



SUPPORTING YOUR STAFF



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Purpose of this Webinar:

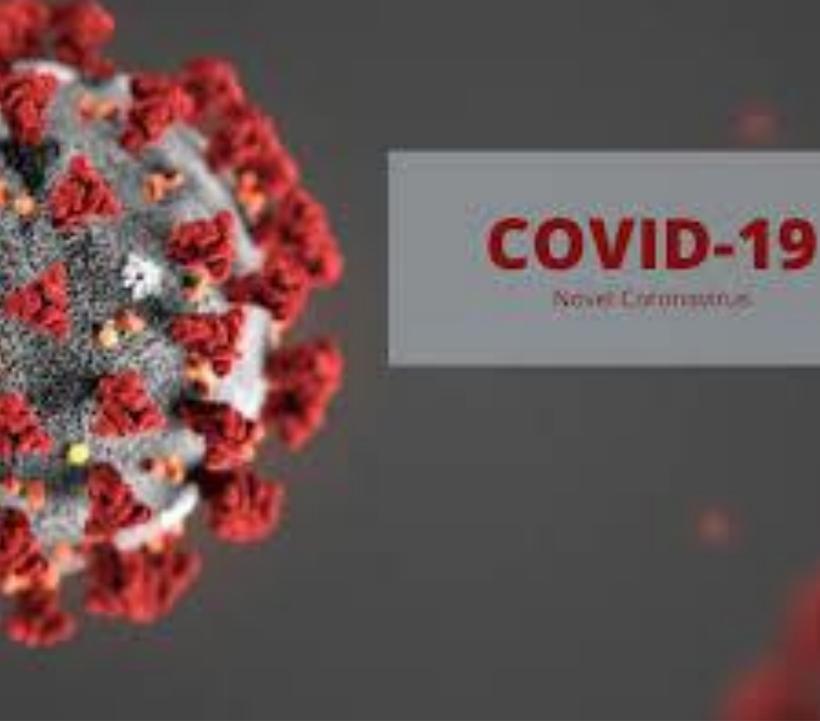
- To focus on at home options to continue teaching personal goals.
- To explore creative options using available materials and supplies, yet enhance quality outcomes
- To discuss how to support DSPs in this very challenging time.

It's obvious but.....



LET'S BEGIN WITH— SUPPORTING YOUR STAFF

Nothing happens if they aren't taken care of.



The New York Times

"It's Hit Our Front Doors"

A FEW STRESSORS



5 Things to Help Your Staff

- 1. Listen Carefully**
2. Check in at least 1x per day; communication is critical
3. Help resolve issues quickly
- 4. Say “Thank You” a lot!**
5. Celebrate 1 positive thing a day

Focusing on Goals at Home

How can I still focus on personal goals of the people supported while staying at home?



Community Inclusion When You Can't Go Outside

Obviously, it is better to go on actual community inclusion trips. But, what can you do to maintain skills in this arena?



- Community inclusion Bingo
- Draw a map of your neighborhood (or download one); then download photos or icons (i.e. an icon of a library; a bank; or a photo of Starbucks) and past them on.
- Play “What I liked best,” ask folks where they liked going; have the person tap or place the photo on the map; discuss.
- Community Inclusion “Match Game.” Use an Internet template or make one of your own. Make 2 pictures of the same community inclusion site; then ask people to find matches. You can use 2-3 places or you can do as many as 12; customize it based on the people supported.
- Be a good community member—participate in hanging hearts on the door; neighborhood clapping events for first responders; or write/draw thank you notes for first responders. (you can even hang a thank you note from everyone on the mailbox for the mailperson).
- Write a group note to your favorite community inclusion site. Ask folks how they are.

Community Inclusion Bingo

Around Me

CVS	Pool	Stop and Shop	Bank
Church	Fire House	Duffy School	Walk in Clinic
Starbucks	Mall	Park	Gardens
Walking Path	Sanctuary	Farmers Market	Luna Pizza

myfreebingocards.com

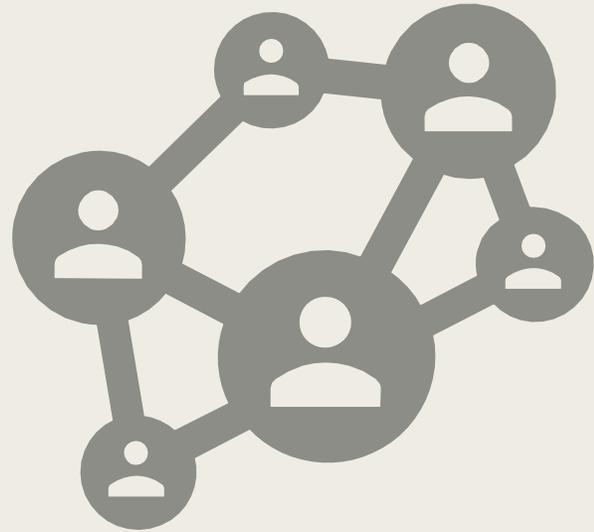
COMMUNITY INCLUSION BINGO

1. Make a list of all the places folks go...best to have 30 or so possibilities.
2. Add other resources in the community
3. Make a template, create individual game boards—otherwise everyone will win each time!
4. Engage folks to help “pick” the possibilities
5. After playing talk about each of the places; reinforce the connections
6. Consider looking up if the sites are opened or closed right now
7. Talk about what their best memory of the place; collect what is said.

Bingo generator site: <https://myfreebingocards.com/bingo-card-generator>

Sample I created:

Some Internet Resources



Staying Home is Helping Your Community (you are helping your community—you are a part of the community effort—discuss this with people you support and why)

<https://www.bbc.com/news/av/health-52008673/coronavirus-update-why-does-staying-at-home-help>

Diversity and Inclusion Games (can be modified)

https://www.uh.edu/cdi/diversity_education/resources/activities/pdf/Inclusion_Activities_Book.pdf

Learning About Your Community (a little intense...but if you go through the article it offers some ideas you can modify.)

<http://srdc.msstate.edu/community/Understanding%20Your%20Community%20268.pdf>

Money Skills

It is never beneficial to use “paper or pretend” money; but you can still practice money skills.

- Compare the prices game—put out two items (large box of pasta vs. a small box). Ask folks which they think would cost more
- How much of a value is this? Take something like a can of green beans. How many ounces is there in the can? How much does it cost? So, how much is this per ounce? (even better find 2 of the same items where one costs more than the other. Now which is the better bargain?)
- Can I find this cheaper? Pick any item (i.e. Scott paper towels). Go to the Internet and see who is selling that item. Is the price the same at every store? Discuss.
- Guess the price (a take off of The Price is Right). Put out 4 objects. Ask each person to guess how much they think each item costs. See who gets the closest.
- Who is on each bill and each coin? It’s fun to look at coins and bills. They are often works of art. Discuss who is on each; see if you can find out “why” that person was selected.





Internet Resources

Resources and Training to Teach Money Skills

<https://specialneedsresourceblog.com/2018/01/25/free-lesson-plans-that-teach-money-skills/>

Free Money Worksheets (these aren't bad)

<https://www.education.com/worksheets/money-math/>

Finance Topics to Discuss and Develop Into Lessons

<https://arcuk.org.uk/wp-content/uploads/2013/05/Helping-young-people-with-learning-disabilities-to-understand-money.pdf>

Exercise Goals



- Take a 1 minute walk around the house/apartment 3x per day. (you'd be surprised how many steps you would do!)
- Do standing planks using a kitchen chair—table—or counter top
- Do chair yoga
- Range of motion reaching for items in the cabinets or bending over to pick up items on the floor
- Invent dance moves and do them 1 x a day for 5 mins. (tic tack has a lot of dance moves you can modify)

Internet Resources

- How to Exercise with Limited Mobility: <https://www.helpguide.org/articles/healthy-living/chair-exercises-and-limited-mobility-fitness.htm>
- Disability Exercise: <https://disabilityhorizons.com/2016/10/top-10-exercises-disabled-people/>

Making & Keeping Friendships

- Have a contest with another group home/residence (best meal of the day; who cooked it better; each makes up a menu for the other house to cook—how did it go?)
- Go for a walk and say “hi” to people (even though you’re 6’ away, you are still part of the community)
- Write letters/cards/use Internet connections with friends and family members (do this on purpose at least 3x per week for everyone in the house. If someone doesn’t have a person to contact, ask an administrator to be that friend).
- Make “memory books” during this period to share with others once you are back to your normal routine (can be the librarian, someone at the day program you haven’t seen, etc.)
- Still attend religious services, on line sporting or concert events, or other activities on line. Talk about the friends you’ve met; what you like about these things. For people with more support needs, there are still things to gain from watching something a person enjoys and likes.
- A lot of sports teams are playing video games and playing it that way...check it out

Internet Resources

What is a friend anyway?

<https://www.youtube.com/watch?v=LGINimRII04>

Listen to songs like “That’s What Friends are For” or “You’ve Got a Friend in Me” – Talk about what they are saying.

<https://www.youtube.com/watch?v=HyTpu6BmE88>

<https://www.youtube.com/watch?v=XHFy3YWpRx8>

Real experiences of making a friend when you have a disability

https://www.youtube.com/watch?v=P0nX2q2Q_Fg

Other Helpful Resources

- Best Buddies: https://www.youtube.com/watch?v=P0nX2q2Q_Fg
- Covid-19 Information By and For People with Disabilities: https://www.youtube.com/watch?v=P0nX2q2Q_Fg
- People First West Virginia: <http://peoplefirstwv.org/>
- Information and Resources for People with Autism: <https://www.autismspeaks.org/covid-19-information-and-resources>

Sharing With One Another



Questions and Thank You

