

# MY COVID-19 Safety PLAN

ROSEWOOD  
SERVICES



STAY Home  
STAY SAFE

Plain Talk for Pandemic Times

Life has changed a lot.





**Instead of going to school, work or out to events, everyone is asked to stay home and stay healthy.**

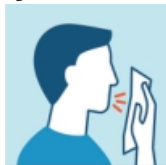
**Wash your hands for 20 seconds.**



**Don't touch your face.**



**Cough into a tissue or your elbow.**



**Don't share food or utensils.**



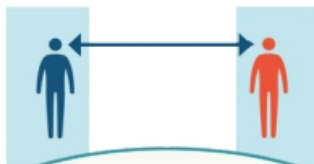
**Only go out for medical appointments, essential shopping, or outdoor exercise in your neighborhood.**

**Cover your nose and mouth**



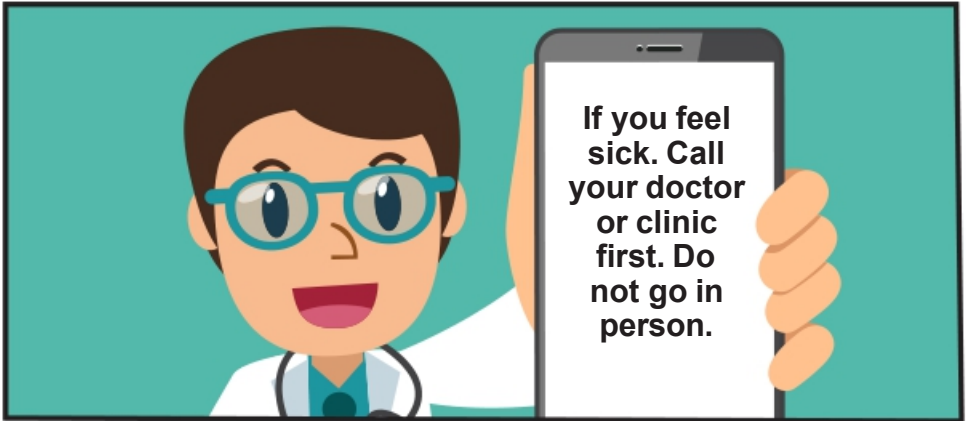
**If you have a high sensitivity to touch and textures, try a scarf or soft fabric to use as a homemade cover.**

**Keep a 6 foot distance.**



**6 feet is about the length of 2 shopping carts, or a little more than 2 arm lengths.**

# What if I get sick?



If your doctor thinks you might have COVID-19, they will order a test. The test is done with a long swab inside your nose. It can take days to get the results.



Before you get the results, you will need to isolate in your home. It's called "quarantine."



If your test comes back positive for the virus, you will have to quarantine for at least 2 weeks.





If you share a home with others, you will need to stay in your room to keep others from getting sick.

It's hard to stay separated from others, but there are things that can help make it easier.

Use technology to stay connected with friends, family and caregivers.

Put your favorite entertainment in your room (TV, video games, art, music, puzzles.)

Ask the people supporting you to shop for your favorite foods and drinks.

Set up a table or desk to eat and do activities.



Contact your Case Manager

If you need extra support, contact your Case Manager and let them know if you need extra hours or services.

# Resources for Staying Connected and Engaged.

Even if you are separated from others, you don't have to go through this alone.



## Well Checks

Health Care Coordinators will routinely check on You and Your health

## Daily Planned Activities

The Rosewood Activity Coordinator will provide you with many fun activities to join while at home

## ASSISTIVE TECHNOLOGY

FaceTime with Family and Friends

Free Art Lessons: [youtube.com/c/wildfreeandcrafty](https://youtube.com/c/wildfreeandcrafty)

Netflix Watch Party: [netflixparty.com](https://netflixparty.com)

Tiny Desk Concerts: [npr.org/series/tiny-desk-concerts](https://npr.org/series/tiny-desk-concerts)

Virtual Museum Tours:

[artsandculture.google.com/project/streetviews](https://artsandculture.google.com/project/streetviews)

YMCA at Home: [ymca.net](https://ymca.net)

[www.RosewoodServices.com](https://www.RosewoodServices.com)

# There are new restrictions, but YOU still have RIGHTS

During the COVID-19 outbreak, the Governor has put in place new rules in the hope to keep people healthy.

If you have questions about the new restrictions you can ask your staff, Case Manager, or your house manager.



Even with these limits, **YOU STILL HAVE RIGHTS!**

## Your Rights Include

*You have a right to get care just like everyone else.*

*You cannot be denied care just because you have a disability and may need extra help.*

*State Medicaid Programs must now pay for any help you need from attendants while you are in the hospital.*

*Hospital policies for visitors have changed to stop the spread of the virus. Hospitals may not allow visitors.*

*They can make an exception if you need help with advocating, communicating, understanding or self-care.*

*Your civil rights have not changed. This includes the right to be treated fairly in the hospital.*

*Treatment should not be denied because of your disability.*

# Act with CARE



Hand washing can be difficult for some people.

Do your best.

Remember to clean equipment like wheelchair rims and canes. Wash, then wipe!

Post-it notes or timers can help you remember.



Try to change how you do things to expose yourself to less germs.

Look at your routines.

See if there are things you can change to stay away from crowds. Stay home and stay safe.



Try to touch surfaces less often.

If you have to touch things to get around or communicate, wash your hands or use sanitizer.

You may need to try new ways to do things during this time.



Avoiding others may not always be possible.

You may need to have close contact with your caregivers.

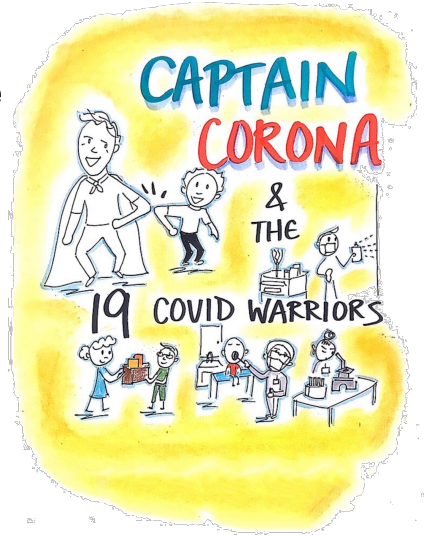
Talk to you caregiver about how you can both stay healthy. If you have masks and gloves, they may help.

You should feel comfortable advocating for yourself when you are sick.

The COVID-19 virus has made many people with disabilities scared.

You might worry you will get sick and not get treatment.

When you feel scared, talk with someone.



Important phone numbers  
You can call:



Your Case Manager, call (620) 793-5888

Rosewood On-Call, call (620) 617-1677

If you are in immediate danger, call 9-1-1.

# My Plan for Physical and Emotional Health

**Ways I can stay physically healthy:**

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**To stay healthy, I need support to:**

- ☐ Keep my hands clean
- ☐ Wash surfaces in my home
- ☐ Make a face covering or mask
- ☐ Learn how to stay a safe distance from others
- ☐ Other \_\_\_\_\_

**Ways I can care for my emotional and mental health:**

- ☐ Talk to friends or family
- ☐ Talk to a mental health counselor
- ☐ Exercise
- ☐ Stretches/yoga/breathing
- ☐ Listen to relaxing music
- ☐ Video journaling
- ☐ Other \_\_\_\_\_

**To cope with these changes in my life I need support to:**

- ☐ Express my feelings
- ☐ Communicate my choices
- ☐ Create a routine that works for me
- ☐ Shop for my favorite foods and drinks
- ☐ Other \_\_\_\_\_

# My Plan for Physical and Emotional Health

**My favorite foods and drinks:**

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**People I want to stay connected to:**

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**How I will connect with them (phone, text, FaceTime, Facebook, Zoom, Skype):**

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**To stay connected, I need support to:**

☐

**Make a call**

☐

**Connect to the internet**

☐

**Find my friends and family online**

☐

**Set up an online meeting and invite others**

☐

**Find new activities**

☐

**Learn how to communicate with a telecommunication device or app**

☐

**Other** \_\_\_\_\_



# My Plan for Being Safe

## WHO WILL I TALK TO IF I DO NOT FEEL SAFE?

☐

Someone I trust.

Their name is: \_\_\_\_\_

☐

My Case Manager.

Their number is: \_\_\_\_\_

☐

On-Call.

Their number is: \_\_\_\_\_

## HOW WILL I CONTACT THEM?

☐

In person.

☐

Phone. Their number is \_\_\_\_\_

☐

Online or by email, address is \_\_\_\_\_

## WHAT AM I GOING TO SAY?

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# FACE-MASKS for your safety

**When going out into the public for grocery shopping or doctor appointments, you may be required to wear a face-mask.**



## **How do you feel about wearing a face-mask?**

Some people have different experiences and needs, so although some can't tolerate a mask, others are just fine with it.

### **Try a Face-mask on. How does it make you feel?**

- ☐ **Anxiety:** A mask doesn't block breathing, but it does change the feeling of one's airflow. For some people, this can feel like suffocation or choking.
- ☐ **Sensory:** Some people can't bear the feeling of mask elastics pulling on their ears or on their face, and will try and pull it off.
- ☐ **Visibility:** If you wear glasses, masks may fog them up. There are fixes, such as tucking a tissue between the mask and the bridge of your nose or changing your breathing pattern.
- ☐ **Smell:** Some people are extra sensitive to smell. Wearing a mask may amplify an unpleasant smell.
- ☐ **Epilepsy:** Some people have seizure disorders. Not being able to see an epileptic person's face can be a safety risk if they have distinctive pre-seizure facial expressions.

## **How do you feel about wearing a face-mask?**

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# My Plan for Being Safe

## OTHER INFORMATION?

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## WHAT DO I WANT TO HAPPEN?

- ☐ To be safe
- ☐ To learn more about how to be safe
- ☐ Have someone check on me \_\_\_\_\_ times a day/week/  
month.
- ☐ Get someone new to support me
- ☐ Get more support
- ☐ Talk to an advocate
- ☐ Quarantine with staff
- ☐ Other: \_\_\_\_\_

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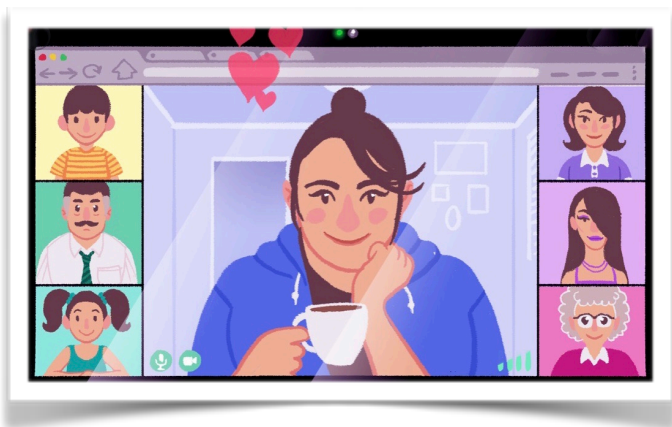
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# My Safety Action PLAN

## Action Plan to keep me Safe

What do I need to happen to be safe?	Who will help me?	When will you help me?	Outcome

This Safety Plan Belongs To:



# The End



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