

The Safety Net

DIVISION OF DEVELOPMENTAL DISABILITIES



DEPARTMENT OF ECONOMIC SECURITY

Your Partner For A Stronger Arizona

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Equal Opportunity Employer/Program

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

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 of 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) 542-6825; TTY/TTD Services: 7-1-1.

IT'S MY LIFE!

—Kate Demboski

DDD CENTRAL OFFICE QUALITY ASSURANCE UNIT

WIN-LOSE

In a power struggle, someone has to win and someone has to lose. When you respond to a person engaging in challenging behavior, your approach can either diffuse or escalate a situation. A power struggle can develop when you respond emotionally or have unrealistic expectations of a person or situation.

AVOIDING POWER STRUGGLES

- ▶ Do not try to get or insist upon having the last word.
- ▶ Do not raise your voice to dominate the conversation. Yelling is an invitation for the person to do the same. A power struggle is less likely to escalate if it becomes a quiet conversation.
- ▶ Do not use sarcasm. This can be misunderstood and can sound more like an insult than a "joke." The misunderstanding can start or inflame a power struggle with a person.
- ▶ Do not make threats.
- ▶ Never take a person's behavior personally.

WIN-WIN

A WIN-WIN solution is when each person comes away feeling as though they received what they expected. The way to achieve a "win-win" outcome is by being supportive and affirming as you positively challenge people rather than exercising power or authority over them.

- ▶ Treat ALL people with dignity and respect.
- ▶ Pick your battles wisely! Ask yourself if it really matters that the person is standing at the dinner table instead of sitting in a chair, or if he starts on the last part of a chore first. If it does not pose a health or safety risk and will not change the outcome, insistence on compliance is not necessary.
- ▶ Offer choices: clothing, activities, food/snacks, television programs, movies, music, etc.
- ▶ Follow a routine as consistently as possible. Give numerous warnings that transitions are coming up.
- ▶ If it is possible, walk away from an argument. If you are feeling angry or upset, ask a co-worker to step in to your place or to assist you.
- ▶ Take care of yourself. It is difficult to provide care for someone if you are feeling tired, hungry or under-the-weather.

Remember: Although we all have basic needs, and people with disabilities may often have special needs, most people desire the same things in life: to be happy, healthy, and have a good quality of life.



REMINDER: In the event of any consumer emergencies,
CALL 9-1-1 IMMEDIATELY!

Wheelchair “Safety Tips” Everyone’s Responsibility!

—Steven G. Stencil
DDD CENTRAL OFFICE QUALITY ASSURANCE UNIT

Wheelchair safety is everyone’s responsibility! This brief article presents a number of “helpful hints” for review in order to prevent wheelchair accidents and possible injury.



Keep wheelchair in good condition; don’t wait until it falls apart before seeking a “tune-up” or needed repairs.



The seat positioning strap should always be used, if available, and the wheelchair should never be tilted without assistance.



When using a lift, ensure that powered wheelchairs are turned off, so that the joystick cannot be accidentally pushed. Always set wheel locks before the lift is used with manual wheelchairs.



When operating a lift, ensure one hand is on the wheelchair after locks have been used so that the wheelchair does not roll off the lift.



Never put a heavy load on the back of a manual wheelchair. It may make the wheelchair tip over backwards.



Ensure that all straps are used to secure the wheelchair during transport. Be sure the straps are sturdy and not worn. If the strap is not able to properly lock, have it replaced.



While driving, remember that bumps, sharp turns, sudden acceleration and stopping can more strongly jolt a person in a wheelchair than a person in a seat.



Curbs, uneven surfaces, steps, stairways, and escalators are dangerous obstacles. When encountered, avoid them by using curb cuts, ramps, or designated disabled elevators available in most areas.



Caregivers or assistants should always let the wheelchair user know what he or she is doing and avoid sudden movements which can upset the individual.



Beware of the effects of radio/TV stations and cell phones on power wheelchairs, especially older models. Turn wheelchair power off before using a cell phone.

Be sure to review the operating manual for the wheelchair and observe the various precautions for greater safety and promoting the importance of trust between caregiver/assistant and the user.

This list of common safety tips is not exhaustive. The wheelchair is meant to allow greater personal freedom and independence for its user, not to become a tool of further harm. A useful general policy for safety is to prevent accidents and possible injury before they can happen. Instead of just being more careful, think of ways to prevent possible problems and ensure the greater safety of the wheelchair user.

Source:
<http://www2.cruzio.com/~yogi/whchair.htm>
<http://ezinearticles.com/?Pay-Attention-To-Wheelchair-Safety.com>

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Are You Thirsty? Avoiding Dehydration

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

If you are thirsty, more than likely you are a little dehydrated. Most people require at least eight (8) glasses of eight (8) ounces of water per day. That is about the amount of fluid in a two (2) liter size bottle. In hot weather, we need even more fluids!



One of the ways to tell that you may be dehydrated is to check the color of your urine. If your urine is dark yellow, you are probably dehydrated. Some other signs of dehydration can include a dry sticky mouth, thirst, decreased urine output, headache, dizziness or lightheadedness, lack of sweating, and fatigue.

Make sure you drink fluids with each meal and in between meals. Always drink water before exercise and take water for any outdoor activity. Avoid soda, coffee, and tea due to the caffeine causing dehydration. Plain water is best. Fruit juices or unsweetened flavored waters are also good choices.

If you take care of someone that can’t take fluids by mouth, please follow the doctor ordered amount of water and formula. Remember to give frequent mouth care to prevent dryness. Notify the doctor if the person shows signs of dehydration.

If you have a person who has a doctor ordered fluid restriction, do not change the fluid intake. If you are concerned about dehydration, please consult the doctor.

Be Alert!

—LaWanna Bellerive
DDD CENTRAL OFFICE QUALITY ASSURANCE UNIT

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 vulnerable adult 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.