COVID-19 Alternative Day Programs Webinar
April 16, 2020
Gabrielle Szarek

Topic: Inspiring, Engaging and Motivating Virtually

Director of Transition Services - St. Louis Arc, Missouri
Email: gszarek@slarc.org
Inspiring, Engaging and Motivating Virtually

Gabrielle Szarek
Director of Transition Services
St. Louis Arc
The Mission of the St. Louis Arc is to empower people with intellectual and developmental disabilities and their families to lead better lives by providing a lifetime of high-quality services, family support and advocacy. We are also guided by our core beliefs of Respect, Collaboration, and Empowerment.

Gabrielle Szarek is the Director of Transition Services for the St. Louis Arc and oversees programs for teens and young adults to successfully transition from high school into adulthood.
We’re All In This Together

- Check-In Meetings
  - Increase staff meetings
  - Directors/Exec Team – frequent update meetings

- Sharing Ideas/Resources
  - Emails, SharePoint
  - Weekly collaboration meeting
  - Shadowing other departments’ virtual supports
Transition Services - Initiatives

- Launch
- Bounce Forward Events
- Family Workshops
- Launch Family Support Group
- Link Sessions for University of Missouri – St. Louis’ Succeed Program
Launch

• Teens/Young Adults – 16 to 25 years old
• Goals of getting a job in the community, living on their own, pursuing post secondary education, and/or meeting new people
• Newer Program – Started June 2019
• Private Pay

• Individual Coaching Sessions
• Group Classes
• Daily Boost!
Launch Goes Virtual

• Quick Turnaround
• Utilize Zoom for both individual and group sessions

• Priorities
  • Keep the goals for each individual a priority
  • Keep individuals and families happy
  • Don’t lose sight of our vision for Launch
  • Strong communication (individuals, families, staff)
  • Gain feedback throughout entire experience
  • Keep everyone engaged, motivated and positive
Virtual Features

• Transforming Hands-on activities into a virtual experience
• Extra training with Transition Advisors
• Implementing Daily Boost!
  • Scavenger Hunts
  • Family Feud
  • Escape Room
  • Gratitude & Positive Thinking
What do I need to find? – Round 2

- A food you can cook in the microwave – 10 points
- Something an artist would use – 30 points
- An item you would use to cook with – 10 points
- Something you would use in the bathroom – 10 points
- An item used to do laundry – 20 points
- A piece of mail – 30 points
- Something small – 20 points
- Something festive – 20 points
- Something green – 20 points
- Something pink – 20 points
- An item you use outside – 40 points
- A picture – 30 points
- A type of soap – 10 points
Bounce Forward

Bounce Forward events provide an opportunity for individuals (16 -25) to network with other young adults looking to find a friend, a roommate, an apartment, or to just start thinking about the future. Young adults and their families are both encouraged to attend.
Bounce Forward – Virtual Events

- What to do at home?
- Scavenger Hunt
- Trivia Night
- “Exploring Careers” Panel Discussion
- Resource sharing via Facebook group
Be Positive!
- Keep a routine
- Make a plan for the day
- What inspires you?

Connect with Family/Friends
- Ways to connect
- Dedicate time
- Set up weekly get-togethers
- Get Creative!

Learn Something New
- Virtual Tours
- E-Library
- Home projects
- Cooking Classes
- Learn a new language
- Discover your art!

Community Classes on Facebook

Virtual Tours
Thank you!

Gabrielle Szarek
Director of Transition Services - St. Louis Arc
314-814-2255
gszarek@slarc.org
Guidance for the Whole Family

We understand this can be a challenging transition for family members and are available to offer guidance through this process. Next partners with the Arc’s Family Support team to identify tools, strategies, and resources to help families wherever they are in the transition process.

Utilizing workshops and support groups family members learn from their children, other families, and experts in the field. The hope for family members in this transition stage is to learn how to move from the caregiver role to the advisor role.

To learn more about Next or to register for upcoming programs, contact us today at 314-810-1150 or info@nextstl.org.

www.nextstl.org

St. Louis Arc
1177 N. Warson Road
St. Louis, MO 63132
314-569-2211
www.slarc.org

NEXT
Motivate • Navigate • Celebrate

Providing focused, impactful supports for individuals with autism or learning differences

St. Louis Arc
RESPECT • COLLABORATION • EMPOWERMENT

The Mission of the St. Louis Arc is to empower people with intellectual and developmental disabilities and their families to lead better lives by providing a lifetime of high-quality services, family support, and advocacy.

Proud member of
United Way
United Way of Greater St. Louis

PLB: Productive Living Board
Empowering Across a Lifetime

CQL: The Council on Quality and Leadership
What's Next?

Next provides focused, impactful supports for individuals with autism or learning differences. The Next division of the St. Louis Arc helps individuals navigate what is next in various aspects of their lives.

Motivate • Navigate • Celebrate

Many individuals with autism or learning differences don’t need the intensive support that most Arc programs offer. Next provides programs and support that help individuals find their motivation to navigate the future and accomplish their goals.

The support offered in Next is limited to what is needed by the individual. From an extra nudge in the right direction to classes that teach living skills, we’ll help you identify what’s Next.

Next includes several programs to assist individuals in reaching their goals.

Launch

Launch is designed for teens and young adults, age 16-25, who are interested in taking the next step toward their future. This program offers a combination of one-on-one coaching sessions and group classes to identify and work toward an individual’s goals.

Through Launch, individuals will enhance their interpersonal and self-management skills in order to achieve goals in the areas of relationship development, education, employment, and independent living.

Connect

Connect guides adults, ages 25 and up, as they maximize their independence and plan for the future. For individuals interested in moving out on their own in the near future, or who already live on their own, the program can provide support. A variety of community and one-on-one supports are offered, including apartment searching, finding a roommate, and budgeting. Additionally, opportunities are provided to connect with and build meaningful relationships in the community.

Social Opportunities

Meet new people, stay active, and have fun with a variety of social activities. Next offers events and programs that provide opportunities for individuals to network with peers. From social gatherings to workshops individuals can build on their social skills while making connections within their community.
Amber Nelson

Topic: Virtual Education during COVID-19

Director of Art and Education
The Arc of the Capital Area, Texas

Email: anelson@arcofthecapitalarea.org
Virtual Education during COVID-19
The Arc of the Capital Area
Austin, TX
The Arc of the Capital Area Services

- Mixed service delivery on campus and in the community across 17 counties
- Serving over 1,000 individuals each year

Services:
- Education
- Employment Services
- Independent Living
- Educational Advocacy & Transition Services
- Dog Therapy
Pre-COVID 19 Arts & Education Program

Daily Operations:
• Monday through Friday from 9am - 2pm
• 35-40 students attend per day
• 4 staff and 10 volunteers a day
• Onsite dog therapy
• Providing services in our campus & community

Courses:
• Visual arts
• Digital media arts
• Social media, technology & online sales
• Performing arts
• Health & wellness
• Urban gardening
• Job preparation
Pre-COVID 19 Arts & Education Program

Campus includes:
• Computer lab
• Tablets
• Recording studio

• Art studio & gallery
• Kitchen
• Community Garden

Partnerships:
• Facebook
• Dell
• Coleman Institute
• University of Texas
• St. David’s Foundation
• Sunshine Gardens
• Central Texas Food Bank
• Divine Canines
COVID-19 Pandemic

On March 13\textsuperscript{th} 2020 our campus closed by March 23\textsuperscript{rd} we were providing all services remotely.
Virtual Education Programs

- Traditional Day Education Program
- Job Preparation Courses
- Personal Career Qualities
During COVID-19 Arts & Education

- Available Monday through Friday from 9:00 am to 2:00 pm from home.
- Log into our online classroom and receive 30 minute sessions throughout the day along with independent study.
- Classes in Visual & Expressive Arts Education, Active Recreation and Dog Therapy.
- Register for one day a week, all five days, or the weekly schedule that meets your needs.
During COVID-19 Employment Courses

**Job Preparation Course**
Includes 30 minute live group class, independent work, and one-on-one sessions with an Employment Specialist.

Includes:
- Planning Career Goals
- Resume Building
- Job Search
- Interviewing for a Job

**Personal Career Qualities Course**
Includes 30 minute virtual group class a week, independent work, and participation in Social Group weekly to practice learned social skills.

Includes:
- Problem Solving
- Work Place Literacy
- Expectations on the job
- Weekly Social Group
Technology & Platforms

To participate students need to have access to cell phone, tablet or computer and the internet and a camera.

We have provided laptops and hotspots through partnerships to students who didn’t have access to technology.

To facilitate the online classroom we are utilizing:
• G Suits for Nonprofits
  • Google Classroom
  • Google Meet
  • Google Jamboard

We have open enrollment for anyone experiencing I/DD in the United States.
Impact # for Arts & Education

Number of people served
a) Prior to COVID-19 we served 40 people each day
b) Since COVID-19 we are currently serving 20 people each day, enrollment is open

Staff
a) Prior to COVID-19 we employed 5 FTE in this program
b) Since COVID-19 we are employing 5 FTE in this program

Volunteers
a) Prior to COVID-19 10 volunteers were involved in this program each day
b) Since COVID-19 currently 3 volunteer is involved in this program each day

Interactions with family/guardians
a) Prior to COVID-19 our interactions were sometimes
b) Since COVID-19 our interactions are often
For Chapters

**Challenges**
- Lack of funding
- Getting clients access to technology
- Teaching clients & care providers how to use the technology over the phone
- Ensuring curriculum that is engaging and user friendly in an online format

**Positives**
- Able to provide technology supports through existing partnership
- Existing clients had learned components of the technology prior at our campus
- Our team has experience in online delivery models and our existing curriculum translated well
- G Suite is free

**Take Aways**
- If you would like to create your own program we are happy to help
- If you would like to utilize our program enrollment is open
Revenue & Expenses

Revenue Loss:
• We are not a Direct Service Agency (DSA) but have historically provided day habilitation under the HCBS waiver as a subcontractor to DSA’s
• Currently we have no program revenue because Texas Medicaid waivers will not reimburse for virtual day habilitation.
• We are currently seeking funding to provide programming at no cost
• Currently offering a private pay option @ $25 per day

Expense Remain:
• Staff salaries
• Mortgage & utilities
• Program supply costs have been replaced with technology costs
Hope & Happiness

An Excerpt from a grateful parent highlights the paramount impact our shift in service delivery has achieved.

“[For my daughter] with Asperger Syndrome... CHANGE is the enemy ... [this is a daily] challenge for my daughter and thus for her family, friends, and resource providers. Then COVID-19 entered the picture. My daughter felt as if her whole world had ended. ... A miracle happened when The Arc [distributed] computers. This allows my daughter to participate as if she were still in class with her friends and teachers. ... This has shed light in darkness and brought hope to a family previously struggling alone to keep the sparks of education and imagination alive and well.”
For questions contact:
Amber Nelson
Director of Art and Education
The Arc of the Capital Area
Anelson@arcaustin.org
The Arc of the Capital Area’s Personal Career Qualities course provides adults with intellectual or developmental disabilities the skills and tools to excel in integrated employment. This course is designed to engage and enhance your soft skills to help you stand out as a candidate and employee.

Through this ongoing course you will participate in an online course that covers Problem Solving, Self-Determination, Expectations on the Job and Workplace Literacy. This course involves one 30 minute virtual group class a week, independent work, and participation in Social Group weekly to practice learned social skills.

Course Includes:
- 30 minute virtual class sessions, 30 minute social group session to practice learned social skills & independent study lessons a week.
- Problem Solving
- Self-Determination
- Expectations on the Job
- Workplace Literacy
- Weekly Social Group

Course Cost: $125 monthly

What it involves:
- Evidence-based Universal Design Learning
- Live Virtual classroom
- Independent study sessions
- Practical application through Social Group

To register for classes click here or visit us at www.arcaustin.org/virtual

Email: anelson@arcaustin.org Phone: (737) 900-3918
The Arc of the Capital Area’s Job Preparation Courses provide adults with intellectual or developmental disabilities the skills and motivation to pursue integrated employment. Courses will help you plan for your career, develop your resume, and prepare for interviews.

Each course involves a 30 minute live group class, independent work, and one-on-one sessions with an Employment Specialist.

Courses Offered:

Planning Career Goals
2 week course and 2 individualized sessions
Course Cost: $80

Resume Building
2 week course and 2 individualized sessions
Course Cost: $80

Job Searching & Interviewing for a Job
2 week course and 3 individualized sessions
Course Cost: $160

What it involves:

• Evidence-based Universal Design Learning • Live Virtual classroom
• Independent study sessions • Individualized 1-on-1 sessions

To register for classes click here or visit us at www.arcaustin.org/virtual

Email: anelson@arcaustin.org
Phone: (737) 900-3918
Virtual Day Education Program

The Virtual Day Education Program is available Monday through Friday from 9:00 am to 2:00 pm. Throughout the day you will participate in Arts Education, Expressive Arts Education and Active Recreation. Register for one day a week, all five days, or the weekly schedule that meets your needs. Engage in an immersive experience where you take part in three 30 minute sessions throughout the day and independent lessons through an online classroom. Open enrollment for new students April 6, 2020. Students can enroll anytime throughout the month.

ARTS EDUCATION:
Students will receive daily lessons on art history and techniques used throughout the arts community. Through a well-rounded curriculum our students learn artistic techniques while engaging with their peers virtually. They will create, discuss and critique artwork as a community.

To register for classes click here or visit us at www.arcaustin.org/virtual
Email: anelson@arcaustin.org Phone: (737) 900-3918

www.arcaustin.org/virtual | 4902 Grover Avenue Austin, TX 78756 | 512.476.7044
Joshua Weidenhamer


Director of Day Habilitation
Minute Man Arc, Massachusetts

Email: jweidenhamer@minutemanarc.org
Providing Remote Services that keep people Active and Engaged

Director of Day Habilitation, Minute Man Arc, MA
(jweidenhamer@minutemanarc.org)
TRANSITION

- Decision to suspend all day services morning of Friday the 13th
- Safety of our most vulnerable members and employees
- Lack of census and fears amongst members and their families
- Purging of any relief staff
- Full deployment of all DAY HAB and ES/CBDS staff members into isolated residential settings
- Senior Emergency Response Team Meetings daily at 8am
- Weekly meetings with families every Friday at Noon
- Weekly staff meetings with all roles and levels invited
- Provide a consistent relationship with our members, Sing and Share created, two daily sessions 3/17
- Health Care Supervisor began making TELE-HEALTH calls to members 3/17
SING AND SHARE TIME WITH JOSHUA

- 2x daily for approximately 70min (10am & 3:30pm)
- Login early, stay after for assistance with orientation
- Themed Songs using requests from participants and families
- Themed contained various backgrounds
- All community members invited, many participated
- Allowed opportunities to experiment with delivering services and meeting the developmental needs of people in the day setting (sensorimotor, pragmatic social skills, expressive/affective development)
- April 13th, this was only offered once daily
- Program now developing, adding various staff members

*It is now becoming like a virtual coffeehouse radio hour*
DAY HABILITATION VIRTUAL CLASSROOMS

• 4.5 hours of virtual service April 6th
• 9am-4:30pm, 90 minute break for lunch
• Lead by service manager, guidance from Program Director
• Employing two developmental specialists (technology access, expressive personalities)
• Occupational Therapy Assistant directs daily movement exercises
• Deployment of various materials for craft and science projects to group home - allows for active participation
# Day Hab Schedule Week 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Daily Activities</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>Morning Meeting; Music, stretching, &amp; Socializing</td>
<td>Morning Meeting</td>
<td>Morning Meeting</td>
<td>Morning Meeting</td>
<td>Morning Meeting</td>
<td>Morning Meeting</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Communication</td>
<td>ASL Alphabet</td>
<td>ASL Numbers</td>
<td>ASL Foods</td>
<td>ASL Animals &amp; Colors</td>
<td>ASL Feelings &amp; Emotions</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Word Games</td>
<td>Hang Man</td>
<td>Word out of a Word</td>
<td>Crossword Puzzle</td>
<td>Word Find Puzzles</td>
<td>Knock Knock Jokes &amp; Silly Poems</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>Question &amp; Answer Games</td>
<td>Music Trivia</td>
<td>Fill in The Blank</td>
<td>Three things what do they have in common?</td>
<td>Rhyme Time</td>
<td>Pictionary</td>
</tr>
<tr>
<td>11:30 - 1:00</td>
<td>Break for lunch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Learning about the world</td>
<td>Holland</td>
<td>Japan</td>
<td>Africa</td>
<td>Australia</td>
<td>Spain</td>
</tr>
<tr>
<td>1:30 PM</td>
<td>Science</td>
<td>Birds Migrating</td>
<td>Solar System</td>
<td>Hummingbirds</td>
<td>Gardening</td>
<td>Museum Tour</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Hands on</td>
<td>Bird Drawing</td>
<td>Landscape Scene</td>
<td>Drawing Spring Flowers</td>
<td>Cereal feeders for birds</td>
<td>Animal Drawing</td>
</tr>
<tr>
<td>2:30 PM</td>
<td>Afternoon Stretch</td>
<td>Afternoon Stretch</td>
<td>Afternoon Stretch</td>
<td>Afternoon Stretch</td>
<td>Afternoon Stretch</td>
<td>Afternoon Stretch</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Craft with Dawn</td>
<td>Craft with Dawn</td>
<td>Craft with Dawn</td>
<td>Craft with Dawn</td>
<td>Craft with Dawn</td>
<td>Craft with Dawn</td>
</tr>
<tr>
<td>3:30 PM</td>
<td>Josh Sing Along 203 858 137 Pw 064223</td>
<td>Josh Sing Along 203 858 137 Pw 064223</td>
<td>Josh Sing Along 203 858 137 Pw 064223</td>
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</tr>
</tbody>
</table>

Day Hab Activities Week of April 13 - April 17

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30 AM</td>
<td>Shake awake</td>
<td>Shake awake</td>
<td>Shake awake</td>
<td>Shake awake</td>
<td>Shake awake</td>
<td>Shake awake</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Daily Calendar</td>
<td>Daily Calendar</td>
<td>Daily Calendar</td>
<td>Daily Calendar</td>
<td>Daily Calendar</td>
<td>Daily Calendar</td>
</tr>
<tr>
<td>10:15</td>
<td>Bright &amp; Early</td>
<td>Bright &amp; Early</td>
<td>Bright &amp; Early</td>
<td>Bright &amp; Early</td>
<td>Bright &amp; Early</td>
<td>Bright &amp; Early</td>
</tr>
<tr>
<td>11:15 - 1:00</td>
<td>Lunch Break</td>
<td>Lunch Break</td>
<td>Lunch Break</td>
<td>Lunch Break</td>
<td>Lunch Break</td>
<td>Lunch Break</td>
</tr>
<tr>
<td>1:00</td>
<td>Afternoon Walk</td>
<td>Afternoon Walk</td>
<td>Afternoon Walk</td>
<td>Afternoon Walk</td>
<td>Afternoon Walk</td>
<td>Afternoon Walk</td>
</tr>
<tr>
<td>1:15</td>
<td>Word Games</td>
<td>Hang man</td>
<td>Seed Planting</td>
<td>Baking a spice cake</td>
<td>Going To the beach</td>
<td></td>
</tr>
<tr>
<td>2:45</td>
<td>Titleia</td>
<td>Safety Signs</td>
<td>Pellation Video</td>
<td>Threewayback</td>
<td>Gilligan's Island</td>
<td>Video of Stanislaus</td>
</tr>
<tr>
<td>2:15</td>
<td>Story Time</td>
<td>Story Time</td>
<td>The Little Seed Story</td>
<td>TV show Trivia</td>
<td>Sea, Salt &amp; Air Story</td>
<td></td>
</tr>
<tr>
<td>3:00</td>
<td>Nature Group</td>
<td>White board words games</td>
<td>Generation Video</td>
<td>Story Time</td>
<td>White Board Beach Games</td>
<td></td>
</tr>
<tr>
<td>3:00</td>
<td>Piano</td>
<td>Knock Knock</td>
<td>Jobs</td>
<td>Safety Sing</td>
<td>Josh Sing Along</td>
<td>Josh Sing Along</td>
</tr>
<tr>
<td>3:30</td>
<td>Josh Sing Along 203 858 137 Pw 064223</td>
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All Activities Subject To Change
Deployment of Day Habilitation staff into the residential settings an added bonus

Many served are observed not engaged in regular physical activities; regression already occurring in terms of strength, preventative health maintenance (skin ulcers, stiffness, spasticity)

Staff deployed for 30 hours in programs now working additional hour each day to provide more intensive Day Hab services (repositioning, standing devices, crawling and other OT/PT based exercises)

This has allowed us to keep staff employed up to 35 hours and bill for more services provided
ES/CBDS Virtual Classrooms

• April 6th program initiates
• Staff members work remotely
• Activities mimic those similar to regular programming
• One hour block of programming: alternative choice offered
• Daily Rock Jam using persons served with interest and access to instruments at home
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<th>Time</th>
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<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15 AM</td>
<td><strong>Employment Check-in with Barbara</strong> 450-463-9209</td>
<td><strong>Zones</strong> How big is my problem? 450-463-9209</td>
<td><strong>Wake up with Chris and Rob</strong> 450-463-9209</td>
<td><strong>Cooking</strong> 450-463-9209</td>
<td><strong>Virtual Outing The Beach</strong> 450-463-9209</td>
</tr>
<tr>
<td>10:30 AM</td>
<td><strong>Work Skills</strong> Work Safety 518-604-737</td>
<td><strong>Conflict Resolution in Social Media</strong> 518-604-737</td>
<td><strong>Work Skills Communication</strong> 518-604-737</td>
<td><strong>Cooking</strong> 518-604-737</td>
<td><strong>Virtual Outing vision in Mind</strong> 518-604-757</td>
</tr>
<tr>
<td>11:30 AM</td>
<td><strong>Aerobics with Kim</strong> 247-804-0782</td>
<td><strong>Aerobics with Kim</strong> 247-804-0782</td>
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<td><strong>Aerobics with Kim</strong> 247-804-0782</td>
</tr>
<tr>
<td>12:30 PM</td>
<td><strong>CIRCLES Bingo</strong> 783-046-406</td>
<td><strong>Arts &amp; Crafts</strong> 783-046-406</td>
<td><strong>Positive Thoughts What’s good about ME</strong> 783-046-406</td>
<td><strong>Social group for all Meet my Dog</strong> 783-046-406</td>
<td><strong>Dance Party With Deb &amp; Anthony</strong> 783-046-406</td>
</tr>
<tr>
<td>2:30 PM</td>
<td><strong>Exercise &amp; Stretch</strong> 483-167-657</td>
<td><strong>Men’s Group with Chris</strong> 483-167-657</td>
<td><strong>Independent Employment with Rob</strong> 483-167-657</td>
<td><strong>Yoga</strong> 483-167-657</td>
<td><strong>Music with Tim Rock Jam</strong> 483-167-657</td>
</tr>
<tr>
<td>3:30 PM</td>
<td><strong>Sing along with Josh</strong> Meeting ID: 201 858 137 Password: 064223</td>
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OTHER EFFORTS MADE

• Collaboration with local church to obtain technological devices for those not able to access these devices personally
• Collaboration includes a Sunday Fellowship via ZOOM and a community bingo game
• Grant written to DDS after identifying a need for devices.
• Each group home has several common smart devices such as iPads, Kindle Fires, ECHOs, and Smart TVs which allow us to access larger groups and provides visual support
CHALLENGES

• The change of pace, sitting all day versus standing
• Becoming overstimulated by devices
• Getting access to individuals who have no technology and their families
• Not all individuals served are able to participate actively without hands on support
• Disinterest of certain families or other community residential providers, including an unwillingness to collaborate.
SUCCESES

• Sing along time
• Reading aloud
• Trivia games--Hang Man--Jokes and Riddles
• Pragmatic Turn taking using technology (raise your hand, mute your mic)
• Hand washing and other hygiene skills
• Meditation Exercises
• Yoga/Jazzercise/Simple standing and sitting exercises
• Sign Language Groups
• Virtual Classrooms
• Cooking Demonstrations
• Sensory Exploration (using a camera in the community to explore and discuss nature)
• You Tube Videos
People are much more expressive and communicate then in social settings
Certain types of goals are being more consistently met
More efficient service delivery (not as many interruptions)
Absentees may now receive tele-services on going. This will close the gap on lack of revenue from absenteeism and keep the absent participant out of an isolative state
Moving forward all Day Habilitation Service plans will contain support strategies for delivering services using tele-services
More oversight into the well-being of those we serve when they are out of care
Developing deeper relationships with families and vice versa
TIPS SO FAR

• Take screen breaks every 25-30 minutes.
• Play some music with visual cues for washing hands, using the bathroom, stretching, hydrating, etc.
• Find a healthy balance for your staff. This is new for them and they are used to being hands on with persons served. Most of these people find desk work out of their comfort zone.
• Consider augmenting your program hours and building them up slowly over time.
• Engage your funding sources, communities, media, families and other stakeholders in what you are doing.
• So much is possible!
CLIP FROM SING AND SHARE

You are my Sunshine
The Arc of Delaware promotes and protects the human rights of people with intellectual and developmental disabilities, and actively supports full inclusion and participation in the community through advocacy and services to individuals and their families.

Achieve with us.

Stay informed!
Join!
Volunteer!
Donate!

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WHAT WE DO

ADVOCACY

Promoting and protecting the civil rights of the estimated 27,000 Delawareans with intellectual and developmental disabilities (I/DD) is what drives The Arc of Delaware. By providing a voice at the state and local legislative levels, we champion the policies, services and funding needed to secure civil rights in housing, employment, health care, education, criminal justice, accessibility and more. We work closely with community leaders and influencers, the media and other agencies to foster respect, raise awareness and remove attitudinal barriers to full community inclusion and acceptance of all people with I/DD.

SUPPORTS & SERVICES

The Arc of Delaware provides an array of helpful services in areas of housing, employment, community outreach and recreation. We also encourage and provide supports for self-advocacy.

Housing program: In partnership with the Delaware Division of Developmental Disabilities Services (DDDS), The Arc of Delaware Housing program supports safe, accessible and affordable group homes in neighborhood communities. To date, we have built or acquired over 80 properties throughout the state, providing DDDS with residential capacity for more than 320 individuals with intellectual and developmental disabilities (I/DD). In addition to comprehensive property management, our 24-hour maintenance team provides emergency services as needed to keep these residences safe and comfortable for the residents and attractive for their neighborhoods. Our group home monitoring program uses volunteers to visit and evaluate both the interior conditions and curb appeal of all properties owned by The Arc on a regular basis.

Employment program: The Arc of Delaware is committed to reducing the high unemployment of adults with intellectual and developmental disabilities (I/DD). Through our Employment program, we work closely with the Delaware Division of Vocational Rehabilitation and the Delaware Division of Developmental Disabilities Services to identify jobs in the community best suited to individuals. Based on skills, ability levels, and choice, these jobs may be full-time or part-time, permanent or temporary. In all cases, we provide the supports needed for individuals to succeed, such as job coaching, goal setting and soft skills improvement. We also help identify and pursue options in the community, such as internships or volunteer positions, for individuals who need help building the skills that lead to employment.

Outreach program: Some people with intellectual and developmental disabilities (I/DD) wish to live successfully in the community but lack sufficient skills or resources for complete independence. For example, they may need help navigating systems and filling out paperwork to receive public services. The Arc of Delaware Outreach program supports people with I/DD and their families in the community through information and referrals, learning opportunities and individual advocacy as needed for specific concerns. Our Necessity of Life mini-grants help people with I/DD cope by providing funding for essentials they cannot afford such as clothing, eye glasses or dental care. As part of the Outreach program, The Arc of Delaware provides recreation opportunities in the community for people with intellectual and developmental disabilities (I/DD) to socialize and have fun. Among other activities, our monthly dances are very popular and always draw a crowd. Recreational activities are important for developing social and communication skills, which can improve a person’s ability to live and work in the community, and contribute to a successful and fulfilled life.

Self-Advocacy program: Through self-advocacy, individuals with intellectual and developmental disabilities (I/DD) explore leadership, self-expression, self-determination, and socialization. The Arc of Delaware supports self-advocacy for individuals to learn about issues of concern, set goals, and collaborate on ways to improve their quality of life.