If you are a caregiver of a person with intellectual and developmental disabilities (I/DD), it is important that you plan ahead.

1- MAKE A PLAN

- Identify who your back-up caregiver will be if you get sick. This could be a family member, friend, or a substitute caregiver.
- Review the Individualized Service Plan (ISP) with your back-up caregiver.
- Communicate with your back-up person the type of daily support the person with I/DD will need.
- Notify the DDD case manager if you think additional in-home supports will be needed.
- Create a list of emergency contacts and share it with your back-up caregiver.
- Support the emotional well-being of person with I/DD throughout the emergency by acknowledging any feelings the person with I/DD may have and talk about things that can help bring the stress level down.

2- PREVENT THE SPREAD OF DISEASE

Follow the steps from the Center for Disease Control and Prevention

3- MONITOR SAFELY

- Dry cough, fever, and difficulty breathing are signs of infection that may worsen with time.
- Wear PPE as indicated.
- Contact your physician or 911 for support when advanced medical care is required.
- Follow CDC and DOH recommendations on when to discontinue home monitoring.

For more info, visit -
https://health.hawaii.gov/ddd
https://health.hawaii.gov/bhhsurg/

Sources:
- https://hawaiicovid19.com