

Alabama DD Network

The Alabama Developmental Disabilities Network (DD Network) has been serving the State of Alabama for over 20 years and are pleased to announce an enhanced collaboration. Our goal is to bring you the latest knowledge and resources to those who can put it to the best use, including self-advocates, families, service providers, and policymakers. The DD Network is made up of the [DD Council](#), [ADAP](#), and [UCEDD](#). These three Programs are explained in greater detail at the end of this newsletter. We will be sharing this and other communication on our websites and through emails.

At this time, we wanted to share important information concerning the latest health crisis. Below are trusted sites that you can rely on to provide you with the correct procedures to follow during COVID-19 preparation and prevention.

For Alabamians who have questions and would like updates on COVID-19 please continue to visit the [Alabama Department of Public Health](#) and for more information on testing in Alabama, visit [COVID-19 Testing](#) or call the Alabama COVID-19 24/7 hotline at 1-888-264-2256 for testing sites and hours of operation in your area.

COVID-19 Updates from the Administration for Community Living:

[New resources and updated information added to ACL.gov/COVID-19](#)

The volume of information is growing, and here is key information made easier for you to find. There are also several FAQs and other new resources, especially the one for the aging and disability networks. You will find program-specific guidance as it's available, as well as links to information specifically applicable to the disability networks. A few key areas are:

- Updates from [Centers for Disease Control and Prevention \(CDC\)](#)
- [English, spanish and Chinese](#) versions are also available.
- On the home page: We've added a Spanish-language version of much of the content for older adults and people with disabilities. Courtesy of the [ACL's University Center for Excellence in Developmental Disabilities in Puerto Rico](#).
- A link to the New Hampshire UCEDD's COVID-19 page, which includes language assistance resources.
- [Green Mountain Self-Advocates](#) (GMSA) is a Vermont Self-Advocacy with information delivered in *plain language* in English and Spanish

Updates offered by the [Minnesota Department of Public Health](#) in American Sign Language, Spanish, Somali and Hmong

For the Aging and Disability Networks

Program-Specific Information

[CMS COVID-19 Guidance - HCBS Waivers, Nursing Home Visitation
Emergency Planning Toolkit](#)

Resources from Centers for Medicare & Medicaid Services

For guidance for healthcare facilities, including but not limited to, nursing homes, hospice facilities, dialysis facilities, home health agencies, and for use of industrial respirators, visit the [Centers for Medicare & Medicaid Services](#)

Additional Resources

[More from the CDC](#)

[Information for Medicare Beneficiaries](#)

[Beware of scams: FTC guidance](#)

[Language Access Resources \(from our grantee\)](#)

[Fact Sheet for older adults and people with disabilities](#)

[World Health Organization \(WHO\) Advice for the Public: When and How to Use Masks](#)

Have supplies on hand - Contact your healthcare provider to ask about obtaining extra necessary



medications to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged period of time.

- If you cannot get extra medications, consider using mail-order for medications.
- **Be sure you have over-the-counter medicines and medical supplies** (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
- **Have enough household items and groceries** on hand so that you will be prepared to stay at home until notified.

Take everyday precautions - Clean your hands often. Wash your hands often



with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.

- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
 - **To the extent possible, avoid touching high-touch surfaces in public places** – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
 - **Avoid touching your face**, nose, eyes, etc.
 - **Clean and disinfect** your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)
-

Alabama Developmental Disabilities Network

The Council on Developmental Disabilities is an independent agency created by the [Developmental Disabilities Assistance and Bill of Rights Act of 2000 \(DD Act\)](#). The DD Act is based on principles of self-determination, independence, productivity, integration and inclusion in all facets of community life for individuals with developmental disabilities. The DD Act created programs that make up a **DD Network** in every state and U.S. Territory:

- State Councils on Developmental Disabilities (Councils)
- University Centers for Excellence in Developmental Disabilities (UCEDDs)
- Protection & Advocacy Systems (P&As).

Councils on Developmental Disabilities

- Councils are federally-funded, self-governing organizations charged with identifying the most pressing needs of people with developmental disabilities in their state. Councils advance public policy and practices that improve services to citizens with intellectual and developmental disabilities. Key activities include conducting outreach, providing training and technical assistance, removing barriers, developing coalitions, encouraging citizen participation, and keeping policymakers informed about disability issues. The Council network is coordinated by the National Association of Councils on Developmental Disabilities.
- Alabama's Council is operated by [Alabama Council on Developmental Disabilities](#).

Protection and Advocacy System

- Protection & Advocacy Systems protect the rights of individuals with disabilities, including behavioral and mental health problems. The P&A network is coordinated by the [National Disability Rights Network](#).
- Alabama's P&A system is operated by [Alabama Disabilities Advocacy Program \(ADAP\)](#).

University Centers for Excellence in Developmental Disabilities Education, Research and Service

- University Centers support interdisciplinary training, services, research, and dissemination of information in the field of developmental disabilities. There are 64 UCEDDs nationwide. The UCEDD network is coordinated by the [Association of University Centers on Disabilities](#).
- Alabama's University Centers for Excellence is located within the [University of Alabama at Birmingham's Civitan-Sparks Clinics](#).

Administration on Intellectual and Developmental Disabilities - AIDD

The Administration on Intellectual and Developmental Disabilities is the federal administering agency that oversees Councils, P&A Systems and UCEDDs. It is located in the [Administration on Community Living](#) of the U.S. Department of Health and Human Services. [Learn more about the history of the Administration](#).