The Safety Net

DIVISION OF DEVELOPMENTAL DISABILITIES

DEPARTMENT OF ECONOMIC SECURITY
Your Partner For A Stronger Arizona

A Quality Assurance Bulletin

SUMMER 2012

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www.azdes.gov/report_fraud/

Equal Opportunity Employer/Program

Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI & VII), and the Americans with Disabilities Act of 1990 (ADA), Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and Title II of the Genetic Information Nondiscrimination Act (GINA) of 2008; the Department prohibits discrimination in admissions, programs, services, activities, or employment based on race, color, religion, sex, national origin, age, disability, genetics and retaliation.

The Department must make a reasonable accommodation to allow a person with a disability to take part in a program, service or activity. For example, this means if necessary, the Department must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the Department will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity.

If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in alternative format or for further information about this policy, contact the Division of Developmental Disabilities ADA Coordinator at 602-542-0419; TTY/TDD Services: 7-1-1. Free language assistance for DES services is available upon request. • Ayuda gratuita con traducciones relacionadas con los servicios del DES está disponible a solicitud del cliente.

NEVER LEAVE A PERSON UNATTENDED IN A VEHICLE - NOT EVEN FOR A MINUTE!

Don't Let This Happen To You!

Everyone, including individuals with disabilities, are susceptible to heat illness, heat exhaustion and heat stroke. If the temperature outside is 90°F, it could be 130°F inside a vehicle. The temperature inside a vehicle on a hot day can rise as much as 20°F in the first 10 minutes after it has been parked. Within minutes the temperature can soar to 150°F. A dark dashboard or seat can easily reach temperatures in the range of 180°F to over 200°F. In a very short time a person can become dehydrated and their internal temperature can climb to 107°F.

Heatstroke occurs when the body temperature exceeds 104°F. Death can occur at a slightly higher body temperature of 107°F. Children's body temperatures warm at a rate of 3 to 5 times faster than an adult's.

Source: Jan Null, CCM, Department of Geoscience
San Francisco State University • http://ggweather.com/heat/

NEVER LEAVE ANYONE UNATTENDED IN A VEHICLE — NOT EVEN A MINUTE!

Parents and caregivers: a vehicle is not a babysitter or play area, but can easily become a tragedy! BE AWARE!

A good transportation system includes the following:

- Pre-planning discussion that when the driver is the only caregiver in the vehicle, the staff person will never leave the occupants alone in the vehicle, not even for a minute. When necessary, use drive-thru services when available.
- Prior to providing transportation, ensure the vehicle is safe and the air conditioning and/or heating systems are functioning properly. Refer to the agency's maintenance checklist for any additional functioning requirements and safety equipment.
- Prior to transporting an individual home, confirm a responsible person is at the destination or the individual has access into the residence.
- A post-trip checklist ensures that everyone has left the vehicle, windows are closed, doors are locked, and the parking brake is set — even if the vehicle is in a garage or secured area. Participate in the ***"Look Before You Lock"*** campaign.
- Increased attention and supervision for individuals in and around vehicles during busy times, schedule changes, and periods of crisis or holidays.

FOR ADDITIONAL RESOURCE INFORMATION:
http://www.KidsAndCars.org
http://www.ggweather.com/heat/

IF YOU SEE A CHILD OR AN INDIVIDUAL WITH DISABILITIES UNATTENDED IN A HOT VEHICLE • CALL 9-1-1

HEALTH INFORMATION FACT SHEETS

—Steven Stencil
QUALITY ASSURANCE SPECIALIST

The Quality Assurance Unit introduced a series of HEALTH INFORMATION FACT SHEETS as guidelines and general information intended for use in residential and day program settings.

The following Health Information Fact Sheets are currently available on the DDD website:

- **#1: Dehydration**
- **#2: Seizure Disorder**
- **#3: Aspiration**
- **#4: Constipation**
- **#5: Asphyxiation**
- **#6: MRSA**
- **#7: Dental Emergencies**

A limited number of fact sheets have been printed in color and are being distributed to provider agencies for use as a quick references and a staff training resources. It is recommended that the fact sheets also be posted, as appropriate.

The fact sheet series was inspired by and based on the "Fatal Four" as referred to by the Oregon Department of Health Services Developmental Disabilities Nursing Manual. The publications are provided as general information only and not as a substitution for medical treatment from a physician or other health care provider.

DIVISION'S WEBSITE: Click on "News & Events"
https://www.azdes.gov/developmental_disabilities/

IT'S HOT OUTSIDE!

STAY COOL.
STAY HYDRATED.
STAY INFORMED.

ARIZONA DEPARTMENT OF HEALTH SERVICES

EXTREME HOT WEATHER CAN CAUSE SICKNESS OR EVEN DEATH!

STAY COOL.

Stay in air-conditioned building as much as possible and avoid direct sunlight.

STAY HYDRATED.

Drink plenty of water and don't wait until you're thirsty to drink.

STAY INFORMED.

Stay updated on local weather forecasts so you can plan activities safely when it's hot outside.

KNOW WHEN IT'S HOT!

Sign up to receive free weather alerts on your phone or e-mails from **www.weather.com/mobile**

DIVISION OF DEVELOPMENTAL DISABILITIES FRAUD HOTLINE

Fraud by a provider, employee or consumer means the intentional deception or misrepresentation made by a person with the knowledge that the deception could result in an unauthorized benefit to the individual or another person. It includes any act that constitutes fraud under applicable Federal or State law. ARS§§13-1802; 13-2003; 13-2310; 13-2311; 36-2918 [www.azleg.gov]

TO REPORT SUSPECTED FRAUD
CALL DES/DDD FRAUD HOTLINE: 1-877-822-5799
ON-LINE: https://www.azdes.gov/report_fraud/

REMINDER: In the event of ANY consumer emergencies,

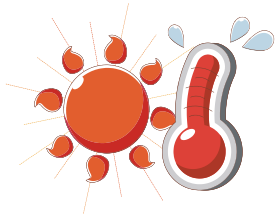
CALL 9-1-1 IMMEDIATELY!

The Safety Net is presented by Division of Developmental Disabilities' Central Office Quality Assurance Unit. Articles are researched and compiled by Quality Assurance staff and Division Managers. Any questions or feedback? Please contact Steven Stencil at SStencil@azdes.gov or 602-771-8113.

HOT WEATHER DANGER

Getting Too Hot Can Make You Sick!

—Annette Lammon-Belcher, R.N.
HEALTHCARE SERVICES MANAGER



You can become ill from the summer heat if your body can't compensate for it and properly cool you off. Heat exposure can even kill you!

Those at the highest risk are very young and older people, and people with mental illness and chronic disease.

Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather.

Air-conditioning and "swamp coolers" are the number one protective factor against heat-related illness and death. If a home is not air-conditioned, heat-related illnesses can be reduced by spending time in air-conditioned public facilities.

Taking the following steps can help prevent heat-related illness, injuries, and deaths during hot weather:

- **STAY COOL INDOORS.**
  DRINK PLENTY OF FLUIDS.
- **SCHEDULE OUTDOOR ACTIVITIES CAREFULLY.**
  WEAR APPROPRIATE CLOTHING & USE SUNSCREEN.
- **PACE YOURSELF — SLOW DOWN!**
  USE A BUDDY SYSTEM.
- **MONITOR "HIGH RISK" INDIVIDUALS.**
  USE COMMON SENSE!

Source: Center for Disease Control (CDC)
http://www.bam.gov/sub_yoursafety/yoursafety_keepingyourcool.html

Be Alert!

—LaWanna Bellerive
DISTRICT EAST QUALITY ASSURANCE MANAGER

HAVE FUN THIS SUMMER WHILE OBSERVING THE FOLLOWING SAFETY TIPS:

Drink plenty of water to prevent dehydration.
Watch for signs of heat stress and heat stroke: thirst, cramps, fatigue, dizziness, nausea, vomiting, headaches, and fever. Take lots of water with you on summer activities with consumers for hydration, especially in case the vehicle breaks down. Make certain that those with alone time have adequate access to water, i.e., portable water containers or bottles similar to what any jogger would wear or carry.

Use sunscreen to prevent sunburn.
Select a sunscreen with a SPF rating of 15 (or higher) which offers maximum protection against the sun's UVA and UVB rays. Apply 30 minutes before going outside and reapply every two (2) hours -- or more often -- if swimming or perspiring heavily. Wear hats, sunglasses, and use umbrellas to provide extra protection.

Observe water safety.
Provide continuous supervision for children and vulnerable adults around swimming pools and other bodies of water. Make certain you have the appropriate water safety equipment readily available for use.

Do not leave a child or individual with disabilities alone in a vehicle.
During and following all summer activities, make certain your group and vehicle are regularly checked to make certain no one is unknowingly left behind in the vehicle.