



Adult Day Program Alternative Services Menu

Updated September 30, 2020

UCP is releasing a new and revised “**Alternative Services Menu**” for individuals and families during the COVID-19 Pandemic. This menu is designed to help clarify what services are available to individuals. Electronic copies can be found on UCP’s COVID-19 Resource Page for Individuals and Families at <https://ucpsacto.org/programs-services/covid-19/> including contact information for your program. Please note that these services options may be updated from time to time during the pandemic. These are also sample services. **Please contact your UCP program to discuss your individual needs or to request a service.**

A. Reducing Exposure to COVID-19

UCP is committed in helping keep individuals safe during this pandemic. UCP has significant flexibility to provide supports beyond what we typically could offer in our program to help individuals and families remain safe during the pandemic. This could include specialized education or safety training, deliveries of essential supplies, or other supports to keep you and your household safe.

B. Individualized Assessments

UCP is working on completing individualized Alternative Service Addendums for all individuals with an active authorization with UCP. We want to work with you directly to document your needs and your choice for what alternative services (if any) you or your family are requesting. These assessments will be completed by October 31, 2020 to ensure your needs and preferences have been documented and that an appropriate alternative service plan is in place. UCP will be adding the Alternative Service Addendums to Individual ISP’s.

C. Updated Individual Service Plans (ISPs)

UCP is available to update individual ISP’s as needed to reflect participating in alternative services with UCP. Individuals may have their ISP updated either at their regular time or sooner, if needed, to reflect any changes in their needs or preferences.

D. Remote Services Delivered via Telephone, Video, Zoom, etc.

UCP has invested significant resources into expanding out capability to provide meaningful services remotely. Below are examples of what UCP is offering:

1. **UCP CONNECT: Monday-Friday, 9:00am-3:00pm**
UCP Connect is group programming and/or classes for individuals conducted on ZOOM, Monday-Friday from 9:00am to 3:00pm with sessions running every 30 minutes. UCP Connect offers diverse and rich curriculum of travel, music, history, science, cultures around the world, language development, exercise, current events, games and more.
2. **UCP SOCIAL NIGHT: Thursdays, 6:00pm-7:00pm**
Each Thursday night, UCP offers a time for individuals, families, friends, and staff an opportunity to unwind and enjoy a night of fun and silliness which can include dance parties, virtual escape rooms, and other social activities for everyone.
3. **Private and Small-Group Appointments: As Needed**
UCP offers individualized virtual sessions for individuals upon request. These individualized sessions

can be used to better target an individual individuals' needs or preferences. UCP staff can meet privately with an individual or include several other individuals with similar interests to make a more meaningful experience.

E. Delivery of Supplies or Self-Guided Materials

UCP has the capability of delivering supplies or self-guided materials direct to an individuals' home. This includes family homes or residential homes. Below are a few examples of what UCP is offering:

1. Delivery of essential PPE or essential supplies.
2. **UCP Safe Trip:**
UCP's Transportation department is also offering additional transportation services for s of Alta California Regional Center. Check out UCP's Safe Trip flyer for additional information:
<https://ucpsacto.org/wp-content/uploads/Safe-Trip-Flyer.pdf>

F. Self-Guided Materials

UCP is offering individuals the option of having our staff develop and deliver individualized materials to be used at home with the client. Below are a few examples of what UCP can provide to clients:

1. Weekly packets with individualized curriculum, activities, educational materials, art supplies, or other materials.
2. Individualized training or educational content.
3. Weekly letters and correspondence from staff or other individuals.

G. Skills Training

If needed, UCP is offering to provide training and support for individuals living within the home (family members, care givers, siblings, staff, etc.) upon request. This could include

1. One-on-one or group training sessions with individuals and those who support them.
2. Person-Centered Thinking training for support staff.
3. Support in developing a Person-Centered Plan for the individual.

H. In-Person Services at Home

UCP is offering to provide in-person service appointments at the individual's residence. Please note, UCP is required to follow all local and state public health guidelines when providing in-person services. Below are some examples:

1. Individual training and education
2. Art activities
3. Learning opportunities
4. Training on using technology
5. Support developing a person-centered plan
6. Walk around the neighborhood
7. Walk and support to a nearby park or store
8. In-home supervision and support to give caregivers a break.

I. In-Person Services In Community Settings

UCP is offering to provide in-person service appointments in the community. Please note, UCP is required to follow all local and state public health guidelines when providing in-person services. Below are some examples:

1. Walk around the neighborhood
2. Walk and support to a nearby park
3. Support to visit a nationhood store
4. Support for a socially-distanced visit with a friend
5. Group or individualized community outings at a future date

J. In-Person Services at a UCP Program Facility

Currently, due to public health concerns, UCP is not offering any services inside our facilities at this time. When State and local guidance allows, UCP plans to resume providing limited in-person services at our program sites. Services provided in UCP's facilities may look different and would include enhanced safety procedures for clients and staff. UCP does not have an estimated date these services would resume.

K. Transition to the Self-Determination Program

UCP staff are available to assist individuals to navigate the process of transitioning into the Self-Determination program. This is a very different service model from traditional regional services. Individuals and families can learn more about the Self-Determination Program by visiting DDS's website:

<https://www.dds.ca.gov/initiatives/sdp/>

L. Other Services

UCP is open to offering individuals other innovative or flexible services during COVID-19. UCP has already received some creative ideas. Please contact us if you have other needs and let's see what we can do.