

Harvard Commission on Disabilities' Emergency Preparedness and Response Forum

Nov. 9th, 2022



Nashoba Associated Boards of Health
30 Central Ave, Ayer MA 01432

www.nashoba.org

978-772-3335

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About Nashoba Associated Boards of Health

Who We Are:

- Two Primary Divisions: ***Environmental Health*** and ***Public Health Nursing/Community Health***
- We also have a home health & hospice agency branch (Nashoba Nursing Service & Hospice) in our region- also serves some additional surrounding communities

What We Do:

- We serve 16 towns in North Central MA
- We work for your local elected Board of Health
- Carry out the day-to-day public health work on their behalf



Nashoba Associated Boards of Health
Your COMMUNITY, Your CHOICE Since 1931



About Nashoba Associated Boards of Health

Environmental Division:

- Enforces State Sanitary and Environmental Codes, Massachusetts General Laws (housing, sewage disposal systems, restaurants, public pools, bathing beaches, rabies, etc.) and local regulations (wells, rubbish haulers, etc.).
- An assigned Health Agent works directly with each town's local elected Board of Health

Public Health Nursing/ Community Health Division:

- Promote wellness across the lifespan in our sixteen member communities
- Provides immunizations, conducts communicable disease investigation in collaboration with MDPH, responds to disease outbreaks
- Conducts regularly scheduled clinics for health screenings, ***provides information and resource referrals; provides consultation, education and outreach***
- Conducts home visits as needed



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About Nashoba Associated Boards of Health

Public Health Nursing/Community Health Cont'd.

- We provide flu vaccination clinics annually in our region. We partnered with our local boards of health to offer COVID-19 vaccination clinics earlier in the pandemic, too.
- We offer flu vaccines to homebound individuals (home visit) in our service area
- You can get a COVID-19 vaccine if you are homebound through MDPH: call the In-Home Vaccination Central Intake Line at (833) 983-0485. More info at <https://www.mass.gov/info-details/covid-19-in-home-vaccination-program>
- You can benefit from your immune system being prepared for emergencies, too! 😊



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What is Public Health?

“ Public health promotes and protects the health of people and the communities where they live, learn, work and play. While a doctor treats people who are sick, those of us working in public health try to prevent people from getting sick or injured in the first place. We also promote wellness by encouraging healthy behaviors. ” -American Public Health Association (APHA)



Public Health
Prevent. Promote. Protect.

This emblem is the national public health identifier, developed by The National Association of County and City Health Officials (NACCHO)

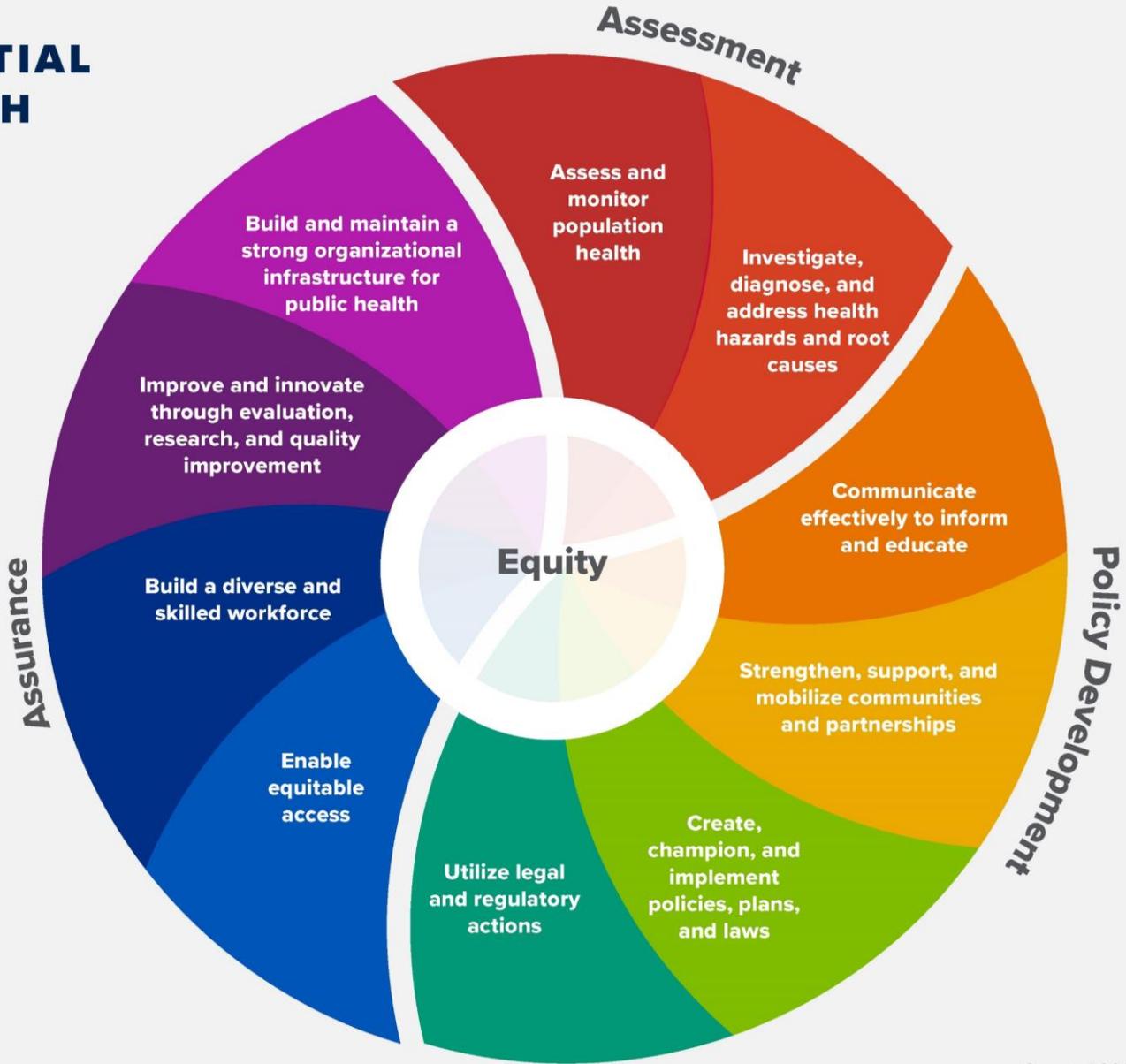


“10 Essential Public Health Services” model developed by the Center for Disease Control (CDC) Center for State, Tribal, Local, & Territorial Support (CSTLTS)

THE 10 ESSENTIAL PUBLIC HEALTH SERVICES

To protect and promote the health of all people in all communities

The 10 Essential Public Health Services provide a framework for public health to protect and promote the health of all people in all communities. To achieve optimal health for all, the Essential Public Health Services actively promote policies, systems, and services that enable good health and seek to remove obstacles and systemic and structural barriers, such as poverty, racism, gender discrimination, and other forms of oppression, that have resulted in health inequities. Everyone should have a fair and just opportunity to achieve good health and well-being.



Created 2020



Emergency Preparedness & the Disability Community:

MA Dept of Public Health/Office of Preparedness & Emergency Management

“Are you prepared in case of an emergency? You can take action by developing a preparedness plan for weather emergencies, power outages, and other events. Encourage your friends, neighbors, and family to have an emergency plan that fits their needs. A prepared community is a resilient community!” –MDPH & OPEM

<https://www.mass.gov/stay-aware-be-prepared> - State’s landing page for overall Emergency Preparedness

<https://www.mass.gov/service-details/customize-an-emergency-preparedness-plan-for-individuals-who-need-extra-help>

Links to and descriptions of resources and planning information, including making and maintaining a basic emergency preparedness kit, links to videos with captioning and ASL



Emergency Preparedness & the Disability Community: Massachusetts Office on Disability

[https://www.mass.gov/
disability-emergency-
preparedness](https://www.mass.gov/disability-emergency-preparedness)



“Let us help you prepare your community with emergency response resources. The Massachusetts Office on Disability (MOD) hosts meetings for communities to prepare persons with disabilities for an emergency. We bring together people with disabilities, local emergency planners, and first responders.

Members of the disability community learn about the personal steps they can take to prepare for different emergency situations. We give you planning guides to help in this process.

First responders and emergency planners learn about making more accessible community preparedness plans. We will also hand out guides for first responders on how to interact with people with disabilities in an emergency.”



CDC Disability & Health Emergency Preparedness Tools

<https://www.cdc.gov/ncbddd/disabilityandhealth/emergency-tools.html>

Resources for people with disabilities and their caregivers, for emergency managers, and for first responders as well as community-based organizations.

<https://www.cdc.gov/prepyourhealth/createcommunity/improveaccess/index.htm>

Community and individual considerations for emergency preparedness, with an equity lens



CDC Disability & Health Emergency Preparedness Tools



Americans with Disabilities

Disasters and emergencies can be particularly challenging for the millions of people who have a disability. Here are some steps that people with disabilities can take on their own or with the help of a caregiver to prepare.

- Complete a personal assessment. Think about what you will be able to do and what types of assistance (e.g., evacuation) you may need in an emergency.
- Contact your public health department to enroll in a special needs emergency registry (where available) or sign up for [Smart 911](#)  if you have a functional, access, or medical need. These registries help first responders in your community better prepare for and respond to your needs in an emergency.
- Form a personal support network of family, friends, relatives, neighbors, roommates, and people you work with who could help you in an emergency (e.g., an evacuation).
- Make an emergency action plan that includes important phone numbers, personal care plans, and directions for what to do if someone finds you unconscious or unable to speak.
- Keep a list of all prescription medications that includes information on your diagnosis, dosage, frequency, medical supply needs, and known allergies.
- Talk to your doctor or pharmacist about creating an emergency supply of prescription medications. If you get treatments at a clinic or hospital, ask the person who helps you what to do if you can't get your treatments during an emergency.
- Keep an emergency supply kit in your home, car, workplace, or anywhere you spend your time. Include food, water, a first aid kit, adaptive equipment, batteries, and supplies for your pets or service animals.
- Inspect your home for hazards. Check the rooms, hallways, stairwells, etc. for things that can move, fall, or break and could keep you from getting out in an emergency. Get rid of things you could trip over. Secure or remove appliances and furniture.

Source: <https://www.cdc.gov/prepyourhealth/createcommunity/improveaccess/index.htm>



Dept. of Elementary & Secondary Education (DESE) COVID-19 Transitional Services and Supports

Emergency Preparedness Considerations: Extra guidance and support for young adults/transitional age folks with disabilities

Did you turn 22 during Covid?

If you:

- Turned 22 after March 10, 2020
- Remained enrolled in school until you turned 22 and have completed school

Then you may be eligible for services now.



Participating state agencies: Massachusetts Commission for the Blind (MCB), Massachusetts Inclusive Concurrent Enrollment Initiative (MAICEI), Department of Developmental Services (DDS), and Massachusetts Rehabilitation Commission (MRC).

To find out more about extra services available to you
Call 800-331-0688 or go to: www.fcsn-org/transition-support

The Federation for Children with Special Needs
Information Center provides assistance in multiple languages.



Are you turning 22?

I am:

- 22 or will turn 22 before September 1, 2023
- Enrolled as a high school student until I turn 22 or will remain enrolled until I turn 22

Covid is impacting my transition. I need extra services.



Participating state agencies: Massachusetts Commission for the Blind (MCB), Massachusetts Inclusive Concurrent Enrollment Initiative (MAICEI), Department of Developmental Services (DDS), and Massachusetts Rehabilitation Commission (MRC).

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MA Home Modification Loan Program

Emergency Preparedness Considerations: Being able to safely navigate around, into, and out of your home

The ***Home Modification Loan Program*** provides low- and no-interest loans to modify the homes of elders, adults and children with disabilities. Such home modifications allow individuals with disabilities to remain in their homes and live independently in their communities. Any homeowner who has a disability or has a household member who has a disability, or rents to an individual with a disability may apply for this loan. Contact: Susan Gillam at 1-866-500-5599 or via email at sgillam@cedac.org or visit the website for more information www.mass.gov/mrc/hmlp.



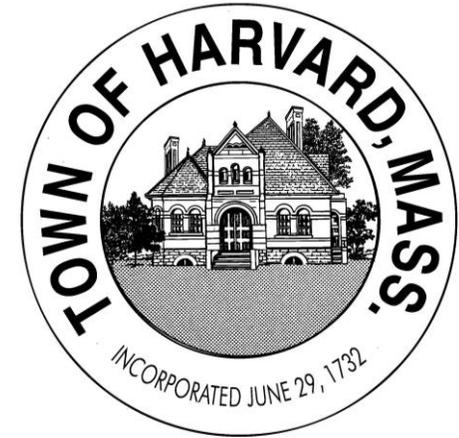
This Photo by Unknown Author is licensed under [CC BY](https://creativecommons.org/licenses/by/4.0/)

There are also other funding opportunities for Home Modifications in MA- visit <https://www.mass.gov/service-details/hmlp-resources-and-links>



Your Local Board of Health (Harvard)

- Helping to organize and execute vaccination clinics- taking into consideration accessibility of venues
- Continue to distribute COVID-19 test kits and masks
- Communicating and partnering with other town departments and commissions to address community needs
- Exploring ways to diversify communication/reach everyone in town



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Some Additional Resources

• **[Department of Developmental Services: Important Transition Planning Info](#)** – A guide for things to consider as a young person with a disability makes the transition from high school into the world at large.

• **[Department of Developmental Services \(DDS\): Family Support Directory](#)** – Provides a detailed list of support services available for an individual with disabilities throughout the state.

• **[Reporting Abuse and Neglect of Persons with Disabilities](#)** – Provides information on what kind of treatment is reportable and instructions on how to report it.

• **[Mass Rehab Disability Services](#)** – Provides an overview of services available through the Massachusetts Rehabilitation Commission (MRC), including community living, disability determination services, and vocational rehabilitation.

• **[MA Commission for the Blind](#)** – Increases independence and self-determination of those who are legally blind by providing employment opportunities & social rehabilitation.

• **[MA Commission for the Deaf & Hard of Hearing \(MCDHH\)](#)** – Works with private & public entities to ensure that opportunities throughout MA are accessible to those who are deaf & hard of hearing.

• **[Brain Injury Association of MA](#)** – Provides information and assistance for brain injury survivors, their families, and those who care for them.

• **[State Head Injury Program \(SHIP\)](#)** – Explains services available for persons with traumatic brain injuries.

*This list courtesy the Sudbury, MA Social Work Dept:
<https://sudbury.ma.us/socialworker/>*



What Else Can We Do For You?

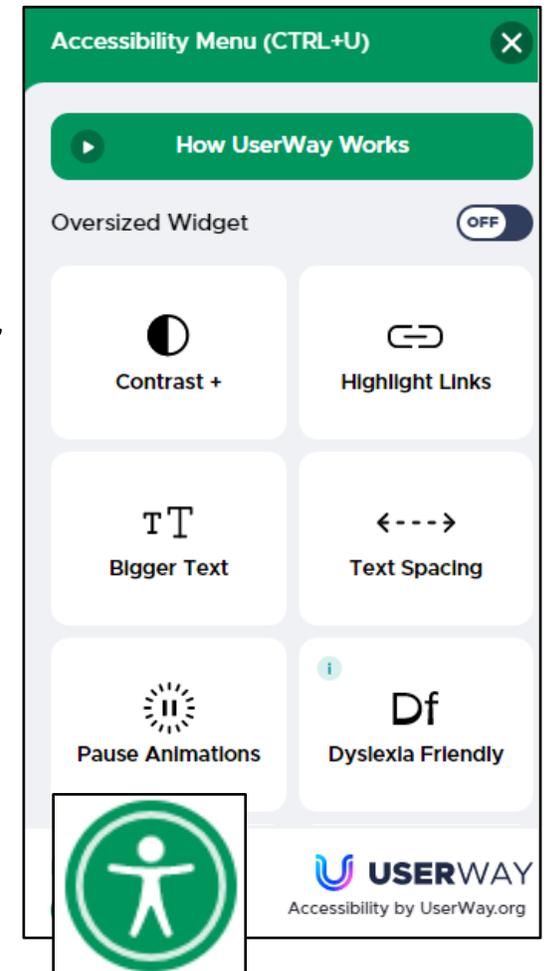
Thank you for your input!

Harvard was one of four Nashoba towns whose disability communities weighed in on the accessibility tool we chose for our website (in addition to Groton, Pepperell, and Ayer)

We want our education and communications to work for YOU- your perspectives are valuable!

Education & Communication Considerations:

- PDF Accessibility
- Accessible Social Media Posts
- Disability Resources section on the Nashoba Resources page (would love your feedback and suggestions!)
- From the Harvard BOH: Heating and Cooling Stations
- What else?



Conclusion and Contact Info

I will share my slides with the Harvard Commission on Disability (CoD) so you can access the information and URLs!

Nashoba Associated Boards of Health Website:

<https://www.nashoba.org/>

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