

PASCO News

April 2020

Strength from Sacrifice

For the well-being of our community

The disability community is strong when we are together. That is why these social distancing measures during this unique time exacerbates our feelings of isolation. As a caregiver you are already used to sacrifices, you sacrifice aspects of your social life to care for your loved one. You understand the stress of carving out just a sliver of time for yourself. We lean on the support of this community to lift our spirits, calm our nerves, and to show the world what compassion looks like. The world looks to us for strength; this is the time to show them that it takes strength to make sacrifices. It takes strength to put the needs of others above yourself, it takes strength to make the world a little safer and a little brighter. We are used to sacrifices so let us raise our voices to let others know that isolation, social distancing, and caring for the well-being of a community is our strength.

Tips for dealing with anxiety and stress

- **Emphasize the positives** - Focus on what you are able to do during this time and take advantage of it.
- **Limit your exposure to the news** - pick one or two sources to get your news and check in sparingly. It won't change anything by being constantly connected.
- **Control what you can** - the fear of the unknown can produce feelings of anxiety. Focus on the things you can control to give your mind some peace.
- **Be social** - check in on others even if it is virtually.
- **Have a daily rhythm** - manage your day productively. Set aside time for work, play, and self-care.

We are here for you

PASCO
COVID Hotline
(303) 274-3656



- To support employees and clients when questions arise during the spread of COVID-19 in Colorado we have launched a dedicated hotline. Give us a call to share or report concerns or to find resources.

PASCO
COVID Updates



- To keep up with the latest PASCO updates related to COVID-19 please visit us online at pascohh.com/covid

Unused Service Units on CES/SLS Waivers

- If you or your loved one is on the CES or SLS waiver, PASCO may be able to help maximize your unused services through family caregiving during COVID-19 circumstances. If you are already on the CES or SLS waiver, give us a call at 303-233-3122 to see if we can help bridge the gap on your unused service units.



Advocacy Corner

Due in part to the tireless advocacy of PASCO leaders David Bolin & Ryan Zeiger, the Colorado Health Department (CDPHE) approved using telehealth as a home health delivery model.

- For CNA services, this includes supervisory visits by your nurse every 14 days or 60 days.
- For IHSS services, this includes your annual skills evaluation performed by a nurse.
- For Personal Care / Homemaking, this includes supervisory visits required every 90 days.
- For Intellectual and/or Developmental Disability waivers, your coordinator and nurse will work to support you remotely based on your individualized plan.

Virtual Community Events connection for the community





PASCOVID-19 Talk:

Breaking Down the Barriers of Isolation

We all love to chat, connect, laugh, inspire, teach, and learn. Covid-19 isolates us from our community, but the PASCO Family is bigger than the walls that keep us protected. Make a new friend, listen to a book, work on your Spanish, trade recipes, practice mindfulness, and realize we will get through this event... together.

Find a PASCO Outreach Team member who seems interesting, highlight a few of their interests, and book a time (or times). We look forward to chatting. Be safe, wash your hands.

To schedule a chat please visit:
<https://go.pascohh.com/onlinetalks>


 Mar 26 - Apr 10 2020
 M-F 8:30 am - 4:30 pm

 Online
go.pascohh.com/onlinetalks


Facebook Live Q&A with Tyler Wesley

Tyler is 23 years old and is already positively influencing people all over the world. In 2012 he was involved in a rollover car accident that left him paralyzed from the shoulders down. Despite all of the challenges he has endured, he has stayed motivated, positive, and continues to push himself physically and mentally. Since then he has become a keynote speaker, peer mentor, and a public figure on social media. He continues to defy the odds everyday and inspires thousands of people to never give up.



 Apr 02 2020

 fb.com/pascohh.com

 11:00 am - 12:00 pm

Let's Connect! RSVP for your preferred events at:
pascohh.com/community-events/

