

INSTITUTE ON DEVELOPMENT AND DISABILITY



Oregon Office on Disability and Health



University Center for Excellence
in Developmental Disabilities



Health Promotion & Access for Rural Oregonians with Disabilities

DATE: October 2023 PRESENTED BY: Kelsey Weinstein, MA; Emily Dinwiddie, M.Ed.; Lindsay Sauve, MPH; Angie Stapleton, MPA

Objectives

- Report on rural needs assessment
- Share opportunities for supporting health and self-advocacy of people with disabilities in rural areas
- Discuss the importance of accessible emergency preparedness resources for rural communities
- Share accessible emergency preparedness resources for people with disabilities



Addressing Disability Disparities in Rural Oregon Health Care

DATE: October 2023 PRESENTED BY: Kelsey Weinstein, MA; Emily Dinwiddie, M.Ed.

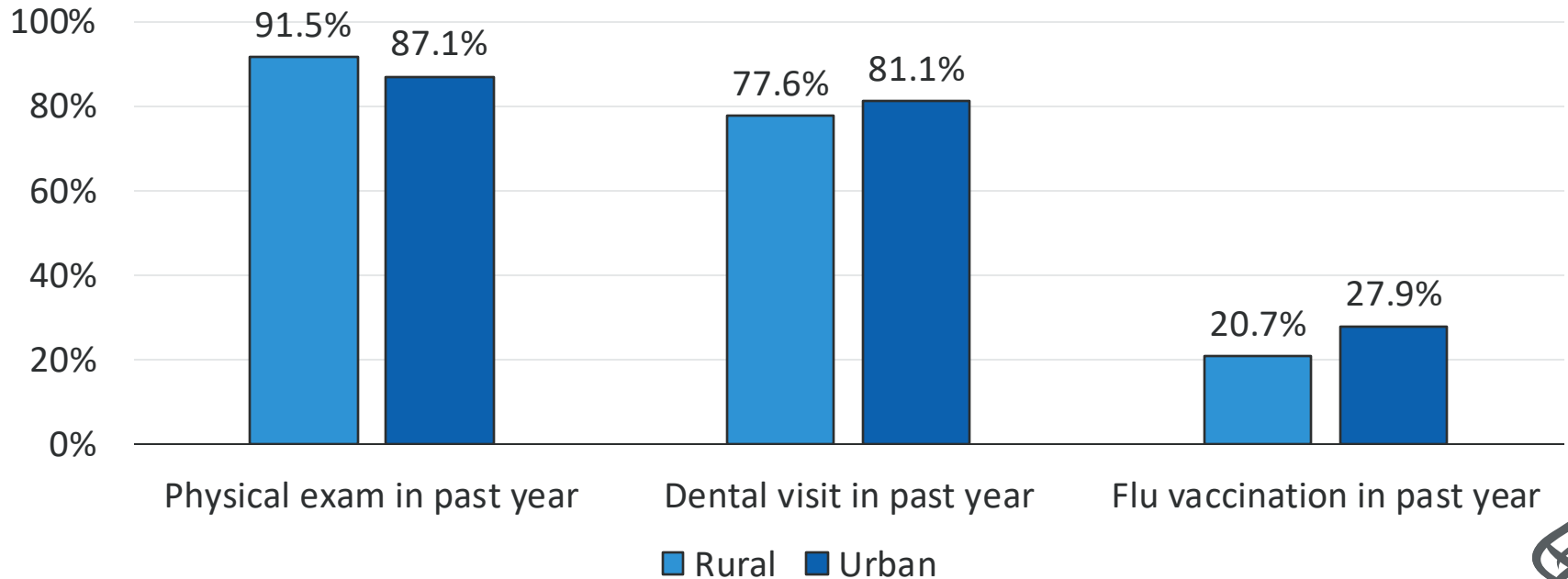
Oregon Office on Disability and Health

Our mission is to promote
health equity and well-being
of people with disabilities

Needs Assessment

- National quantitative data sets
- Local qualitative data (surveys, focus groups)

Physical exam, dental visit, and flu vaccination in the past year among respondents by residence, 2017 - 2020



Rural Health Barriers

- Turnover of health care providers
- Lack of needed provider types
- Stigma and discrimination, and patients not feeling heard by their health care provider
- Lack of training for health care providers about working with people with disabilities

Case Manager Comments

“Dental care services are abysmal (wait time, quality of care) unless people pay privately or go months without dental care, or drive to other communities”

“Lack of dentists in my county that work with special needs/sensory issues”

“Difficulty finding a dentist in Central Oregon that does sedation in a local hospital. To my knowledge, there are currently no dentists able to do that in the area.”

Case Manager Comments

“Finding a PCP who takes OHP. Finding a PCP in rural areas. Medical providers who have training and empathy to work with individuals who are non-verbal, have sensory issues, or experience behaviors.”

“Doctors leave the area a lot causing inconsistency in care”

“Finding comprehensive, knowledgeable local care within the same community in which customers live”

Pop Quiz

Name 1 health care
barrier that
Oregonians with
disabilities face in
rural communities

Rural Implementation Across Programs

Provider
Trainings

Linkage
Project

Provider
Directory

211info
Project

Provider Training

Training providers on **disability knowledge** and **accessibility**

Responsive Practice

2 brief, virtual, on-demand modules

- 1) Providing Health Care & Screenings
- 2) Accessible & Adaptive Communication

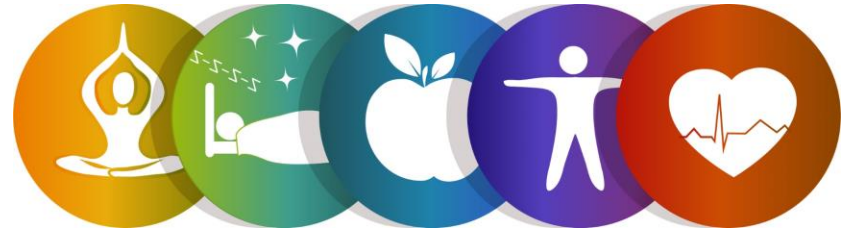
Mental Health

90-minute live webinar

Linkage Project

Eligibility for Linkage Project:

- ✓ Have an intellectual or developmental disability
- ✓ 18 years or older
- ✓ Live in Oregon
- ✓ Have an unmet preventive health need



Provider Directory

Directory of health professionals that offer **accessible and inclusive care** for individuals with disabilities

- Primary care
- Dental
- Mental Health
- Accessible recreation and wellness

211info Project

Increase number of agencies reporting on accessibility information

Improve usability of accessibility information available to the public



Dissemination

Please share out
about our programs
and connect with us!

Pop Quiz

Name the Oregon
Office on Disability
and Health project
that you most want
to connect with

References

- Centers for Disease Control and Prevention (2021). Behavioral Risk Factor Surveillance System Survey Data.
- Oregon Office on Disability and Health (2022). Linkage Project Survey and Focus Group Findings.
- Oregon Office on Disability and Health (2021). 2021 Oregon Health Needs Assessment for Oregon Adults with Disabilities.
- State Independent Living Council (2018). 2018 State Independent Living Council Survey.

Stretch Break!





Inclusive Emergency Preparedness

Resources for People with Disabilities

DATE: October 2023 PRESENTED BY: Lindsay Sauve, MPH; Angie Stapleton, MPA

University Centers on Disability

- 67 centers across the US and territories
- OHSU and University of Oregon
- Core functions: Education & Training, Technical Assistance & Services, Research, Dissemination
- Mission: To promote the health and quality of life of Oregonians with disabilities and their families across the lifespan.

Emergency Preparedness and Disability Disparities

- More than 50% of adults with disabilities in Oregon do not have access to emergency crisis services when needed (OODH, 2019)
- 32% of adults with disabilities in Oregon do not feel prepared for emergencies, compared to 23% without disabilities (OODH, 2019)
- People with disabilities in Oregon are less likely to be willing to evacuate (OODH, 2019)

Lived Experience - Emergency Preparedness and Disability Disparities



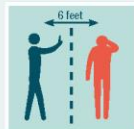
“When the 2020 summer wildfire hit too close to my home, and my neighborhood was placed in an evacuation zone, everyone seemed to be holding their breath just waiting for the go command...The real question hanging in the air was if we were evacuated and had to spend multiple nights somewhere, where would we sleep? I share a house with someone who is prone to getting pressure sores if they stay in one position for too long. They sleep on a special air mattress that somehow adjusts the air pressure. I don’t know if any thought went into our sleeping arrangements if we were evacuated. Or perhaps we stayed put because of my housemate.”

Barriers

- Lack of accessibility to and at evacuation sites
- Confusing, complicated instructions
- Social isolation and reliance on others for assistance
- Higher likelihood to need prescription medication
- Need for power for mobility and communication devices



Social Distancing: Keep Your Distance to Help Prevent COVID-19



Social distancing basically means reducing contact with people, especially in large crowds. It is a major public health step to help slow the spread of a highly contagious disease, such as the coronavirus (COVID-19).

Why should I practice social distancing?

- When someone infected with the virus coughs or sneezes, droplets can travel several feet. If you breathe in the droplets or they land on your face, you could become infected.
- History supports Oregon actions — during the 1918 influenza pandemic U.S. communities that used social distancing strategies greatly reduced disease transmission.
- **Staying at least three feet, but ideally six feet, from one another in large social settings is one of the most important ways Oregonians can protect themselves from the disease and help slow its spread.**



This recommendation is particularly important for individuals at high risk of complications of COVID-19 (the elderly, or people of any age with chronic medical disorders such as heart or lung conditions, diabetes, cancer or HIV).

Keep your distance. Slow the spread.

For more information on social distancing and Oregon's coronavirus response,
Visit: healthoregon.org/coronavirus.

Pop Quiz

What is a barrier people with disabilities might face in an emergency?

UCEDD Emergency Preparedness Work

- **Why** – We heard from our UCEDD advisory board, the Oregon Self-Advocacy Coalition (OSAC), and community members about the importance of emergency preparedness
- In 2023, we built our capacity to respond
 - Included emergency preparedness as a priority in our 5-year work plan for 2022-2027
- In 2023, created an Emergency Preparedness Resource Hub and updated the ReadyNow Toolkit (originally published 2014)

Building a Resource Hub

- Not many emergency prep resources specifically designed for people with disabilities exist.
- The few resources that do exist can be hard to find.
- Our resource hub was inspired by our sexual health resource hub work with Multnomah County's Sexual Health Equity for Individuals with Intellectual and Developmental Disabilities (SHEIDD) project
 - Model for vetting resources as a group
 - Accessible resource hub design

Building a Resource Hub – Working Group

- Website workgroup
 - **Who:** DEMAC, CODSN, parents, self-advocates from OSAC, UCEDD advisory board and UCEDD staff (9 people total)
 - **What we did:** Used a rubric to score and select resources to share on the website

One Workgroup Member's Experience



"Being part of the workgroup allowed me to collaborate with a team, identifying clearly written and straight forward audio/video emergency preparedness content. The selected content enables people with disabilities and their support network to prepare for and utilize during emergency situations when information is most vital." - Michael Steen

Resource Hub Rubric

- Co-created a scoring rubric to determine accessibility and relevancy of resources
- 2-page rubric that scored for:
 - Accessibility of resource
 - Trauma Informed Content
 - If the recent resource or outdated
 - If it was intended for people with disabilities
 - If the content useful for people in Oregon
 - If individuals with disabilities were consulted in the creation of the resource

Resource Hub Rubric Example

Emergency Preparedness Resource Review Checklist

Use this checklist to decide if a resource should be a part of the website.

- *Is the resource accessible? (document, flyer, website)
 - plain language or has plain language versions
 - uses relevant images to communicate context
 - information is “chunked” into smaller sections
 - text is easily read and font is sans serif (similar to font in this document - Arial or Calibri)
 - enough contrast between the background and text
 - resource is easy to navigate (not confusing)
 - do images have alt text or descriptions (UCEDD will check before)
 - for screen readers, can you tab through the site? (UCEDD will check before)
 - format is mobile-friendly for smartphones (UCEDD will check before)
- *Is the resource accessible? (video or audio)
 - ASL version available (only for video)
 - captioning available (only for video)
 - transcripts available (only for audio or video)
- *Content is Trauma Informed:
 - Does not talk about a past disaster event or emergency (name of specific events)
 - Does not include images of past disaster events or emergencies (general images or icons used of storms, etc.)
 - Uses non-judgmental language and tone
 - Does not shame, stigmatize or stereotype individuals or groups of people

What makes an accessible resource?

Written content

- plain language or has plain language versions
- uses relevant images to communicate context of text
- information is “chunked” into smaller sections
- text is easily read and font is sans serif (similar to font in this document)
- enough contrast between the background and text

What makes an accessible resource?

Website accessibility

- resource is easy to navigate (not confusing)
- format is mobile-friendly for smartphones
- Alternative text for images
- for screen readers, can you tab through the site?

What makes an accessible resource?

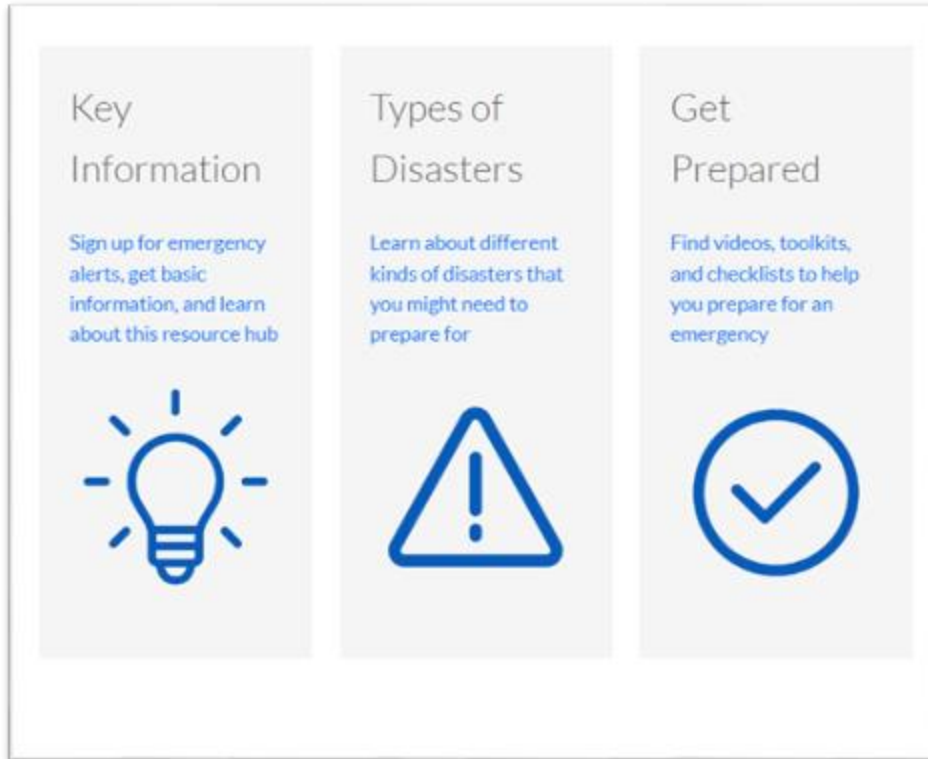
Video accessibility

- ASL version available
- captioning available
- transcripts available

Pop Quiz

What is one way to make
a resource accessible?

Emergency Preparedness for People with Disabilities Resource Hub



What's Next?

- Webinar in early 2024 - "New Years Resolution: Get Ready!"
 - Audience: people with disabilities and their families and support network
 - Presenting UCEDD Emergency Preparedness Resource Hub and ReadyNow toolkit
- Mini online training in 2024
 - Audience: Professionals in the Emergency preparedness field
 - Topics covered:
 - Present ReadyNow toolkit and UCEDD Emergency Preparedness Resource Hub
 - How to create accessible space for people with disabilities to share and participate
- Acquire funding to print ReadyNow toolkit
- Available to present at meetings about this work

Updated ReadyNow Toolkit

- Emergency Preparedness Toolkit for people with disabilities
- Used by counties and others around the state
- Created in 2014 by OODH
- Updated in 2023



Rural Efforts: Central Oregon Disability Support Network

Home Join The Network Services About Us Events & Calendar Contact Us English

Emergency Preparedness Video Library

Emergency preparedness refers to precautions taken before an emergency or disaster happens to help lessen damage and effects on people and property. Learn how to get informed, make a plan, build a kit, and stay informed about emergencies so you can keep your family safe.

EMERGENCY PREPAREDNESS SERIES
Episode 1- Introduction
Emergency Preparedness

GET INFORMED
MAKE A PLAN
BUILD A KIT

CLICK HERE TO VISIT THE EMERGENCY PREPAREDNESS VIDEO LIBRARY

CODSN
EMERGENCY
PREPAREDNESS
VIDEOS

Emergency preparedness resources:

- Video library
- Trainings
- Resources
- Social stories

Resources

UCEDD Emergency Preparedness for People with Disabilities Resource Hub & ReadyNow Toolkit:
<http://www.ohsu.edu/EmergencyPrepDisability>



Jan Staehley's Blog: Four Wheeling Through Life
<https://jstaehely.wordpress.com/>

CODSN Emergency Preparedness Resources: <https://www.codsn.org/emergency-preparedness/>

Resources to Increase the Accessibility of Your Work

- Clear communication: https://www.cdc.gov/healthliteracy/pdf/simple_put.pdf
- Plain language: <https://heyzine.com/flip-book/plain-language.html#page/1>
- Accessibility tips: <http://idahotc.com/bits>
- Accessible content cheat sheets: <https://ncdae.org/resources/cheatsheets/>
- Digital accessibility: <https://adata.org/ocr-videos>
- Accessible Social Media: <https://heyzine.com/flip-book/a1671aa92d.html>

References

- Subramaniam P, Villeneuve M. Advancing emergency preparedness for people with disabilities and chronic health conditions in the community: a scoping review. *Disabil Rehabil*. 2020 Nov;42(22):3256-3264. doi: 10.1080/09638288.2019.1583781. Epub 2019 Mar 23. PMID: 30907152.
- Oregon Office on Disability and Health. Emergency Preparedness among Oregonians with Disabilities. Data Brief. 2019. Retrieved from: <https://www.ohsu.edu/sites/default/files/2019-01/Emergency%20Preparedness%20Data%20Brief.pdf>

Discussion

Do you have any questions
for us?

How could we
approach our work
differently in the rural
communities you work in?

What other emergency
preparedness resources are
available in rural communities
for people with disabilities?

Contact Information

- Kelsey Weinstein weinstek@ohsu.edu
 - Emily Dinwiddie dinwiddi@ohsu.edu
 - Angie Stapleton stapleta@ohsu.edu
 - Lindsay Sauve sauv@ohsu.edu
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- Sign up for our newsletter at our website
<http://www.ohsu.edu/UCEDD>



Thank You!

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in Developmental Disabilities

Thank You Partners!

