



## Considerations for Day-Program Return

This document is intended to provide background information for families and individuals who are considering re-entry into day programs. The decision to go back to a day-program is a personal one and should be made in consideration of the needs and wants of the individual and their family. Chapters of The Arc are providing you with this document not to tell you what to do, but to help to ensure that you can easily access information related to the safety and necessity of your decision to return to a day program or not to return to a day program. Please use this document in conjunction with our checklist and person-centered plan to make an informed decision about returning to day programs.

### **Considerations and Questions to Ask Program Staff:**

Minimum guidance has been issued to day programs by the Colorado Department of Health Care Policy and Financing (HCPF). Please make sure to read this guidance. The following questions will allow you to ask about the program's compliance as well as other logistical concerns and also, will link you directly to that guidance so you can be sure to hold your day-program accountable. If your day program is not following HCPF guidance, please report this to HCPF.

- 1) I understand that HCPF has issued guidance around [transportation](#). How will this program comply with this *minimum guidance*?
- 2) I understand that HCPF has issued guidance about [screening of participants and staff](#). How will this program comply with this *minimum guidance* and what will you do to go beyond this minimum guidance?
- 3) I understand that HCPF has issued guidance about [staffing capabilities](#). How will this program comply with this *minimum guidance* and what will you do to go beyond this minimum guidance?
- 4) I understand that HCPF has issued guidance about [infection control](#). How will this program comply with this *minimum guidance* and what will you do to go beyond this minimum guidance?
- 5) I understand that HCPF has issued guidance about [structural layout of the setting and total square footage](#). How will this program comply with this *minimum guidance* and what will you do to go beyond this minimum guidance?
- 6) I understand that HCPF has issued guidance about [specific medical needs of participants and their individual risk levels](#). How will this program comply with this *minimum guidance* and what will you do to go beyond this minimum guidance?
- 7) I understand that HCPF has issued guidance about [the communication plan](#). How will this program comply with this *minimum guidance* and what will you do to go beyond this minimum guidance?

## Person-Centered Considerations

In order to help you consider the risks and benefits to you or your loved one, we would like to provide the following information.

### 1) Mask Usage

- a. HCPF guidance details use of PPE. In addition to this guidance, think about your own mask use or a loved-ones mask use.
    - i. Will this person be able to wear a mask for the entire time that they are in the day program?
    - ii. Will they have a safe and socially distanced place to remove the mask for brief periods of time during the day?
    - iii. Will everyone be able to wear a mask?
    - iv. What will be the protocol when individuals eat and a mask cannot be worn?
    - v. How will the program be enforcing mask use?
    - vi. If day programs are out in the community, how will the day program navigate others, in the community, who are not wearing a face mask?
  - b. Please remember that face masks help slow the spread of COVID-19, but do not prevent the spread of COVID-19. [This short article from the Mayo Clinic](#) provides information on how masks work and how to make sure your mask works well for you and [this article from the CDC provides more information](#) should you have further questions.
  - c. If you wish to purchase your own face masks, [NBC recently created this article that identifies face masks that meet doctor recommendations for maximum safety](#). In addition, please inquire with you local chapter of The Arc, which may have face masks available to you for no cost.
- 2) Consider the benefits of a day-program, using our checklist
  - 3) In addition to the checklist, evaluate you and your loved one's needs by answering questions as part of a person-centered plan.
  - 4) Can the benefits that a person receives in a day program be provided through other services?
    - a. Once you have identified what the day program offers that is of value to the individual attending the day program, please reach out to your case manger to discuss eligibility for other programs that may provide equal benefits without the risk of exposure to COVID-19.
  - 5) Proper hygiene is essential to slowing the spread of COVID-19. Understand [CDC guidance for full and proper hand-washing](#) and determine if this is feasible for the person returning to a day program. Ask your day-program provider how they will integrate hygiene into their daily routine and if they are aware of CDC guidance on proper hand-washing.

## Concerns Related to the Family or Resident's Home

- 1) While we, at The Arc always endeavor to be person-centered, we also understand that no one exists in a vacuum. The individual attending a day program also has a family and or/home that could be impacted by the spread of COVID-19. The following considerations are also important:

- a. How is the family or home social-distancing and who are they interacting with?
  - i. Please consider that there are many individuals considering a return to day programs. If the members of your household are not engaging in social distancing practices, wearing masks, or [following other CDC guidance](#), then you may place any participants in the day program at heightened risk for contracting COVID-19. Please ensure that your entire household is following CDC guidance to the best of your ability and if you cannot, factor this in to your decision to return to day programming.
  - ii. [This interactive tool may help you to determine and understand the risk.](#)
- b. Is someone in your family more vulnerable to the serious health impacts of Coronavirus?
  - i. There is still much we don't know about who is most impacted by COVID-19 and how COVID-19 works on the body [but the CDC has created a list of conditions that place people most at risk for serious medical conditions related to the contraction of COVID-19](#)
- c. If someone in your household contracts COVID-19, is it feasible for them to quarantine within the family home?
  - i. Please read this [CDC guidance about at-home quarantining including how to quarantine in shared spaces and protecting those most vulnerable to COVID-19.](#)