

# COVID-19 Resources

## Specific for Individuals with I/DD and ASD and their Families

Content	Description	Websites
<b>COVID-19 Picture Communication Board (English)</b>	Communication Board specific to COVID-19 Created by <a href="mailto:Julia.Beems@cuanschutz.edu">Julia.Beems@cuanschutz.edu</a>	<a href="#">English</a>  <a href="#">Spanish</a>
<b>Coronavirus Resources from Family Voices</b>	Family Voices is deeply committed to family engagement in health and wellness of children and youth with special health care needs and their families. Our staff are working with national partners to provide current information about the spread of the coronavirus, also known as COVID-19.	<a href="https://familyvoices.org/coronavirus/">https://familyvoices.org/coronavirus/</a>
<b>Coping and emotion regulation strategies</b>	This site provide several interactive tools designed to help to practice relaxation.	<a href="https://www.headspace.com/health-covid-19">https://www.headspace.com/health-covid-19</a>
<b>Ensuring People Have Access to Prescription Drugs During the COVID-19 Pandemic</b>	This site provides recommendations for requesting medications for a 30-90 day supply during social distancing.	<a href="https://healthlaw.org/ensuring-people-have-access-to-prescription-drugs-during-the-covid-19-pandemic/?utm_source=newsletter&amp;utm_medium=email&amp;utm_content=Ensuring%20People%20Have%20Access%20to%20Prescription%20Drugs%20During%20the%20COVID-19%20Pandemic&amp;utm_campaign=2020.03.19_CSHCN_Network_Newsletter">https://healthlaw.org/ensuring-people-have-access-to-prescription-drugs-during-the-covid-19-pandemic/?utm_source=newsletter&amp;utm_medium=email&amp;utm_content=Ensuring%20People%20Have%20Access%20to%20Prescription%20Drugs%20During%20the%20COVID-19%20Pandemic&amp;utm_campaign=2020.03.19_CSHCN_Network_Newsletter</a>
<b>Guide to helping families cope with coronavirus</b>	The National Child Traumatic Stress Network provides resources for family and children including routines, coping with stress, schedules, activities, and self-care.	<a href="https://www.nctsn.org/sites/default/files/resources/factsheet/outbreak_factsheet_1.pdf">https://www.nctsn.org/sites/default/files/resources/factsheet/outbreak_factsheet_1.pdf</a>
<b>Mental Health and I/DD COVID-19 Resources from START</b>	The Center for START Services supports a network of START programs, teams, and communities across the United States. Sharing resources about COVID-19 reflects START’s mission to link systems in an effort to build capacity.	<a href="https://www.centerforstartservices.org/covid-19-resources">https://www.centerforstartservices.org/covid-19-resources</a>
<b>Parent/Caregiver Guide to Helping Families Cope with COVID-19</b>	Provides information for parents and caregivers about infectious disease outbreaks in your community. Knowing important information about the outbreak and learning how to be prepared can reduce stress and help calm likely anxieties. This resource will help parents and caregivers think about how an infectious disease outbreak might affect their family—both physically and emotionally—and what they can do to help their family cope.	<a href="https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019?utm_source=ebulletin&amp;utm_medium=email&amp;utm_campaign=nctsn-ebulletin">https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019?utm_source=ebulletin&amp;utm_medium=email&amp;utm_campaign=nctsn-ebulletin</a>

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<b>Plain-Language Information on Coronavirus (English and Spanish)</b>	Self-Advocacy Resource and Technical Assistance Center (SARTAC) published a booklet in English and Spanish. It was written by and for people with intellectual and developmental disabilities (IDD).  Green Mountain Self-Advocates, a SARTAC partner, published a video and slides about social distancing.	<a href="#">English</a>  <a href="#">Spanish</a>
<b>Social story about germs</b>	The Autism Society of North Carolina created a social story about germs.	<a href="https://www.autismsociety-nc.org/wp-content/uploads/Germs-Social-Story.pdf">https://www.autismsociety-nc.org/wp-content/uploads/Germs-Social-Story.pdf</a>
<b>Social stories in other languages</b>	This site created social stories in multiple languages.	<a href="https://www.mindheart.co/descargables">https://www.mindheart.co/descargables</a>
<b>Social story about coronavirus</b>	Northfield public school, Little Puddins: the autism educator, and Carol Gray have created social stories about corona virus for children.	<a href="https://drive.google.com/file/d/1ER6KKTzw2cbj0RkYd7pyrsRlaUIgTfEo/view">https://drive.google.com/file/d/1ER6KKTzw2cbj0RkYd7pyrsRlaUIgTfEo/view</a>  <a href="https://littlepuddins.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf">https://littlepuddins.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf</a>  <a href="https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf">https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf</a>
<b>Strategies and tips to decrease fears and anxiety</b>	The Anxiety and Depression Association of America has posted several videos and resources for parents, children, and teens dealing with anxiety, including -Homeschooling During The Coronavirus Quarantine - Anxiety & COVID 19 Part 2: Tips for Parents - Recommendations for Children and Parents: Managing Anxiety and OCD During COVID-19, Blog-AustinAnxiety.com -Child and Caregiver Anxiety and Fears about COVID-19, Vimeo Podcasts	<a href="https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources">https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources</a>
<b>Strategies to decrease stress and worry</b>	Tamar Chansky has created a blog to help children to stay calm	<a href="https://tamarchansky.com/how-to-calm-your-kids-and-yourself-in-the-covid19-shutdown-find-the-helpers/">https://tamarchansky.com/how-to-calm-your-kids-and-yourself-in-the-covid19-shutdown-find-the-helpers/</a>
<b>Strategies to support individuals with ASD</b>	Autism Focused Intervention Resources and Modules listed several strategies to support individuals with ASD, including –Support understanding –Offer opportunities for expression –Prioritize coping and calming skills –Maintain routines	<a href="https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times?fbclid=IwAR2IM3AziXzISwkcVmkW-j66804WwH3U7XFBKgvnmuyypOtvQUXcwqfUWiy">https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times?fbclid=IwAR2IM3AziXzISwkcVmkW-j66804WwH3U7XFBKgvnmuyypOtvQUXcwqfUWiy</a>

Content	Description	Websites
	<ul style="list-style-type: none"> <li>–Build new routines</li> <li>–Foster connections (from a distance)</li> <li>–Be aware of changing behaviors</li> </ul>	
<b>Supporting Individuals with Autism through Uncertain Times</b>	This site provides <b>7 support strategies</b> are designed to meet the unique needs of individuals with autism during this period of uncertainty.	<a href="https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times">https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times</a>
<b>Supporting families with children with ASD</b>	This Autism Speaks has several topics, including <ul style="list-style-type: none"> <li>– Coping with disrupted routines</li> <li>– Continuing clinical care during social distancing,</li> <li>– School/program closures</li> <li>– Flu teaching story</li> </ul>	<a href="https://www.autismspeaks.org/covid-19-information-and-resources">https://www.autismspeaks.org/covid-19-information-and-resources</a>
<b>Visual Supports and social stories/narratives</b>	The Autism Society of North Carolina created visual supports and social stories/narrative	<a href="https://nationalautismassociation.org/covid-19-resources-for-families/">https://nationalautismassociation.org/covid-19-resources-for-families/</a>

## Online Educational Supports for Parents

Content	Description	Website		
<b>COVID-19 Information and Resources for Schools and School Personnel</b>	US Department of Education CDC guidance for school settings Various policies and resources regarding education	<a href="https://www.ed.gov/coronavirus">https://www.ed.gov/coronavirus</a>		
<b>Online Learning Resources</b>	We are Teachers' sites has listed learning resources for children in elementary, middle, and high school. Remote learning and virtual classroom are also available.	<a href="https://www.weareteachers.com/free-online-learning-resources/">https://www.weareteachers.com/free-online-learning-resources/</a>		
<b>OSEP COVID-19 – Serving Children with Disabilities Announcement 3/21/20</b>	Ensuring compliance with Individuals with Disabilities Education Act (IDEA), † Section 504 of the Rehabilitation Act (Section 504), Title II of the Americans with Disabilities Act shouldn't prevent any school from offering educational programs thru distance instruction.	<a href="https://www2.ed.gov/about/offices/list/ocr/frontpage/faq/rr/policyguidance/Supple%20Fact%20Sheet%203.21.20%20FINAL.pdf">https://www2.ed.gov/about/offices/list/ocr/frontpage/faq/rr/policyguidance/Supple%20Fact%20Sheet%203.21.20%20FINAL.pdf</a>		
<b>Other learning resources</b>	This list contains several websites with free educational and learning tools	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none; vertical-align: top;">           PBSkids.org            highlighskids.com            SwitcherooZoo.com            Kids.NationalGeographic.com            discoverykids.com            LittleGoldenBooks.com            ConstitutionCenter.org            Reading.ECB.org            KhanAcademy.org            StoryLineOnline.net         </td> <td style="width: 50%; border: none; vertical-align: top;">           Seussville.com            Starfall.com            Funbrain.com            abc.mouse.com            raz-kids.com            coolmath.com            scholastic.com            abcya.com            duckters.com         </td> </tr> </table>	PBSkids.org highlighskids.com SwitcherooZoo.com Kids.NationalGeographic.com discoverykids.com LittleGoldenBooks.com ConstitutionCenter.org Reading.ECB.org KhanAcademy.org StoryLineOnline.net	Seussville.com Starfall.com Funbrain.com abc.mouse.com raz-kids.com coolmath.com scholastic.com abcya.com duckters.com
PBSkids.org highlighskids.com SwitcherooZoo.com Kids.NationalGeographic.com discoverykids.com LittleGoldenBooks.com ConstitutionCenter.org Reading.ECB.org KhanAcademy.org StoryLineOnline.net	Seussville.com Starfall.com Funbrain.com abc.mouse.com raz-kids.com coolmath.com scholastic.com abcya.com duckters.com			

<b>School Closure Toolkits</b>	Easterseals Illinois Autism Partnership (IAP) developed a toolkit that includes information about schedules, token board, and other resources. They also have other resources including social stories about the coronavirus and social distancing for children and adults.	<a href="https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6552095_2.pdf?0.11589340381807767">https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6552095_2.pdf?0.11589340381807767</a>  <a href="https://www.easterseals.com/chicago/explore-resources/autism-resources-1.html">https://www.easterseals.com/chicago/explore-resources/autism-resources-1.html</a>
<b>Teaching tools</b>	The National Autism Society has listed several teaching tools for children and tips for parents	<a href="https://nationalautismassociation.org/covid-19-resources-for-families/">https://nationalautismassociation.org/covid-19-resources-for-families/</a>

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Content	Description	Websites
<b>Webinar for families with young children every week</b>	<p>Vanderbilt Kennedy Center is offering webinars for parents of young children with autism.</p> <p>-Titled: Families First Online Education Series (Starting Thursday, March 26, 1:00-1:30 p.m. and will continue to be every Thursday until further notice).</p> <p><u>Topics:</u></p> <ul style="list-style-type: none"> <li>-How to schedule your day at home during this time</li> <li>-How to structure specific activities within your day</li> <li>-How to continue to work on goal areas</li> </ul>	<p>To register go to:</p> <p><a href="https://zoom.us/webinar/register/WN_65FW8ZwqRBau6N6ib_329g">https://zoom.us/webinar/register/WN_65FW8ZwqRBau6N6ib_329g</a></p>
<b>Online Teaching Modules</b>	<p>-The Center for Excellence in Developmental Disabilities (CEDD) at the University of California, Davis MIND Institute has created modules in English and Spanish that include 10 interactive, self-paced, online lessons:</p> <p><u>Module 1-Strategies for Teaching Functional Skills:</u> provides parents with tools and training to more effectively teach their children with autism spectrum disorders and other related neurodevelopmental disorders functional skills using applied behavior analysis (ABA) techniques.</p> <p><u>Module 2-Positive Behavior Strategies for Your Child with Autism:</u> provides information that will help parents more effectively teach and support positive behavior.</p>	<a href="https://health.ucdavis.edu/mindinstitute/centers/cedd/adapt.html">https://health.ucdavis.edu/mindinstitute/centers/cedd/adapt.html</a>
<b>Early Start Denver Model</b>	<p>The C-ESMD was created by Sally Roger and Aubyn Stahmer and this website allows access to different modules, including</p> <ul style="list-style-type: none"> <li>- Increasing Children’s Attention to People</li> <li>- Increasing Children’s Communications</li> <li>-Joint Activity Routines to Increase Your Child’s Learning and Communication</li> <li>-The ABCs of Opportunities for Learning</li> </ul>	<a href="https://helpisinyourhands.org/course">https://helpisinyourhands.org/course</a>

	(Sign up using the link and Logging in will provide access to modules)	
<b>Challenging Behaviors</b>	Autism Speak also has a toolkit with strategies to manage challenging behaviors	<a href="https://www.autismspeaks.org/sites/default/files/2018-08/Challenging%20Behaviors%20Tool%20Kit.pdf">https://www.autismspeaks.org/sites/default/files/2018-08/Challenging%20Behaviors%20Tool%20Kit.pdf</a>
<b>ABA 101</b>	Autism Speak also has a toolkit with information about applied behavior analysis.	<a href="https://www.autismspeaks.org/sites/default/files/2018-08/Applied%20Behavior%20Analysis%20Guide.pdf">https://www.autismspeaks.org/sites/default/files/2018-08/Applied%20Behavior%20Analysis%20Guide.pdf</a>