



C U Y A H O G A C O U N T Y
Board of Developmental Disabilities

Beating Loneliness and Isolation

Cuyahoga County Board of DD's
Good Life Ambassadors

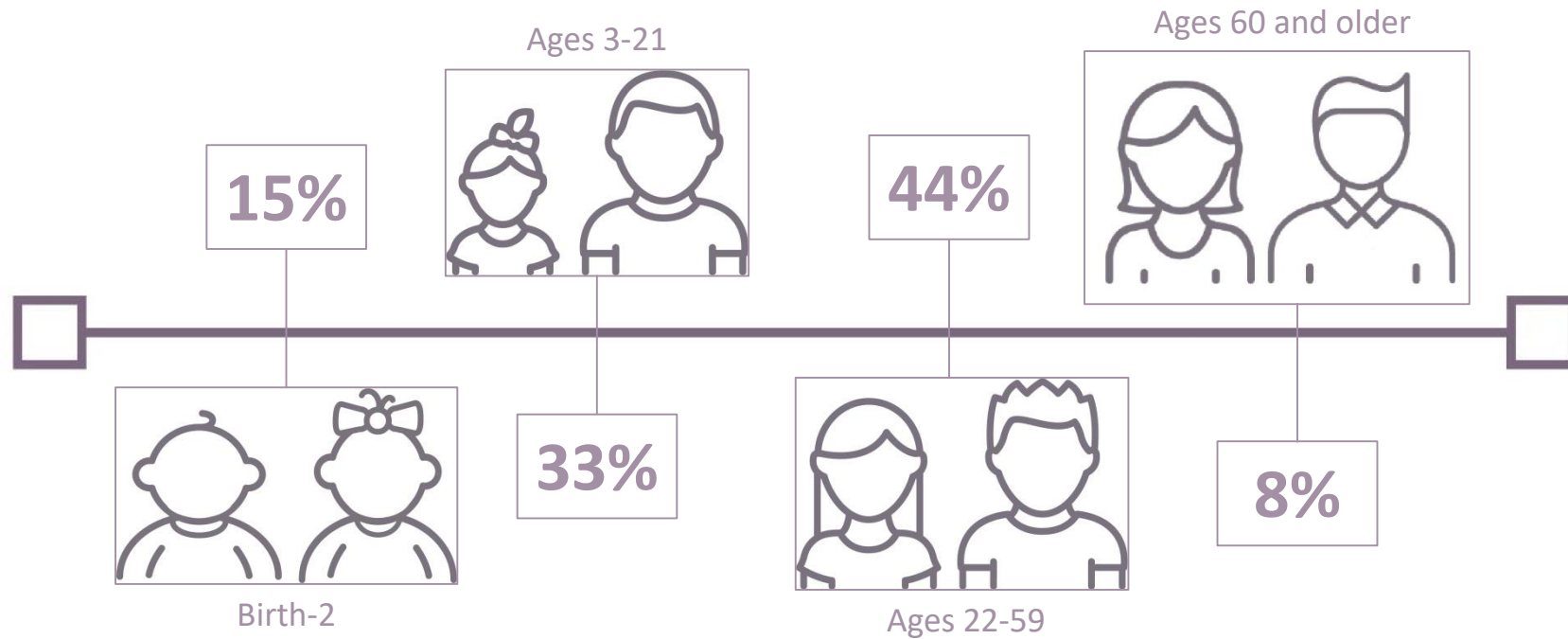


Supporting and empowering people with developmental disabilities
to live, learn, work and play in the community





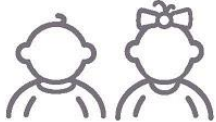
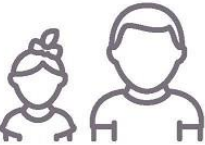
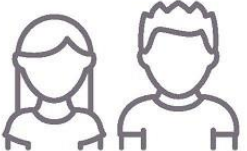
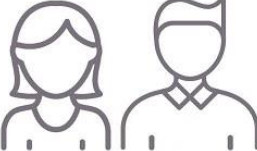
Our mission is to
support and empower
people with developmental
disabilities
to **live, learn, work and play**
in the community.



About the people we support



Overview of DD Services in Cuyahoga County

			
Early Childhood 	School-age 	Transition 	Adulthood 
<h2 style="text-align: center;">Cuyahoga DD Supports</h2> <p style="text-align: center;">There are many ways Cuyahoga DD can help throughout one's life.</p>			
<p>Early Intervention (EI) services are provided by Cuyahoga DD in partnership with Bright Beginnings.</p> <p>For EI Services, call Bright Beginnings first: 216-698-7500.</p> <p>Cuyahoga DD EI supports can include:</p> <ul style="list-style-type: none"> • physical therapy • occupational therapy • speech/language therapy • developmental expertise <p>Other supports to help address your needs</p> <p>Family Supports Program and Lending Libraries</p>	<ul style="list-style-type: none"> - Planning and support to help you address your needs - Communication, assistive technology and behavioral supports - Physical, occupational and speech therapy - Family Supports Program and Lending Libraries <p>Eligibility for Cuyahoga DD services must be redetermined at age 3 and 6. Call 216-736-2673.</p>	<ul style="list-style-type: none"> - Planning and support to help you address your needs - Transition planning beginning at age 14 - Communication, assistive technology and behavioral supports - Physical, occupational and speech therapy - Travel assessment and training - Hiring events for job seekers - Connections to community partners and resources - Family Supports Program and Lending Libraries <p>Eligibility for Cuyahoga DD services must be redetermined at age 16. Call 216-736-2673.</p>	<ul style="list-style-type: none"> - Planning and support to help you address your needs - Communication, assistive technology and behavioral supports - Physical, occupational and speech therapy - Travel assessment and training - Support to find or maintain employment or day services - Information on residential options - Connections to community partners and resources - Family Supports Program and Lending Libraries



More about Cuyahoga DD

- Provide a broad range of expertise:
 - Developmental specialists
 - Assistive technology specialists
 - Occupational and physical therapists
 - Speech language pathologists
 - Behavioral and health professionals
 - Support Administrators (case managers)
- Strive to innovate the DD field
 - Custom Living Environment (CLE) and Assistive Technology Vehicle (ATV)
 - Employment Collaborative of Cuyahoga County
 - New housing options
 - More opportunities to participate in community life



Meet the presenters



Will



Shaye



Good Life Ambassadors (GLA)

- We believe people with disabilities should be advocating for themselves and others
- Established July 2016
- GLAs work with Cuyahoga DD
- Presentations are tailored to audience members



Positive Aspects of the Pandemic

Will

Longtime friendships have gotten stronger

Youth Challenge family worked hard to be innovative in meeting people's needs

Closer to my sister because she did more caregiving with me

Gave me time to focus on my mental and physical self

Shaye

Slow down and smell the roses

Welcomed the slow-down

More time with caregivers/parents

Closer to my brother because the pandemic helped him grow up



Negative Aspects of the Pandemic

Will

Lack of social face-to-face connection with people

Having to social distance when I am a person who likes to hug

Loneliness

Shaye

Disrupted my schedule

Loneliness

- Couldn't see friends
- Couldn't access my community

Stir-crazy



Disruptions in Routines

Will

Had to quarantine with my parents after living independently

Lost 4 different caregivers

My sister became my caregiver for a while

Shaye

Stopped going to my day program

Create a schedule for yourself

Sensory items/stress ball/fidget spinner

Journaling



Relationships stressed

Will

Tough not seeing my mom at the beginning of the pandemic

Made me appreciate my staff and healthcare workers in the hospitals

Realize/appreciate my family and friends more

Stay in contact with people

- Zoom/facetime with friends
- Talk and play games

Check on my friends

Shaye

Realize/acknowledge a new relationship with your parents

Take guidance and advice from caregivers

Stay in contact with friends

- Facetime with friends
- Zoom with GLAs

Think/pray and send good thoughts to people you can't speak to



Technology Issues

Will

Didn't have access to newer laptop

Purchased my own iPad

Shaye

Lucky to have equipment already

Had to learn Zoom

Cuyahoga DD's AT Department

- Assessments for equipment
- Lends equipment and software for trials
- Assists with acquiring/funding equipment
- Provides training and in-services



Boredom Issues

Will

Do things outside

Took care of myself

- Yoga and breathing exercise
- Meditate
- Find soothing activities
- My dog

County board website – Shared Virtual Community

Be on more committees and help be part of more organizations

Google search for interests – more virtual opportunities than ever

Shaye

Find and try new things

- Cooking
- Enjoy nature – go to park
- Exercising
- Take dog for a walk
- Help mom with projects (garden)

Finding things to do

- Fun activities
- Shared Virtual Community



What **YOU** can do to stay positive

Will

Stay informed and not letting news get to you

- Know yourself and your beliefs/perspectives

Practice gratitude

Mental health supports available – good to hear perspective of a professional

- Normalize experiences

Shaye

Try to stay positive

- Try not to watch the news
- Turn to my mom for advice
- Journaling

Just slow down – take time to relax

Sensory items/stress ball/fidget spinner

Watch Disney movies



What others can do to help

Will

Share tools/strategies to help soothe like a stress ball or music

Provide access to mental health providers that have expertise with developmental disabilities

Makes sure there are safe spaces for youth to go when they need alone-time

Add calming strategies to their day/schedule

Shaye

Help make connections with other family members

Access to resources

Check-in regularly

Remain approachable



Final tips to stay positive...

Be as independent as you can (remember to ask for help if you need it).

Let other people help and guide you, but you are in charge of you in the end

Don't be afraid to challenge yourself and try new things.





Inclusive communities are successful communities

26% of people in the U.S. have a disability.

Source: Center for Disease Control and Prevention

Organizations that are not making strategic investments in inclusion are missing **1 in 4** potential customers.

Consumers with disabilities including their families, friends and associates represent **a trillion-dollar market segment.**

Source: U.S. Department of Labor

ALL means ALL

Everyone – regardless of ability – should have access to and be equal participants in all aspects of community life. This includes where we live, learn, work and play. Cuyahoga DD helps community organizations and businesses realize the benefits of an inclusive community through its **ALL means ALL** initiative.

ALL means ALL outlines steps businesses can take to ensure they are welcoming of all people and able to support inclusion in all activities, programs and events.

In addition to increasing an organization's reach through inclusion, Cuyahoga DD promotes **ALL means ALL** organizations in marketing, social media and its **FREE** online search tool of inclusive places, jobs and events, Shared Virtual Community. Qualifying businesses receive an **ALL means ALL** window/door decal and a digital image to proudly display.



Building an Inclusive Community, TOGETHER



Cuyahoga DD's guide to inclusive places and events

www.cuyahogabdd.org



**Cuyahoga DD's guide to
inclusive places, jobs, and
events.**

All Means All opportunities.

Visit and explore it now!



Questions



To learn more about Cuyahoga DD:

Visit us at cuyahogabdd.org ▪ Like us on Facebook/[cuyahogabdd](https://www.facebook.com/cuyahogabdd) ▪ Watch us on YouTube/[cuyahogabdd](https://www.youtube.com/cuyahogabdd)

