



# ISAC

# Recommendation

# 5

# April 2026

Gregory Cherpes MD, NADD-CC  
Medical Director  
Department of Human Services  
Office of Developmental Programs

# Recommendation 5



## Promote Health, Wellness, and Safety

- Promote physical and mental health, wellness, and personal safety for every individual and his or her family. Promoting physical and mental health means providing information about health and wellness, emotional support, and encouragement. Tools that help every individual adopt a healthy lifestyle — including good nutrition, healthy diets, physical activity, and strategies to reduce and manage stress and protect oneself from all types of abuse and exploitation — must be provided.



A web-based instrument developed to screen for health risks associated with:

Intellectual/Developmental Disabilities

Physical Disabilities

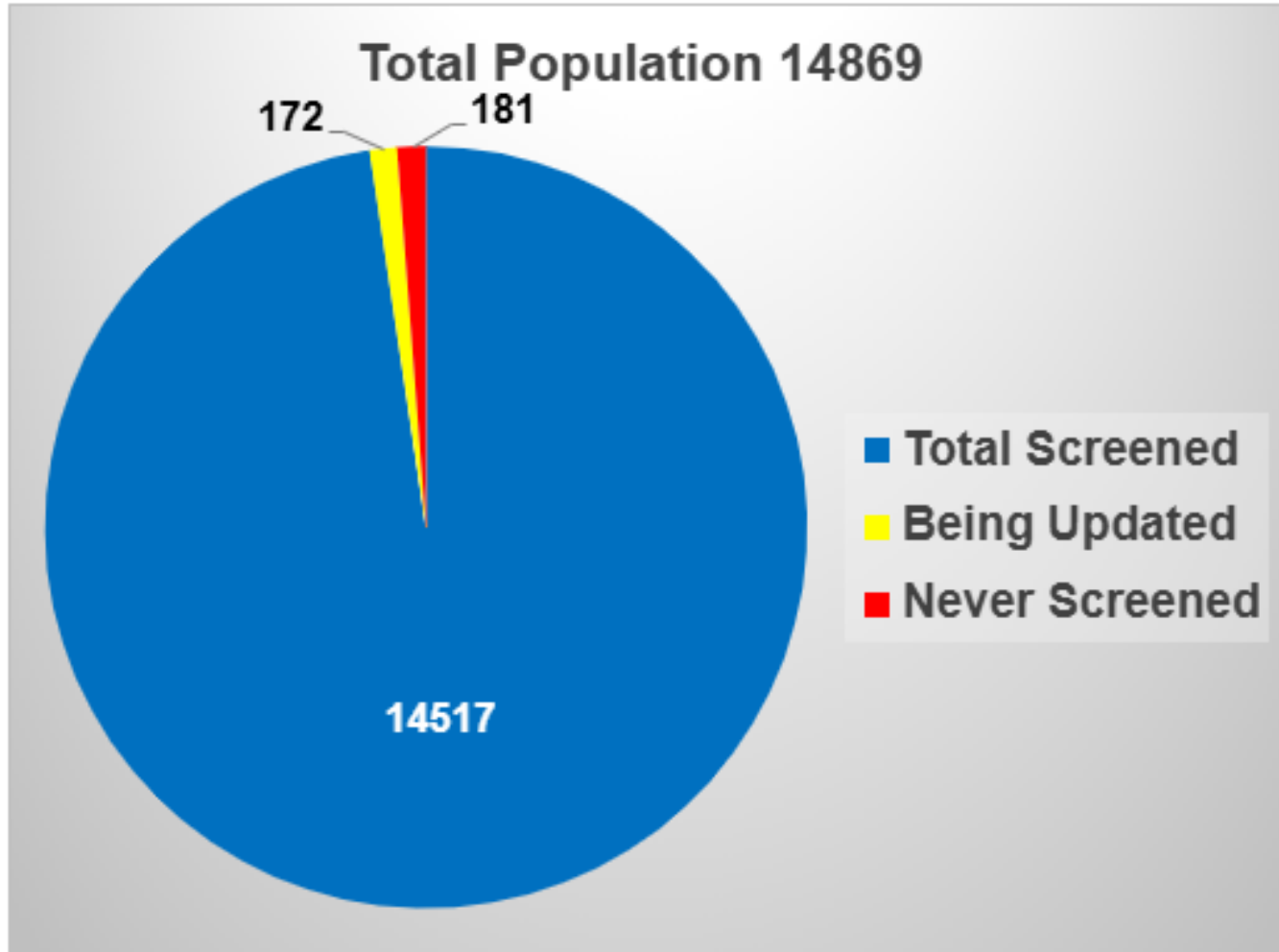
Disabilities Associated with Aging

Traumatic Brain Injury

Any Vulnerable Population

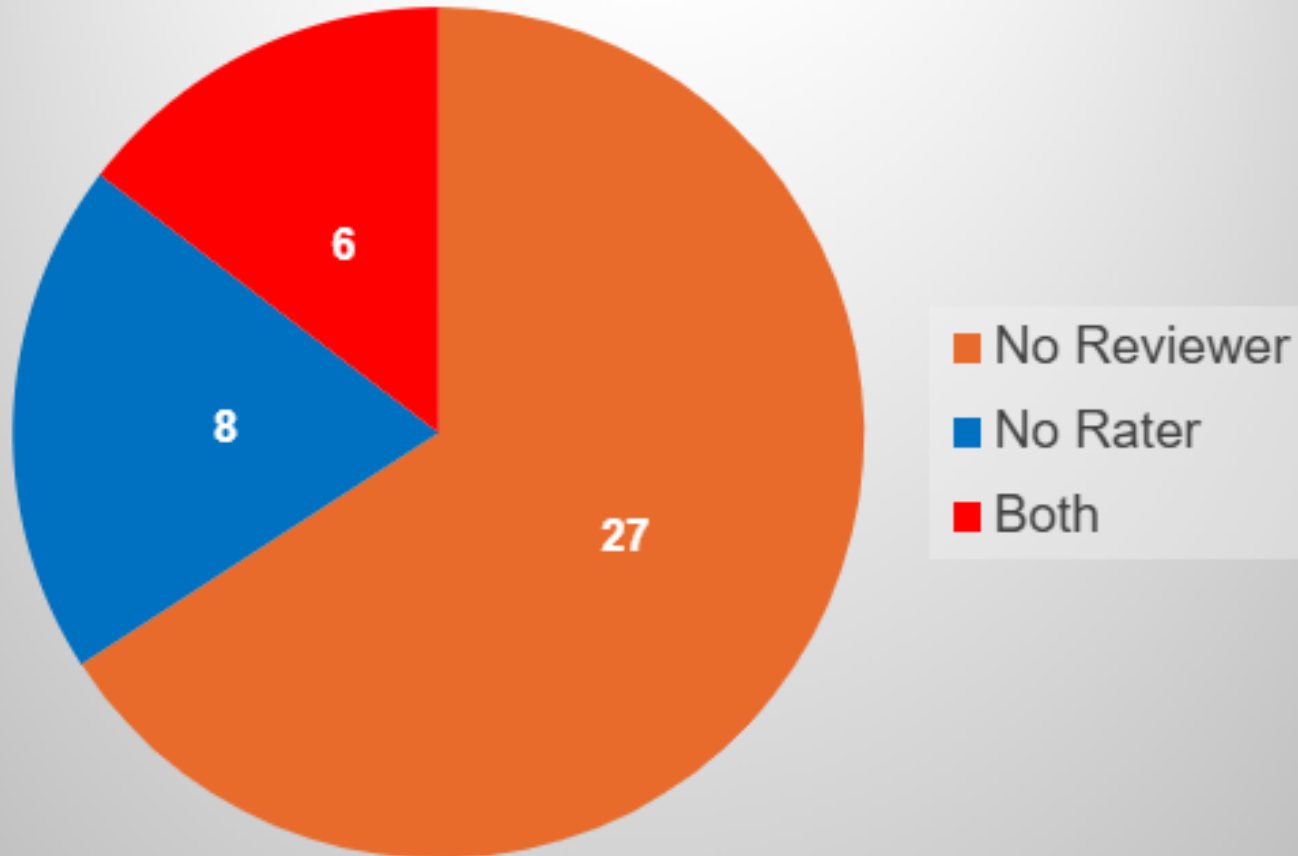
The HRST is a simple 22 item scale designed to find out which individuals are at most risk of illness and health destabilization.

The tool then responds by producing action steps that empower support staff in the form of special attention and prevention.





## Provider Ability to Screen



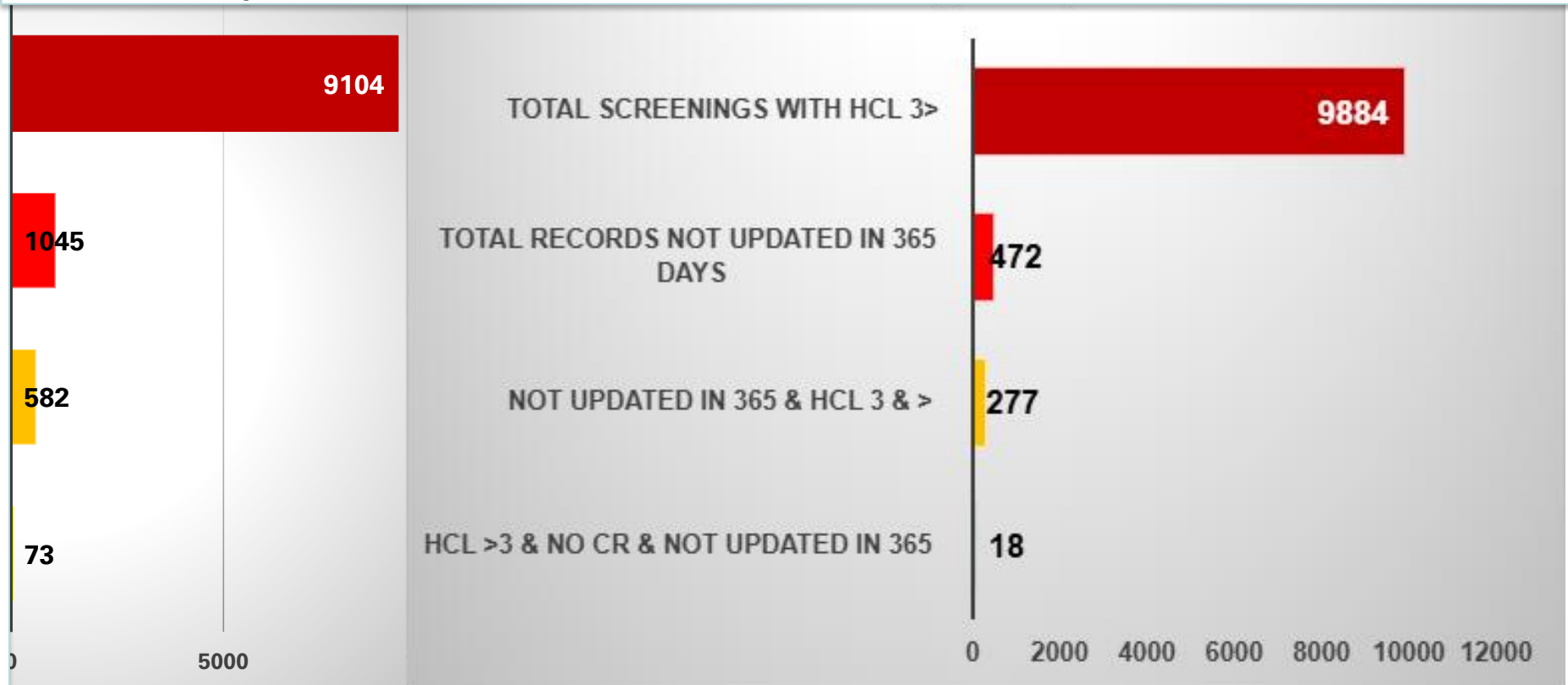
# HRST Data Screening Compliance



Pennsylvania  
Department of Human Services

## February 2025

## March 2026



# HCL Distribution March 2026



Pennsylvania  
Department of Human Services

4: 17% (2424)

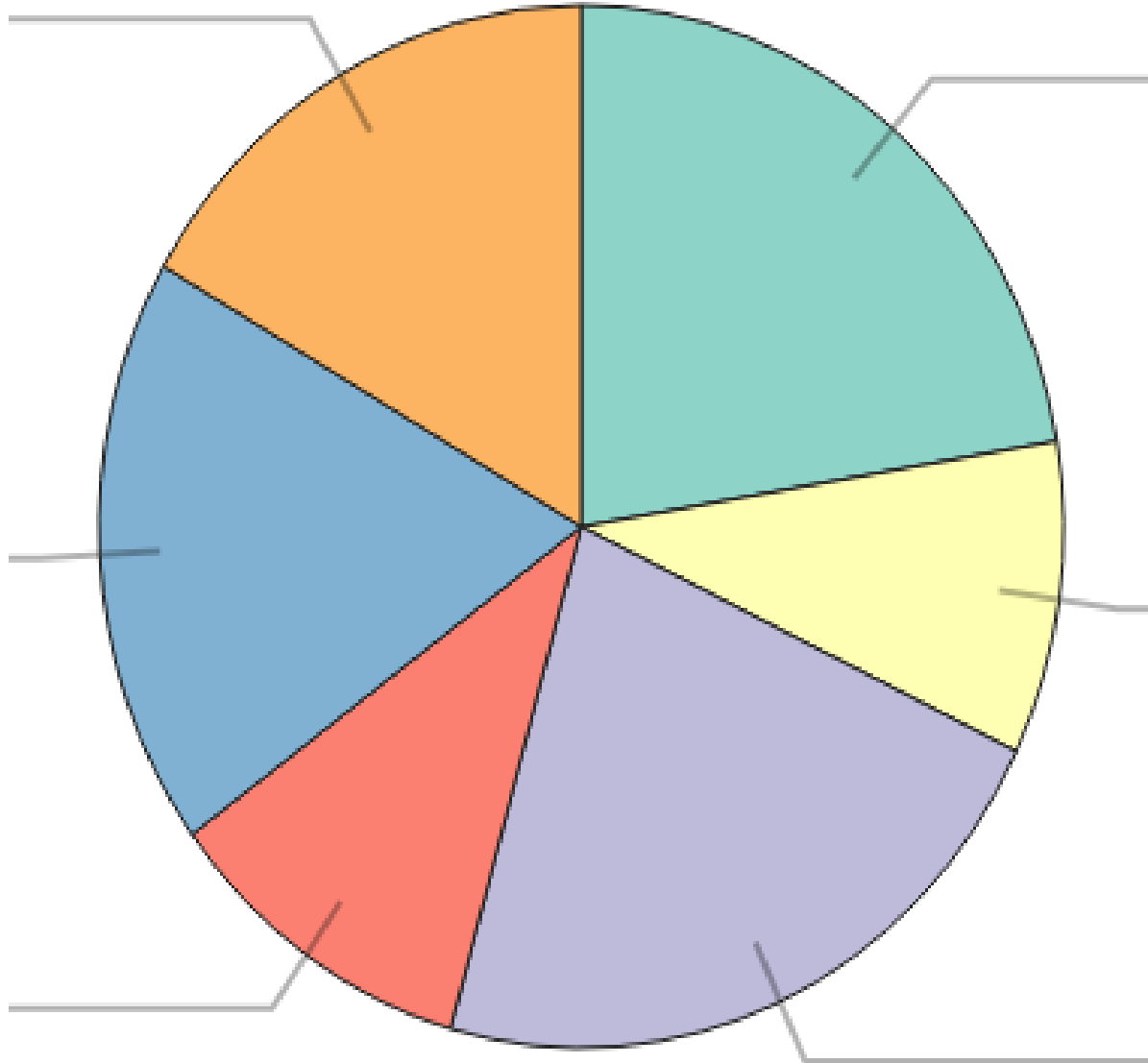
2: 22% (3251)

1: 10% (1412)

3: 22% (3237)

5: 18% (2669)

6: 11% (1538)





## US Center for Disease Control and Prevention Respiratory Illnesses Data Channel:

The Office of Developmental Programs (ODP) is sharing this important update from the CDC as of [February 27, 2026](#), regarding respiratory illnesses across the state of Pennsylvania.

### Your community snapshot

Respiratory illness activity in Pennsylvania:



### Emergency department visits in Pennsylvania

<p style="text-align: center;"><b>COVID-19</b> <b>Low</b> Decreasing</p>	<p style="text-align: center;"><b>Flu</b> <b>Low</b> Decreasing</p>	<p style="text-align: center;"><b>RSV</b> <b>Moderate</b> No Change</p>
--	---	---

**What it is:** A measure of how many people are seeking medical care in emergency departments.

**Why it matters:** When levels are high, it may indicate that infections are making people sick enough to require treatment.

[Emergency department visit trends »](#)  
[Learn about this measurement »](#)

### Community viral activity level in Pennsylvania

<p style="text-align: center;"><b>COVID-19</b> *Limited Coverage</p>	<p style="text-align: center;"><b>Flu</b> *Limited Coverage</p>	<p style="text-align: center;"><b>RSV</b> *Limited Coverage</p>
--	---	---

\* Level based on a small segment (less than 5%) of the population and may not be representative of the state/territory.

**What it is:** A measure of viral activity in the community through testing wastewater (sewage). Wastewater monitoring can detect viruses infecting people in a community.

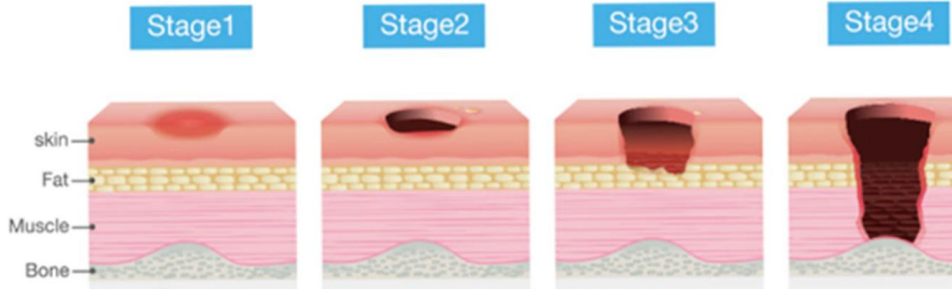
**Why it matters:** When levels are high, it might indicate that there is a higher risk of infection.

[Community viral activity level map »](#)

# Skin Integrity Initiative - Cycle 5



Pennsylvania  
Department of Human Services



- Cycle 5 kickoff with HCQUs in June 2025.
- 458 Individuals
- ODP Announcement 21-073 - Revised



GOVERNOR JOSH SHAPIRO

November 20, 2025

Greetings:

It is my pleasure to join the Pennsylvania Department of Human Services Office of Developmental Programs in recognizing November 20, 2025, as Pressure Injury Awareness Day.

Pressure injuries, commonly known as bedsores, affect more than 2.5 million people in the United States. Pressure injuries cause pain and create an increased risk of infections. Although primarily a preventable condition, these injuries claim the lives of over 60,000 Americans per year. In addition to life-threatening complications, pressure injuries increase healthcare costs and can have many negative impacts on the lives of those afflicted with this condition. The Pennsylvania Department of Human Services Office of Developmental Programs continues its Skin Integrity Initiative to provide education, training, and technical assistance to reduce the incidence and severity of pressure injuries. I am certain that Pressure Injury Prevention Day will continue to highlight the importance of making advancements in the prevention and treatment of pressure injuries.

As Governor, and on behalf of all Pennsylvanians, I am honored to recognize November 20, 2025, as Pressure Injury Awareness Day. Please accept my best wishes for continued success and awareness.



GIVEN under my hand and the Seal of the Governor, at the City of Harrisburg, this twentieth day of November two thousand twenty-five, the year of the Commonwealth the two hundred fiftieth.

Governor Josh Shapiro

Office of the Governor | Harrisburg, PA | [www.pa.gov](http://www.pa.gov)



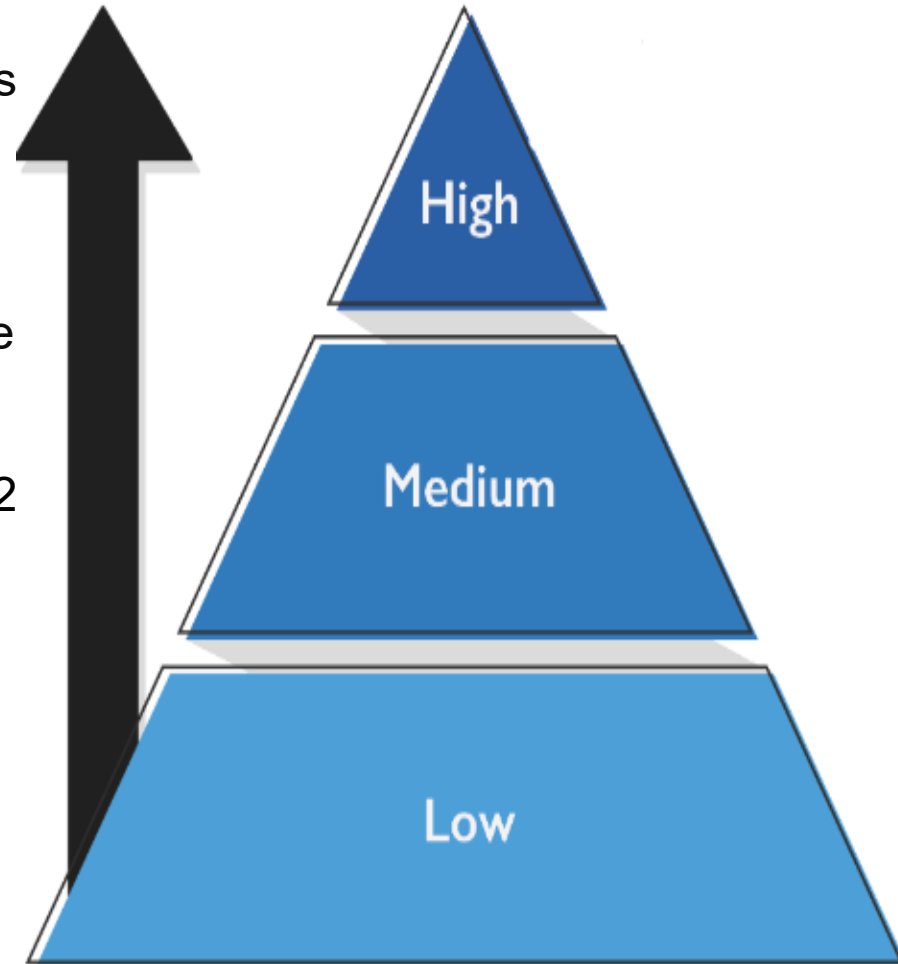
Risk stratification was used to categorize individuals into risk levels based on their likelihood of experiencing adverse outcomes related to pressure ulcers.

The purpose of our risk stratification was to prioritize resources during the outreach process by focusing more attention on those more in need.

Risk scores for this project ranged from 1-32

Metrics weighted into risk score:

- Injury stages
- Age group
- Ambulation
- Repeated Emergency Room visits
- Hospital Admissions/Readmissions





## Tier 1

### HIGH RISK

- Outreach: In person
- Increased SC involvement
- Typical QuestionPro survey

## Tier 2

### MEDIUM RISK

- Outreach: In person or virtual
- Typical QuestionPro survey

## Tier 3

### LOWEST RISK

- Outreach: HCQU sends Resource/Training packet
- Reduced QuestionPro survey

# Skin Integrity Initiative Continued



Pennsylvania  
Department of Human Services

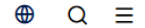
3/20/2026	TOTAL		
	Total Assigned	Total Completed	Percent completed
Acentra	81	81	100%
Advocacy Alliance (Eastern)	58	58	100%
Advocacy Alliance (Northeast)	18	18	100%
Advocacy Alliance (South Central)	47	46	98%
Geisinger	43	41	95%
Milestones (Northwestern)	30	30	100%
Milestones (Western)	27	27	100%
Philadelphia Coordinated Health Care PMHCC, Inc.	135	135	100%
<b>RISK TIER TOTAL</b>	<b>439</b>	<b>436</b>	<b>99%</b>



- As an extension on ODP's focus on the Fatal Five, and as a result of claims data review, ODP recognized concern for incidents of choking and choking related deaths.
- Following internal meetings, a workgroup was formed.
- Developed into a DHS Taskforce with multi-Office participation
  - ODP with Community and State Center participation
  - OLTL
  - OMHSAS
  - OMAP
  - HCQU



- [Choking Prevention | Department of Human Services | Commonwealth of Pennsylvania](#)
- Educational Resources
- Risk Screenings
- Food Texture Modification Reference Photos



Department of Human Services

Agencies > Department of Human Services > Resources & Information > Choking Prevention

## Choking Prevention

The Pennsylvania Department of Human Services formed a taskforce around choking and dysphagia in May 2024. This initiative was launched to address preventable choking incidents and choking-related deaths among Pennsylvanians.

*Choking: When food or other items cause an obstruction in the throat or respiratory tract which may or may not cause difficulty breathing, regardless of individual's ability to clear own airway or their need for assistance from others.*

**The goal of this webpage is to provide resources and information to help Pennsylvanians reduce their risk of choking events and choking related death.**

The content of this page is to provide general information and tools. The information and material should not be a substitute for individualized, regular medical care.

Educational Resources ↑↓

Risk Screenings ↑↓

Food Texture  
Modification  
Reference Photos ↑↓



1574 Unique Visitors



3,926 Page Views



38 States



16 Countries



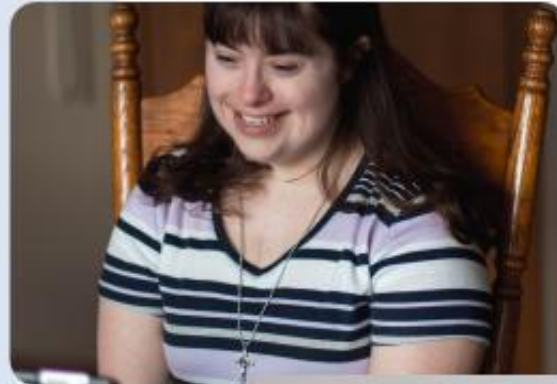
## Many people with intellectual disabilities and autism (IDA) need to go to the ER for care

- High-risk/multiple comorbidities

- Lack of access to medical care otherwise

- Regulatory and policy requirements

- Primary doctor lacks immediate availability



2



- This IDA waiver service is consultative and provides disability-specific advice on when best to seek additional or in-person medical treatment for the participant.
- Can occur in the participant's private or residential home to help assess their need for medical attention
- Includes support and consultation to paid and unpaid caregivers to build capacity to better understand best approaches for supporting the participant depending on their symptom presentation.
- This service will not duplicate service available to the participant through the state plan.
- This service will not supplant in-person exams as needed.
- Provided as a monthly service and billed in monthly units.

# STAT Continued



## StationMD

### TELEMEDICINE

For Individuals with Intellectual and Developmental Disabilities (I/DD)

89.2%

Of our patients have their medical needs resolved virtually



#### Our Services

- ✓ 24/7 access to I/DD- specialized doctors & clinicians
- ✓ Decreases ER & hospital admissions
- ✓ Care coordination with PCP & preferred pharmacy
- ✓ Accepts many major insurance plans (Medicaid & Medicare)

#### Why Use StationMD

StationMD improves health outcomes and quality of life for those with I/DD. By enabling individuals to receive urgent medical care in their own home or community setting via telemedicine, it reduces stress on caregivers and costs associated with unnecessary ER visits & hospital admissions.

### StationMD Visit



Call 1-877-STATMDS



Virtual receptionist collects patient information



Patient connects with the StationMD doctor

[www.StationMD.com](http://www.StationMD.com)

908-663-2929

[Info@StationMD.com](mailto:Info@StationMD.com)

## senacare

### 24/7/365 Telemedicine by an ODP approved provider via the STAT waiver program in Pennsylvania

At Senacare, we provide a broad scope of medical services to individuals and organizations caring for those with intellectual and/or developmental disabilities.

We combine a traditional relationship based medical approach and leverage cutting-edge technology to make quality healthcare accessible to people wherever they are and organize care in the comfort of their own homes.

#### How to enroll in the program:

- The Supports Coordinator assist individuals with their families or guardians to elect Senacare services on the the individual's ISP using the W7032 procedure code. This can be done anytime during the year by performing a critical revision or doing the annual ISP renewal process.
- Unlimited calls to Senacare is 1 unit and costs \$55 -Individuals can use the telemedicine services immediately as soon as they are enrolled for the service.

#### Telemedicine covers some of the following issues:

- Assessment to determine the urgency of conditions (ie ER vs urgent care or can wait to be seen by PCP
- Rash, fever, cough, pain, pink eye, diarrhea, urine infections, falls, seizures, injuries, and various seasonal illnesses.
- Prescription refills, general guidance for medical conditions, and others

#### Contact us today:

609-455-1576  
[hello@senacare.com](mailto:hello@senacare.com)

#### Mailing address:

174 W. Tomlin Station Rd,  
Suite One, Mickleton, NJ,  
08056

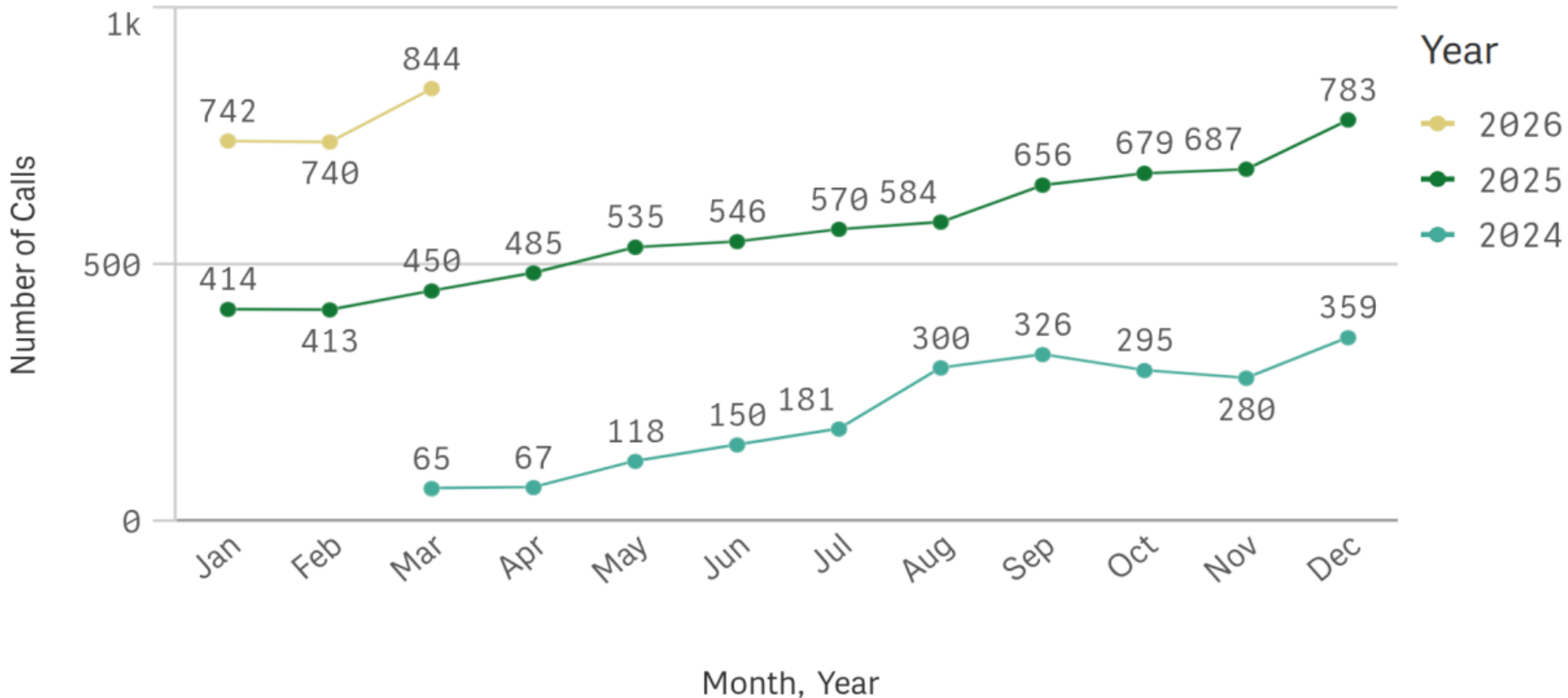
1 International Plaza,  
Suite 550, Philadelphia,  
Pa. 19113

references available upon request.

# STAT Utilization Data



Pennsylvania  
Department of Human Services

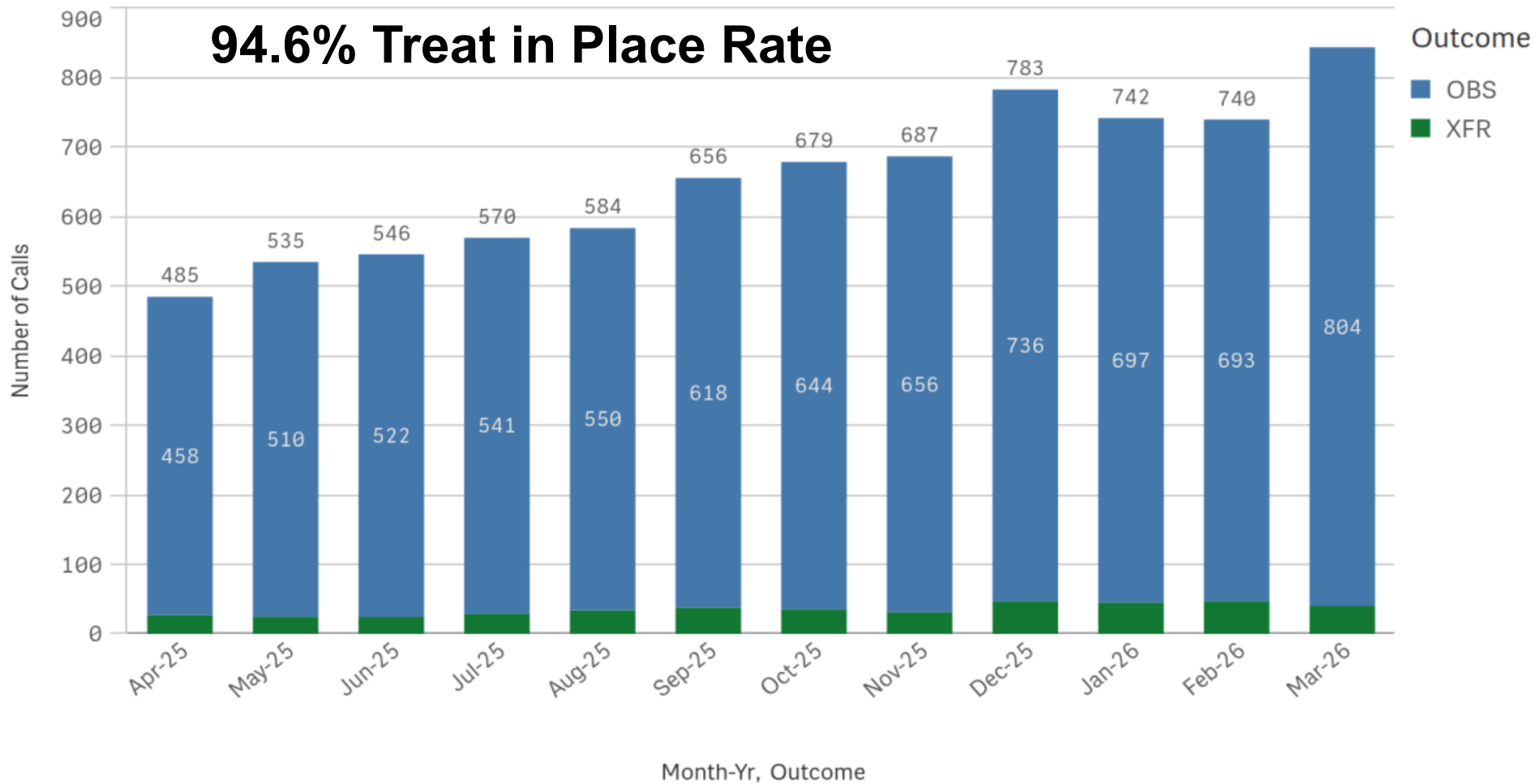


# Utilization Data 04/2025 – 03/2026



Pennsylvania  
Department of Human Services

## 94.6% Treat in Place Rate





# Move Your Way Campaign



Walk. Run. Dance. Play.

What's your move?

# Physical Activity Guidelines for Americans



Pennsylvania  
Department of Human Services




## Physical Activity Guidelines for Americans

2<sup>nd</sup> edition



[www.dhs.pa.gov](http://www.dhs.pa.gov)

COMMONWEALTH OF PENNSYLVANIA



PROCLAMATION  
BY THE  
GOVERNOR

WHEREAS, physical activity, whether indoors or outdoors, allows us to get our bodies moving and hearts beating, boosting our overall health and well-being; and

WHEREAS, the Move Your Way Program encourages people to become physically active with activities they enjoy—from gardening and yoga to dancing and horseback riding—fostering a Commonwealth where everyone can stay active and healthy and have fun; and

WHEREAS, individuals with intellectual disabilities and autism have faced health disparities and are at an increased risk of co-existing medical conditions; and

WHEREAS, to improve the health outcomes of individuals with intellectual disabilities and autism, direct support professionals, family caregivers, local community organizations, and state agencies can support individuals to safely engage in physical activity by providing tips, resources, and encouragement; and


WHEREAS, the Pennsylvania Department of Human Services has partnered with Move Your Way and Special Olympics Pennsylvania to further encourage individuals to get healthy amounts of physical activity; and

WHEREAS, this call-to-action campaign and its steadfast commitment to educating individuals on physical activity and healthy habits is a commitment to creating healthier and stronger communities where all Pennsylvanians can thrive.


THEREFORE, I, Josh Shapiro, Governor of the Commonwealth of Pennsylvania, do hereby proclaim April 18, 2025, to be

**MOVE YOUR WAY DAY**

I encourage all Pennsylvanians to join with their families and communities to promote and find ways to enjoy physical activity and Move Your Way on this day and every day.



GIVEN under my hand and the Seal of the Governor, at the City of Harrisburg, on this fourteenth day of April two thousand twenty-five, the year of the Commonwealth the two hundred forty-ninth.

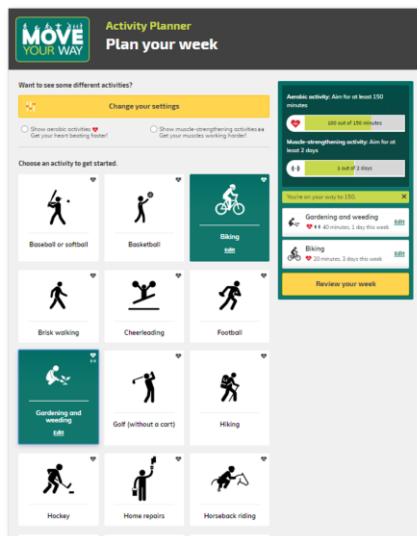


Governor Josh Shapiro

# Move Your Way



Pennsylvania  
Department of Human Services



Interactive  
tools



Posters and  
factsheets



Series of  
videos

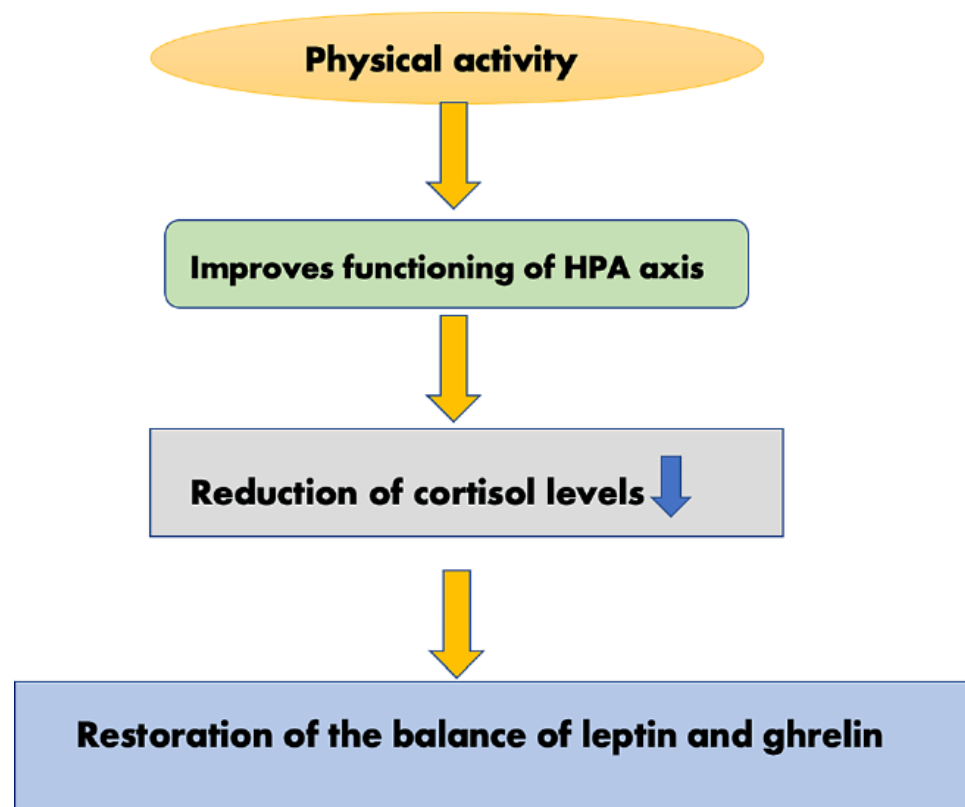
# Move Your Way® for Mental Health



Pennsylvania  
Department of Human Services

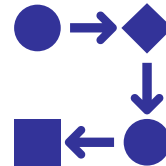


- Regular physical activity improves the functioning of the hypothalamus-pituitary-adrenal (HPA) axis which calms the body's stress systems — offering both immediate and sustained emotional relief.
- Biochemically, exercise works like natural medicine. By balancing brain chemicals, it enhances mood.





Increases brain-derived neurotrophic factor (BDNF) — critical for learning and memory.



Improves decision-making, focus, and creativity.



Enhances blood flow and neural repair.



Exercise is a proven intervention for depression and anxiety.



Comparable outcomes to antidepressant use with mild to moderate depressive symptoms.



Improves quality of life and self-esteem.



# The Fatal Five Health Conditions

Introduction

Course #: ID-2026-03

[www.dhs.pa.gov](http://www.dhs.pa.gov)

Play (Ctrl+Alt+P)



< PREV

# Fatal Five Webcast



Pennsylvania  
Department of Human Services

## What are the Fatal Five?



Pennsylvania  
Department of Human Services

**Aspiration**

**Dehydration**

**Constipation**

**Seizures**

**Sepsis**

[www.dhs.pa.gov](http://www.dhs.pa.gov)

## Objectives



Pennsylvania  
Department of Human Services

### In this training, you will learn:

- What the Fatal Five Health Conditions are.
- Who is at risk.
- Warning signs, causes, and complications.
- How to provide support for health, safety, and quality of life.

**Throughout the training, you'll have opportunities to reflect on your knowledge, skills, and responsiveness.**

[www.dhs.pa.gov](http://www.dhs.pa.gov)

# Fatal Five Webcast



Pennsylvania  
Department of Human Services

## Providing Support within Your Role



Pennsylvania  
Department of Human Services

### DSPs

Do you work with someone at risk of a Fatal Five condition, such as seizures?

### Providers

Do your staff have the training to support someone in a health crisis like aspiration?

### Supports Coordinators

Do ISPs include information on dehydration or infection management?

### Administrative Entities

Do ISPs include all assessed risks and appropriate risk management strategies?

[www.dhs.pa.gov](http://www.dhs.pa.gov)

## Training Framework



Pennsylvania  
Department of Human Services



**Level 1:** Identifying risk



**Level 2:** Intervention to provide health and safety



**Level 3:** Prevention of recurrence

[www.dhs.pa.gov](http://www.dhs.pa.gov)