away, call or email your case manager.

My Staff

- Remember there is an order to Stay-At-Home. You are staying home. Your staff are staying home. Staff may call you or use Facetime or video chat to spend time with you.
- It may be possible to meet with your staff to do things outside like go for a walk. You need to stay 6 feet (2 meters) away from each other.



What About My Job?



- You and your staff will keep in touch with your job.
- If you are working, you need to keep you safe. Your staff will make sure you know what to do. They will get you a mask and gloves to use when in public.

- If you are not working, staff will help you find out when you can go back to work. Staff will help you fill out the forms to get unemployment benefits.



Other Changes

If a staff person comes to your house they must wear a mask and gloves. Do not let them in if they are not wearing a mask and gloves. The agency will provide the masks and gloves.

Important things for you to do



- Let your case manager know if you are sick. If you live with someone, ask them to tell your agency if you are sick.
- If someone you live with is sick, they must tell you and your case manager. Your case manager will tell you what to do to not get sick.
- If someone you live with is tested for COVID-19, you must be told.



- Your case manager should talk to you about what will happen if you get sick. There must be a written plan. Your case manager should go over it with you. Get a copy of your plan.

- If you get sick or someone in your house gets sick you might have to go stay someplace else. You will be involved in that decision. Your guardian (if you have one) will be involved. If you have to stay someplace it should only be for a short period of time.



You need to tell someone:

If your staff or case manager are not following these new rules, tell someone. If you are not getting the services you need, tell someone.

You Can Call:



The State: 802-863-7240, press 4, and leave your name and number or email

AHS-DAILCOVIDInquiries@Vermont.Gov

Disability Law Project: 800-889-2047 You will need to leave your name and number. Someone will call you back.

Your Case Manager: It is important to let your agency know if you have concerns.