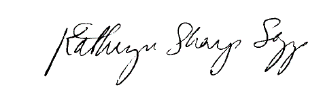
APS 20-11

April 1, 2020

**TO: MEMORANDUM FOR ALL DIVISION OF SENIOR & DISABILITY SERVICES**

**SECTION FOR ADULT PROTECTIVE SERVICES STAFF**



From: Kathryn Sharp Sapp, Bureau Chief

Division of Senior and Disability Services

Bureau of Adult Protective Services Policy & Staff Development

Subject: Self-Care Resources in the Era of COVID-19

In light of the current uncertainties, taking care of yourself is even more critical now than ever. As a result, a new section “V. Resources for Self-Care” has been added to [APS Policy 1705.15 – Self Care](https://health.mo.gov/seniors/apsmanual/doc/1705.15.doc) to include many resources Robin Pendleton, Lead APS Trainer, recently disseminated during training and by email. The resources listed are free to use.

Additionally, staff are encouraged to talk through concerns with their supervisors as well as utilize the Missouri employee assistance program, “Strive Employee Life and Family” (SELF) program. This covers not only you but anyone living in your home. Please reach out to SELF for help and resources at <http://www.mchcp.org/stateMembers/self.asp>.

**NECESSARY ACTION:**

1. Review this memorandum and revised [APS Policy 1705.15 – Self Care](https://health.mo.gov/seniors/apsmanual/doc/1705.15.doc) with all APS staff.
2. All questions should be cleared through normal supervisory channels and directed [APSPolicy@health.mo.gov](mailto:APSPolicy@health.mo.gov) or by calling 573-526-0714.

KSS/RP