Developmental Disabilities
Community Town Hall:
Staying Connected
Welcome Everyone!

Our goals together

- Connect with others in the developmental disabilities community
- Identify barriers to connecting while staying home
- Learn and share communication tools
Where are you today?
Frequently asked questions
Important Updates

Jeremy Norden-Paul, Developmental Disabilities Council

Stacy Dym, Arc of Washington

Evelyn Perez, Developmental Disabilities Administration
Home Survival Guide

Phil Diaz, Ph.D.
Clinical Director
Developmental Disabilities Administration
Together

We have:

• Ways of connecting
• Rules for;
  o Getting along
  o Talking with each other
  o Resolving conflict
• Shared experience
• Foundation of understanding
Changes / Disruptions

Is loss of:

- “Normal”
- Predictability
- Routines
- Access to help
- Connections or people

Adds:

- Stress and Anxiety
- Uncertainty
Routine is Your Foundation
You Can

- Make staying connected a priority
- Keep the connection activities that are not disrupted
- Adjust the connection activities that are disrupted with:
  - Similar activity
  - Similar or adjusted expectations
  - Start a new way of staying connected
You Can

- Video chat
- Phone call
- Send an “audio” text
- Use emoji messages
You Can

- Record a message (MP3, tape, CD, etc.)
- Write a note / Draw a picture
- Send photo
- Make an “audio photo” album
Change, Adventure, Growth

“Every man can transform the world from one of the monotony and drabness to one of excitement and adventure” - H. Rider Haggar

“I like someone who embraces life; who wants to be on a long journey but has no particular plan or destination in mind. An adventurous man, open to the concept of living life in the moment.” - Jill Hennessy