**New Jersey Department of Human Services Division of Developmental Disabilities**



### **Individual Needs and Risk Assessment**

As New Jersey prepares to reopen congregate day services, providers need to assess their ability to meet Federal and State guidance for COVID-19 preparedness and individuals, families and guardians need to assess whether they elect to return to congregate day services.

The Division of Developmental Disabilities (Division) is asking all day service providers to reach out to the individuals they serve/served, families/guardians and/or caretakers to complete this survey **together** in order to provide information that will assist the provider to develop their reopening plan and the family in their decision making.

It is expected that since guidelines are likely to change during this pandemic, the conversation facilitated by this tool will be ongoing and that the individual, family/guardian, caretaker, and provider decisions may change as plans move forward. If choices previously shared by the individual and/or guardian change, they must communicate this to the provider.

This assessment is part of a three-pronged approach to ensure the reopening of congregate day services occurs in a manner that is as safe as possible and reduces COVID risk. Accompanying documents that should be reviewed prior to completing this assessment are:

* [Facility Readiness Tool](https://nj.gov/humanservices/ddd/documents/covid19-facility-readiness-tool.docx)
* [Congregate Day Program Re-Opening Requirements](https://nj.gov/humanservices/ddd/documents/covid19-congregate-day-program-reopening-guidance.pdf)

Before any return to a congregate day service the individual or guardian (if they have one) will need to review and sign the [Receipt of COVID-19 Information Form](https://nj.gov/humanservices/ddd/documents/covid19-receipt-of-covid19-information-form.docx). This contains important information on the transmission, risk and prevention of COVID-19.

|  |  |
| --- | --- |
| Date of completion or date of last update: | Click or tap here to enter text. |
| Individual Name: | Click or tap here to enter text. |
| Individual’s Age: | Click or tap here to enter text. |
| Individual’s Contact Number: | Click or tap here to enter text. |
| Individual’s Address: | Click or tap here to enter text. |
| Family/Residential Provider Providing Info: | Click or tap here to enter text. |
| Email: | Click or tap here to enter text. |
| Phone: | Click or tap here to enter text. |
| Day Provider Completing Form (name & title): | Click or tap here to enter text. |
| Email: | Click or tap here to enter text. |
| Phone: | Click or tap here to enter text. |

Which best describes your living arrangement?

|  |  |  |
| --- | --- | --- |
| Own Home | At Home with Family | Residential Provider |

In order to make an informed choice related to the return to congregate day services, it is important that the individual and their guardian (if they have one) are aware of how COVID-19 is spread, how to reduce the risk of getting COVID-19, and who may be at greater risk of getting sick. Information in this document related to COVID-19 is taken from Centers for Disease Control and Prevention[[1]](#footnote-1) [[2]](#footnote-2) (CDC) to assist in this effort.

**How COVID-19 Spreads**

The best evidence to date is that COVID spreads mainly through person to person, through respiratory droplets produced when infected person coughs, sneezes, or talks. These droplets can land in mouths or noses of people who are nearby or possibly be inhaled into the lungs. COVID-19 is more likely to spread between people who are in close contact with one another (within about 6 feet). It may also be possible that people can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

**How to Reduce the Risk of Getting COVID-19**

It is especially important for people at increased risk of severe illness from COVID-19, and those who live with them, to protect themselves from getting the virus. The best way for someone to protect themselves and help reduce the spread of COVID-19 is to:

* Stay home when you are sick.
* Maintain six feet social distancing from others and limit interactions with others as much as possible.
* Wash hands frequently.
* Wear face coverings when there is interaction with others.

Face coverings are a critical preventive measure and should be worn in public settings and when around people who don’t live in the same household. They are **most** essential when social distancing is difficult. If an individual does not tolerate a face covering or it is not medically advisable to wear one, measures to reduce the risk of COVID-19 spread must occur, including social distancing, frequent hand washing, and cleaning and disinfecting frequently touched surfaces[[3]](#footnote-3).

**Who is at Higher Risk**

Everyone, regardless of disability, is at risk for being exposed to COVID-19 and getting sick. Certain populations, including those who are older or have [underlying medical conditions](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/groups-at-higher-risk.html) are more likely to become severely ill, which means that they may require hospitalization, intensive care, a ventilator to help them breathe, or may even die.

Per the CDC, certain disability groups might be at an increased risk of becoming infected.

* People who have limited mobility or cannot avoid close contact with others who may be infected;
* People who have trouble understanding information or practicing measures like hand washing and social distancing;
* People who may not be able to communicate symptoms of illness.

Individuals, families, guardians, providers and other stakeholders are encouraged to review the CDC links in this document for more information.

**Underlying Medical Conditions**

The CDC relays that people of any age with the following conditions **are at increased risk** of severe illness from COVID-19. **Please indicate if the individual is diagnosed with any of the following:**

|  |  |
| --- | --- |
| Health/Risk Factor | Check all that apply |
| [Cancer](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html#cancer) |  |
| [Chronic kidney disease](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html#chronic-kidney-disease) |  |
| [COPD (chronic obstructive pulmonary disease)](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html#copd) |  |
| [Immunocompromised state (weakened immune system) from solid organ transplant](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html#immunocompromised-state) |  |
| [Obesity (body mass index [BMI] of 30 or higher)](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html#obesity) |  |
| [Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html#serious-heart-conditions) |  |
| [Sickle cell disease](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html#hemoglobin-disorders) |  |
| [Type 2 diabetes mellitus](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html#diabetes) |  |

*If you indicated that one or more of the above listed health conditions exist, the individual* ***is at increased risk*** *of severe illness if they get sick from COVID-19.*

The CDC also relays that, based on what is known at this time, people of any age with the following conditions **might be at increased risk** of severe illness. **Please indicate if the individual is diagnosed with any of the following:**

|  |  |
| --- | --- |
| Health/Risk Factor | Check all that apply |
| [Asthma (moderate-to-severe)](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html#asthma) |  |
| [Cerebrovascular disease (affects blood vessels and blood supply to the brain)](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html#serious-heart-conditions) |  |
| [Cystic fibrosis](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html#copd) |  |
| [Hypertension or high blood pressure](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html#serious-heart-conditions) |  |
| [Immunocompromised state (weakened immune system) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html#immunocompromised-state) |  |
| [Neurologic conditions, such as dementia](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html#neurologic-conditions) |  |
| [Liver disease](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html#liver-disease) |  |
| [Pregnancy](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html#pregnancy) |  |
| [Pulmonary fibrosis (having damaged or scarred lung tissues)](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html#copd) |  |
| [Smoking](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html#smoking) |  |
| [Thalassemia (a type of blood disorder)](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html#hemoglobin-disorders) |  |
| [Type 1 diabetes mellitus](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html#diabetes) |  |

*If you indicated that one or more of the above listed health conditions exist, the individual* ***might be at increased risk*** *of severe illness if they get sick from COVID-19.*

Other factors that may impact the decision of the individual or their guardian (if they have one) to return to congregate day services are how the individual tolerates certain things like wearing a face covering or other behavioral areas.

**Please assess the following as it relates to the individual:**

|  |  |
| --- | --- |
| SITUATIONAL AND BEHAVIORAL RISK FACTORS | Check all that apply |
| The individual is unable to follow social distancing protocols (being at least six feet apart from others). |  |
| The individual is unable to tolerate wearing a face covering. |  |
| The individual is unable to tolerate wearing a face shield\*. |  |
| The individual has a medical condition that would preclude them from wearing a face covering. |  |
| The individual has a medical condition that would preclude them from wearing a face shield\* |  |
| The individual requires close personal care to complete activities of daily living needs. |  |
| The individual is unable to maintain good personal hygiene. |  |
| The individual engages in self-injurious behavior. |  |
| The individual is unable to generally comply with rules during transportation. |  |
| The individual engages in behaviors that may put him/her or others at risk of getting COVID-19? (Ex. Spitting, grabbing, biting, etc.). |  |
| The individual will not allow him/herself to be screened for COVID-19. |  |
| The individual has a tendency to wander away from a group. |  |

*\*It is recognized that not all individuals will tolerate a face covering or other PPE. However, caregivers should continue to encourage individuals, with guardian approval, to utilize face coverings and other PPE as appropriate and medically advisable to reduce the spread of COVID-19.*

*If you indicated that one or more of the above listed situational or behavioral risk factors exist, the individual* ***might be at increased risk*** *of being exposed to COVID-19.*

No one can make the decision about returning to a congregate day program but the individual/guardian. After reviewing this document, consideration of risks related to COVID-19, and discussing specific questions and concerns you may have with the day services provider, which one of these statements best describes your situation?

|  |  |
| --- | --- |
|  | I want to attend full time as soon as the program reopens. |
|  | I want to attend part time as soon as the program reopens. |
|  | I want to attend part time **and** participate in remote/virtual activities. |
|  | I want to participate in remote/virtual activities **only**. |
|  | I am not comfortable returning to program but would be interested in in-home supports. |
|  | I am not comfortable receiving any services at this time from my day provider, but would like to stay on the program roster for future program consideration. |
|  | I want to return to day service, but would like to seek an alternate provider. |

If you indicated that you would like to attend part time, how many days a week would you prefer to attend?

|  |  |  |  |
| --- | --- | --- | --- |
| 1 day | 2 days | 3 days | 4 days |

If you indicated you would like to participate in remote/virtual activities, please indicate availability of technology.

|  |  |
| --- | --- |
|  | I have a telephone that would allow me to participate in remote activities. |
|  | I have internet access, an iPad or other technology that would allow me to participate in virtual activities. |
|  | I would need technology to allow me to participate in virtual activities. |

When day services reopen, what would be your plans for transportation to and from the program?

|  |  |
| --- | --- |
|  | I will need transportation to and from program and understand that the challenge of social distancing during transportation may impact how quickly the service can be in place and/or the days that I will be able to attend program. |
|  | I would be willing to provide my own transportation temporarily in order to access service as quickly as possible. \*Please note that many factors will go into scheduling an individual’s return to the program and being able to provide your own transportation does not guarantee that you will be able to return at your preferred schedule. |

The congregate day provider may not have physical space to accept all individuals interested in immediately returning to the facility due to COVID-19 restrictions. In this instance, the day provider will relay what alternative options they may have available to the individual/guardian.

|  |  |
| --- | --- |
| Person Completing this Form (Print): | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Signature: | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Date: | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

1. [www.cdc.gov/coronavirus/2019-ncov/faq.html](http://www.cdc.gov/coronavirus/2019-ncov/faq.html) [↑](#footnote-ref-1)
2. [www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-increased-risk.html?CDC\_AA\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fpeople-at-higher-risk.html](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-increased-risk.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fpeople-at-higher-risk.html) [↑](#footnote-ref-2)
3. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html> [↑](#footnote-ref-3)