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



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

As New Jersey prepares to reopen facility-based 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 to return to facility-based 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 **new** [Receipt of COVID-19 Information Form](https://nj.gov/humanservices/ddd/documents/covid19-receipt-of-covid19-information-form.docx). This contains important **updated** 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 becoming sick if they get COVID-19. Currently, the Centers for Disease Control and Prevention[[1]](#footnote-1) [[2]](#footnote-2) [[3]](#footnote-3) (CDC) provides the following information:

**How COVID-19 Spreads**

COVID-19 is thought to spread mainly through close contact from person to person, including between people who are physically near each other (within about 6 feet). People who are infected but do not show symptoms can also spread the virus to others. [Cases of reinfection with COVID-19 have been reported but are rare](https://www.cdc.gov/coronavirus/2019-ncov/your-health/reinfection.html#/). We are still learning about how the virus spreads and the severity of illness it causes.

**COVID-19 spreads very easily from person to person**

How easily a virus spreads from person to person can vary. COVID-19 appears to spread more efficiently than influenza but not as efficiently as measles, which is among the most contagious viruses known to affect people.

**COVID-19 most commonly spreads during close contact**

* People who are physically near (within 6 feet of) a person with COVID-19 or have direct contact with that person are at greatest risk of infection.
* When people with COVID-19 cough, sneeze, sing, talk, or breathe they produce *respiratory droplets*. These droplets can range in size from larger droplets (some of which are visible) to smaller droplets. Small droplets can also form particles when they dry very quickly in the airstream.
* Infections occur mainly through exposure to respiratory droplets when a person is in close contact with someone who has COVID-19.
* Respiratory droplets cause infection when they are inhaled or deposited on mucous membranes, such as those that line the inside of the nose and mouth**.**
* As respiratory droplets travel further from the person with COVID-19, the concentration of droplets decreases. Larger droplets fall out of the air due to gravity. Smaller droplets and particles spread apart in the air.
* With passing time, the amount of infectious virus in respiratory droplets also decreases.

**COVID-19 can sometimes be spread by airborne transmission**

* Some infections can be spread by exposure to virus in small droplets and particles that can linger in the air for minutes to hours. These viruses may be able to infect people who are further than 6 feet away from the person who is infected or after that person has left the space.
* This kind of spread is referred to as *airborne transmission* and is an important way that infections like tuberculosis, measles, and chicken pox are spread.
* There is evidence that under certain conditions, people with COVID-19 seem to have infected others who were more than 6 feet away. These transmissions occurred within enclosed spaces that had inadequate ventilation. Sometimes the infected person was breathing heavily, for example while singing or exercising.
  + Under these circumstances, scientists believe that the amount of infectious smaller droplet and particles produced by the people with COVID-19 became concentrated enough to spread the virus to other people. The people who were infected were in the same space during the same time or shortly after the person with COVID-19 had left.
* Available data indicates that it is much more common for the virus that causes COVID-19 to spread through close contact with a person who has COVID-19 than through airborne transmission[[4]](#footnote-4).

**COVID-19 spreads less commonly through contact with contaminated surfaces**

* Respiratory droplets can also land on surfaces and objects. It is possible that a person could get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes.
* Spread from touching surfaces is not thought to be a common way that COVID-19 spreads.

**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. Information on types of masks and guidance on how to best wear these masks are available from the CDC[[5]](#footnote-5). 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[[6]](#footnote-6).

**Public health recommendations for vaccinated persons[[7]](#footnote-7)**

Currently authorized vaccines in the United States are highly effective at protecting vaccinated people against symptomatic and severe COVID-19. Additionally, a [growing body of evidence](https://www.cdc.gov/coronavirus/2019-ncov/more/fully-vaccinated-people.html) suggests that fully vaccinated people are less likely to have asymptomatic infection and potentially less likely to transmit COVID-19 to others.

At this time, people are considered fully vaccinated for COVID-19 ≥2 weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or ≥2 weeks after they have received a single-dose vaccine (Johnson and Johnson [J&J]/Janssen).

How long vaccine protection lasts and how much vaccines protect against emerging COVID-19 variants are still under investigation. Until more is known and vaccination coverage increases, some prevention measures will continue to be necessary for all people, regardless of vaccination status.

In public spaces, fully vaccinated people should continue to follow [guidance](https://www.cdc.gov/coronavirus/2019-ncov/index.html) to protect themselves and others, including wearing a well-fitted [mask](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html), [physical distancing](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html) (at least 6 feet), avoiding crowds, avoiding poorly ventilated spaces, covering coughs and sneezes, [washing hands](https://www.cdc.gov/handwashing/when-how-handwashing.html) often, and following any applicable workplace guidance. Fully vaccinated people should still watch for [symptoms of COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html), especially following an exposure to someone with suspected or confirmed COVID-19. If symptoms develop, all people – regardless of vaccination status – should isolate and be clinically evaluated for COVID-19, including COVID-19 testing, if indicated. Fully vaccinated people should also continue to follow current [CDC](https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html) and [NJDOH](https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/are-there-travel-restrictions-to-or-from-new-jersey) travel guidance.

**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[[8]](#footnote-8), 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) |  |
| [Down Syndrome](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html#downsyndrome) |  |
| [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) |  |
| [Severe Obesity (BMI ≥ 40 kg/m2)](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) |  |
| [Pregnancy](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html#pregnancy) |  |
| [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) |  |
| [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) |  |
| [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) |  |
| [Overweight (BMI > 25 kg/m2, but < 30 kg/m2);](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html#obesity) |  |
| [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) |  |
| [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. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html> [↑](#footnote-ref-2)
3. <https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html> [↑](#footnote-ref-3)
4. Pathogens that are spread easily through airborne transmission require the use of special engineering controls to prevent infections. Control practices, including recommendations for patient placement and personal protective equipment for health care personnel in healthcare settings, can be found in Section 2 of [Interim Infection Prevention and Control Recommendations for Healthcare Personnel During the COVID-19 Pandemic](https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html). [↑](#footnote-ref-4)
5. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html> [↑](#footnote-ref-5)
6. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html> [↑](#footnote-ref-6)
7. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html> [↑](#footnote-ref-7)
8. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-disabilities.html> [↑](#footnote-ref-8)