**Resources for Independence Shares Advocacy Information – Know Your Medical Rights during COVID-19**

The IL-NET National Training and Technical Assistance (T&TA) Center at ILRU is providing support to centers for independent living and statewide independent living councils as we all navigate the unprecedented times of the Coronavirus (COVID-19) pandemic. We are sharing this resource below in support of the communities you serve. Please email us at **ilru@ilru.org** with examples of how CILs are communicating with consumers in your communities—and how SILCs are communicating within your states-- and the resources you have found helpful. Visit the [ILRU Resources on COVID-19](https://urldefense.proofpoint.com/v2/url?u=http-3A__r20.rs6.net_tn.jsp-3Ff-3D00158-5F8yv47u7itI97Bv26g6oWGlOZ01fpWlXqVsjpFQwiaGZrsoesveb8FZUAjDsrG9ZkR2Y6Hrs57s7ToZQj02-5F1-2DU6w3HkJgJc6pJYMf5gK-5F5r3AA3oo59W2Ye-5F3AgizDOlAhHIwlQ7t2vXuDMwNYEuFVGiMBja6ptomLtcEgCo-3D-26c-3DW3T1b4p95S7i-5FewVJ5lXRtdilG4NKvKbWF2DQ-5FXC59j-2DmsyoXfPmFQ-3D-3D-26ch-3DVJDyhDUlZU5azo2BGYy0S-5Fgg-2Dy7LTndG3VpQZK0pJiSmQQCwRHlNjw-3D-3D&d=DwMFaQ&c=ZQs-KZ8oxEw0p81sqgiaRA&r=uGn_Vkl_JR-YWpk6ktqEcA&m=3YxXI4PRCPocrlfKh95eLqxydM9jVgK7gDJ-x8JpDZQ&s=fvAvbl7SLxgu4FIYywdP4yv90tzMMt7d_eA_Opf_D-Q&e=) webpage for daily updates.

All items we post are presented with the stipulation that they are only examples of how one CIL or SILC has addressed important emergency-related matters. Other organizations should adopt only those of the examples that fit their organization's circumstances. Each organization is responsible for ensuring compliance with federal, state, and local laws and directives. These materials have not been reviewed by ACL; therefore, no assumptions should be made regarding compliance or cost allowability.

**The following excerpts are from The Independent, the official newsletter of Resources for Independence Central Valley (RICV), Spring 2020:**

**Now More Than Ever—Know Your Medical Rights during COVID-19**

If you or someone you know is disabled:

Under the Americans with Disabilities Act and other laws, you cannot be treated badly just because you have a disability or someone in your family has a disability, or because someone thinks you have a disability. You can ask for changes you need for your disability. The hospital and doctors have to help you unless it would be very dangerous or difficult, even with supports. This means:

* You CAN get medical care like everybody else. No one can deny you emergency care (like a ventilator) just because of your disability.
* You CAN bring a family member or other helper with you unless they are also sick.
* You CAN bring a trained assistance animal with you most of the time.
* You CAN bring your own stuff like a ventilator or wheelchair.
* You CAN get good communication. If you are deaf you get ASL interpreting or CART. You can get papers in Braille or large print or in a computer file. You can get information in simple words.
* You CAN get information in another language.
* You CAN get an interpreter.
* You CAN get help with follow-up care and services.

People with different kinds of physical and mental health disabilities, including higher weight people, have legal rights and are covered by disability laws when they try to get medical care. If you have a problem with a doctor or hospital during COVID-19, call Disability Rights California at 1-800.776-5746 Monday-Friday between 9 a.m. – 4 p.m. TTY: 1-800-719-5798.

**Be Prepared—If You Have to go to the Hospital**

If you are going to the Emergency Room, you will want to bring as much support as you can. Many medical facilities have stricter limits on visitors or advocacy accompaniment right now. Consider bringing the following:

* **Medications.** (Hospital may not normally allow you to take your own medicine, however some feel more comfortable having their medicines with them.
* **A Sharpie** (black or color that shows up well on your skin).
* **Advocacy Supports.**
* **Phone** AND **Phone Charger.**
* **Charged phone batteries**—*as many as you can bring.*
* **Know Your Rights** (see above*).*
* Printouts of **advocacy documents/letters to providers.**
* **Connection Kit** *(*[*click here*](http://www.ricv.org/assets/enews_spring_20202.pdf) *to see newsletter, Page 5). [http://www.ricv.org/assets/enews\_spring\_20202.pdf]*
* A copy of your signed **Power of Attorney** for Healthcare.
* **Communication tools:** paper, pens, tablet or any device you can use easily, assistive communication devices, extra hearing aid batteries, spare eyeglasses or contacts.

For more great articles in the 2020 Spring Edition of The Independent, [click here](http://www.ricv.org/assets/enews_spring_20202.pdf) [http://www.ricv.org/assets/enews\_spring\_20202.pdf]. For alt text version [click here](https://urldefense.proofpoint.com/v2/url?u=https-3A__ricv.us4.list-2Dmanage.com_track_click-3Fu-3Deafc6cfea34c934d2389731b2-26id-3D085a28cffc-26e-3Dc4d3283898&d=DwMFaQ&c=ZQs-KZ8oxEw0p81sqgiaRA&r=UZNwpeF4C-NYF1f9u8p-lQ&m=8S3x4qKtL6cy_7qMT38-o7IZkxfZXxb94jhgWfpwzvQ&s=TiaYH_mV3_3WWCt3GJDR-n8TFmGYj2TiAvZVLCGTdGo&e=) [[https://urldefense.proofpoint.com/v2/url?u=https-3A\_\_ricv.us4.list-2Dmanage.com\_track\_click-3Fu-3Deafc6cfea34c934d2389731b2-26id-3D085a28cffc-26e-3Dc4d3283898&d=DwMFaQ&c=ZQs-KZ8oxEw0p81sqgiaRA&r=UZNwpeF4C-NYF1f9u8p-lQ&m=8S3x4qKtL6cy\_7qMT38-o7IZkxfZXxb94jhgWfpwzvQ&s=TiaYH\_mV3\_3WWCt3GJDR-n8TFmGYj2TiAvZVLCGTdGo&e=]

Resources for Independence Central Valley (RICV)

www.ricv.org

voice 559.221.2330

email info@ricv.org