

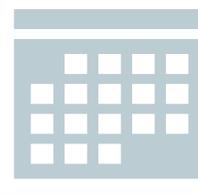
## The most common changes to routine or daily schedule during the COVID-19 pandemic



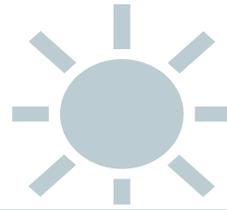
**82%**  
went into the community less often or stopped going



**59%**  
saw family or friends (who don't live with person) less often or stopped seeing in person



**38%**  
stopped going to in-person day program, workshop or other unpaid day or community activity



**17%**  
went fewer hours to day program, workshop or other unpaid day or community activity

## Respondents reported liking the following changes to their lives and daily routines that they experienced during the COVID-19 pandemic

**33%** staying home more

**28%** using technology more

**22%** talking with friends and family more

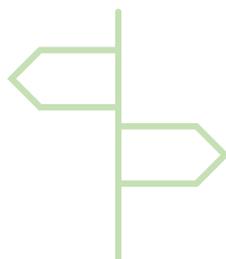
**16%** started a new activity that they liked or did activities they enjoy often

## If there were changes in daily schedule, who chose person's new daily schedule?

**44%** person chose

**33%** person had help choosing

**23%** someone else chose



# In-Person Survey (IPS) COVID Supplement

*IPS COVID*

*Supplement*

*participating*

*states were: AL,*

*AR, CA, CO, FL,*

*GA, HI, IL, IN, KS,*

*KY, MI, MO, NC,*

*NE, NH, NJ, NV,*

*OH, OR, PA, SD,*

*TN, VA, WI*

## NCI Averages:

- Include all participating states
- Data are weighted

*\*proxy respondents were allowed for some questions*

## During the COVID pandemic in 2020



**83%**  
talked to a  
case  
manager or  
service  
coordinator  
enough



**85%**  
reported all  
staff always  
used  
personal  
protective  
equipment  
(PPE)



**37%**  
reported  
being more  
worried,  
scared,  
anxious, or  
sad than  
before



**23%**  
reported  
wanting  
more help  
to feel less  
worried,  
scared,  
anxious or  
sad

### Technology



**88%** have a computer, tablet, or smartphone they can use in the home



**83%** report internet always works and connection is good at home



**57%** have ever talked to a case manager/service coordinator using videoconference or telehealth.



**51%** have ever talked to a health professional using videoconference or telehealth

### Services done using videoconference since COVID time started...

- **18%** social groups organized by day program
- **16%** exercises or physical activity
- **12%** life skills (cooking, other self-care)
- **4%** job coaching, job skills, other employment related activities

