


**What Does This Mean to Me?
Adult Day Health Care or Adult Day Training and COVID-19
June 2020**

In March, the adult day health care or adult day training center you attend closed because of a virus that is going around. You've probably heard it called the coronavirus or COVID-19. It is easy for this virus to be passed from person to person and it can make some people very sick.

On June 29, 2020, adult day health care and adult day training centers will be allowed to open again. If you want to go back, there are a few steps you should follow before you go and every day you are there. These steps can help you return to your routine while keeping you and the people around you safe.

Before Returning

You should talk to your person-centered team before going back to your adult day health care or adult day training center and answer these questions:

<p>Do I want to go back? Am I ready to go back right now?</p>	<p>Am I or someone I live with at risk for getting really sick from the virus?</p>
	
<p>Can I stay six feet apart from others? Am I able to wear a mask all day?</p>	<p>Does my caregiver need a break or to go back to work?</p>

If you don't feel ready to go back to your adult day health care or adult day training center, your case manager, support broker, or service advisor can help you make sure your needs are met until you feel ready to return.



If you are ready to go back, you should get tested for COVID-19. A caregiver or your case manager, support broker, or service advisor can help you find a place to get tested by visiting [kycovid19.ky.gov](https://www.ky.gov/covid19). You should get tested no more than five days before your first day back at your adult day health care or adult day

training center.

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When You Go Back

Keep in mind, it might be different than what you are used to because of the virus. Adult day health care and adult day training centers might have new rules to keep you and the people around you safe.



1. You might have to have your temperature checked before you go inside. Staff should do this with a thermometer they point at your forehead. It shouldn't hurt and will only take a minute.



2. You might have to answer some questions. Staff might ask you how you are feeling and if anyone you live with or have been around has been sick.



3. While at your adult day health care or adult day training center, you should stay six feet away from others, wear a mask, and wash your hands often.

4. If the adult day health care or adult day training center picks you up and takes you home, you might have your temperature checked before you get on the bus and should stay six feet away from others on the bus.

Other Changes at Your Center

Here is a list of things you might notice are different when you go back to adult day health care or adult day training:

- You may have to go in one door and go out a different one.
- Staff members might be wearing masks or face shields.
- Your locker might be moved away from other lockers.
- Some of the people you are used to seeing at your adult day health care or adult day training center might not be there because they are not ready to come back yet.
- You might not be able to sit as close to other people when eating or doing an activity.
- You might have to use different plates and utensils than normal. If you have adaptive equipment for eating, you can still use those.

If You Have Questions

Your adult day health care or adult day training center should tell you about the changes they are making. You can also ask your adult day care or adult day training center about their plan to keep you safe. If you have questions about their plan, you should ask the staff at your adult day health care or adult day training.

If you have questions about your waiver services, talk to your case manager, support broker, or service advisor or contact Kentucky Medicaid by calling (844) 784-5614 or emailing 1915cWaiverHelpDesk@ky.gov.