



DDRS Updates

A message from Vocational Rehabilitation Services
4/21/2020

As communities across Indiana work to monitor the evolving public health emergency around the novel (new) coronavirus or COVID-19, we want you to know that the Indiana Vocational Rehabilitation program is committed to continuing to serve our participants. We are here for you.

VR is taking steps to ensure the health and safety of participants, staff and community partners, including practicing [CDC guidelines](#) regarding hand washing, good respiratory etiquette, cleaning surfaces and social distancing to limit the spread of COVID-19.

In the interest of taking every possible measure to protect Hoosier health and safety, VR offices remain closed to the public at this time. The decision to close offices was made as the Family and Social Services Administration and state health leaders consider the best options for promoting social distancing to contain the spread of COVID-19.

Even though offices are closed, VR services continue to be provided through video phone, telephone and email. ***Although we are providing services in different ways, please be assured that VR services are still available at this time.***

- Do you need help finding available employment opportunities during the COVID-19 pandemic?
- Are you interested in preparing now for future employment?
- Has your employer asked you to work from home and you need some support to successfully perform your job duties?

Additionally, ***individuals with disabilities are encouraged to continue to apply for VR services during this time.*** For information about the VR application process and what to expect when applying for VR during the pandemic, [please click here](#).

To talk to a VR representative about services or general questions, learn more about VR or apply for services, contact your local [VR office](#).

To learn more about VR, watch this [video](#) (Spanish version [here](#)), or follow us on [Facebook](#) and [Twitter](#).

COVID-19 Resources

For the latest information on the coronavirus pandemic, including symptoms, how to protect yourself, and travel advisories, visit the [CDC COVID-19 website](#) or the state of Indiana's [COVID-19 informational page](#).

Here are some tips for staying healthy during this stressful time:

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing or sneezing.
- Stay home as much as possible and practice social distancing
- Avoid watching, reading or listening to news that cause you to feel anxious or distressed
- Protect yourself and be supportive to others
- Try as much as possible to maintain personal daily routines.
- Engage in healthy activities that you enjoy and find relaxing.
- Exercise regularly, keep regular sleep routines and eat healthy food
- And remember, we are all in this together.

The DDRS is a program of the Indiana Family & Social Services Administration. If you have questions about DDRS programs and services, visit us online at www.DDRS.In.gov.