



MY POSSIBILITIES HEALTH AND SAFETY GUIDELINES

As we continue to welcome more HIPsters and staff back to My Possibilities, please be aware of the following measures we have put in place to ensure the safety of everyone. We ask that you monitor any health changes at home and please do not plan to send your HIPster to MP if they have had a fever, cough, shortness of breath, or reside with anyone that has experienced these symptoms. If a HIPster or anyone in their immediate family has traveled, we ask that you follow the protocol for self-quarantine before sending your HIPster to any of our programming. The following has been implemented as safety guidelines for progressing to serve as many Hipsters as we can at this time:

HIPsters and Staff encouraged not to return at this time

- HIPsters 55 and older
 - This is a recommendation, but use your discretion and guidance from your health care provider to make the safest decisions
 - We are offering limited, special programming for our HIPsters 55 and older. Please contact Madisson Delgado for more info: mdelgado@mptx.org
- Anyone with underlying health conditions or compromised immune systems
 - Please follow the CDC guidelines on underlying health issues
 - Please consult your health care provider for final decisions
- Anyone who may live with elderly family members or caregivers that are at higher risk
- If you have travelled by air or boat, or travel has subjected you to people outside of your immediate family, please follow the CDC guidelines of 14-day quarantine

HIPster drop-off and pick-up

- HIPsters are to be dropped off at the main MP entrance (look for the flag poles)
 - Ample signage will direct you on where to go
- HIPsters will be picked up at the HIPster entrance (green awning)
- At the time of drop off, temperature will be taken and recorded with touch-free thermometers and hand sanitizer distributed
 - If HIPster displays temperature of 100 degrees or more, they will be sent back home
 - If your HIPster rides DART, we have a safe waiting area until the family or caregiver can pick them up
- No visitors or volunteers are permitted into the building until further notice
- Essential visitors such as providers, HHSC and LIDDA visits are permitted when scheduled through HIPster Services. All individuals will be required to have their temperature taken and wear a mask while on campus.



Program set-up and protocol

- Classrooms, gym and therapy rooms will undergo thorough cleaning before programming begins, and cleaning rotations will take place during scheduled times of the day and after any transition out of said room
- Classroom max is 12 HIPsters plus one staff; minimum nine HIPsters, plus one staff
 - Tables and chairs will be arranged for six-foot social distancing
 - Tables and chairs will be arranged for six-foot social distancing
 - In classes where the ratio is 1:12, such distancing may not be feasible for the duration of a class; therefore, other measures such as face covering, hand hygiene, cough etiquette, cleanliness, and sanitation will be rigorously practiced.
- Hands-on manipulatives and tasks will be limited at this time while in the classroom. Programming will primarily be interactive lecture-style learning
- Gym will occupy no more than 12 HIPsters at a time, plus one staff with proper social distancing for any health and wellness activities
 - 1:1 personal training opportunities are available for your HIPster. Please contact Jessie Poku for more info: jpoku@mptx.org
- Speech and Music Therapy rooms will occupy only one therapist and one HIPster, with proper social distancing
 - Protective guards will be used during 1:1 therapy sessions
 - 1:1 therapy services are offered on campus and through teletherapy if your HIPster is not yet returning to campus
 - Outside therapists are not permitted on campus until further notice
- HIPsters will be assigned a hallway and will only rotate through that hallway (no more than three classrooms) while on campus
 - Hall monitors will be assigned to assist HIPsters to classes and limit the number of HIPsters wandering to and from different hallways and classrooms.
 - Therapists will get HIPsters from their classroom at the time of their session and will follow proper social distancing to and from therapy rooms. They will be escorted back to class by their therapist when session is over.
 - Large groups will not be permitted in the café for lunch, rather they will eat in their classrooms
 - We will run our morning transition out of the café, but in groups separated by hallways, and ample space to social distance
 - No community-based instruction will take place until further notice
 - We will provide small groups for shuttle services as needed. Please contact Jasmine Segar for more info: jsegar@mptx.org

Handwashing, sanitizing and other safety measures

- Upon arrival, HIPsters will be distributed hand sanitizer before walking into the program
- When HIPsters arrive for their programming, handwashing will take place periodically throughout the day



- Social stories will be available for instructors and therapists to use to guide, explain and instruct HIPsters
- Restroom breaks will be assigned by classroom, which will include monitoring of hand washing
- Access to water fountains will not be available, so we encourage your HIPster to bring their own water/drinks
- Hand sanitizer will be available in each classroom, therapy room, gym, and hallways for usage as needed
 - All staff and HIPsters are encouraged to also bring your own hand sanitizer
- Staff will wear masks as long as activity can withstand it
 - If your HIPster is able to endure a mask, we highly encourage them to bring and wear them

Administrative Staff and building safety

- Upstairs staff will be limited upon reopening
 - Staff will be assigned certain days they are permitted on campus
- Staff temperatures will be taken upon entering the building
- Staff will wear masks while in the building
- Volunteers as well as corporate days of inclusion are on hold until further notice
- Small group meetings will be permitted in the upstairs boardroom with social distancing practices, temperatures taken upon arrival, and masks required
- No monthly family tours until further notice
- Daily sanitizing and cleaning of all non-program areas

MP procedure if someone tests positive for or is exposed to COVID-19

- MP will report case(s) to the local health department for guidance
 - They will support MP in identifying its source and contamination patterns
- All staff and HIPsters that were exposed to individual that tested positive will be informed, while keeping in compliance with HIPAA
- Individual that tests positive should follow all guidelines and recommendations from the CDC for quarantine and seek medical care
- All staff and HIPsters exposed to individual(s) that have tested positive will follow CDC guidelines for self-quarantine, get tested immediately and follow doctor's orders
 - If negative test results, HIPster and staff can resume normal activity based on doctor's recommendations
- Additional deep cleaning and sanitizing of campus will take place immediately