

## Determining if Remote Supports are Right for You

During the COVID-19 pandemic, many are turning to technology to participate in activities they would usually do in person. Technology can play a key role in helping you go about your day-to-day business even if you need to stay home. DDA is offering remote supports for some services when a client, case manager and their provider agree that receiving the support remotely will be safe and effective.

Do the following statements apply to you?

- My provider talks me through things a lot of the time.
- I do not need hands-on assistance while my provider is helping me.
- I prefer to stay away from others during the COVID-19 emergency to stay healthy.
- My provider and I agree that we can work on the same things we used to do in person, over the phone or internet.

If the statements apply, you may be eligible to receive remote supports and should contact your DDA case manager to see if you qualify.

Your case manager wants you to be safe. They want to make sure you receive quality supports and may ask you a few questions when you call them.

Some questions your case manager may ask:

- What do you and your provider plan to do together remotely?
- What kind of supervision and support do you need during the day? If you need frequent physical assistance or interventions, your case manager will ask if others in the household can assist you during your remote support services.
- What technology do you and your provider plan to use? Is the technology in your home already?

Remote support is not for everyone. It is important to talk with your provider and case manager about how your supports are working for you. You have the right to change your mind any time and ask for other available options to receive your supports.