COVID-19 Resources
Specific for Individuals with I/DD and ASD and their Families

Content	Description	Websites
COVID-19 Picture Communication Board (English)	Communication Board specific to COVID-19 Created by Julia.Beems@cuanschutz.edu	English Spanish
Coronavirus Resources from Family Voices	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.	https://familyvoices.org/coronavirus/
Coping and emotion regulation strategies	This site provide several interactive tools designed to help to practice relaxation.	https://www.headspace.com/health-covid-19
Ensuring People Have Access to Prescription Drugs During the COVID-19 Pandemic	This site provides recommendations for requesting medications for a 30-90 day supply during social distancing.	https://healthlaw.org/ensuring-people-have-access-to-prescription-drugs-during-the-covid-19-pandemic/?utm_source=newsletter&utm_medium=email&utm_content=Ensuring%20People%20Have%20Access%20to%20Prescription%20Drugs%20During%20the%20COVID-19%20Pandemic&utm_campaign=2020.03.19_CSHCN_Network_Newsletter
Guide to helping families cope with coronavirus	The National Child Traumatic Stress Network provides resources for family and children including routines, coping with stress, schedules, activities, and self-care.	https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf
Mental Health and I/DD COVID-19 Resources from START	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.	https://www.centerforstartservices.org/covid-19-resources
Parent/Caregiver Guide to Helping Families Cope with COVID-19	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.	https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019?utm_source=ebulletin&utm_medium=email&utm_campaign=nctsn-ebulletin

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Plain-Language Information on Coronavirus (English and Spanish)	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.	English Spanish
Social story about germs	The Autism Society of North Caroline created a social story about germs.	https://www.autismsociety-nc.org/wp-content/uploads/Germs-Social-Story.pdf
Social stories in other languages	This site created social stories in multiple languages.	https://www.mindheart.co/descargables
Social story about coronavirus	Northfield public school, Little Puddins: the autism educator, and Carol Gray have created social stories about corona virus for children.	https://drive.google.com/file/d/1ER6KKTzw2cbj0RkYd7pyrsRlaUIgTfEo/view https://littlepuddins.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf
Strategies and tips to decrease fears and anxiety	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	https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources
Strategies to decrease stress and worry	Tamar Chansky has created a blog to help children to stay calm	https://tamarchansky.com/how-to-calm-your-kids-and-yourself-in-the-covid19-shutdown-find-the-helpers/
Strategies to support individuals with ASD	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	https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times?fbclid=IwAR2lM3AziXzlSwkcVmkW-j66804WwH3U7XFBKgvnmuyypOtvQUXcwqfUWiY

Content	Description	Websites
	−Build new routines −Foster connections (from a distance) −Be aware of changing behaviors	
Supporting Individuals with Autism through Uncertain Times	This site provides **7 support strategies** are designed to meet the unique needs of individuals with autism during this period of uncertainty.	https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times
Supporting families with children with ASD	This Autism Speaks has several topics, including – Coping with disrupted routines – Continuing clinical care during social distancing, – School/program closures – Flu teaching story	https://www.autismspeaks.org/covid-19-information-and-resources
Visual Supports and social stories/ narratives	The Autism Society of North Caroline created visual supports and social stories/narrative	https://nationalautismassociation.org/covid-19-resources-for-families/

Online Educational Supports for Parents

Content	Description	Website	
COVID-19 Information and Resources for Schools and School Personnel	US Department of Education CDC guidance for school settings Various policies and resources regarding education	https://www.ed.gov/coronavirus	
Online Learning Resources	We are Teachers' sites has listed learning resources for children in elementary, middle, and high school. Remote learning and virtual classroom are also available.	https://www.weareteachers.com/free-online-learning-resources/	
OSEP COVID-19 – Serving Children with Disabilities Announcement 3/21/20	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.	https://www2.ed.gov/about/offices/list/ocr/frontpage/faq/rr/policyguidance/Supple%20Fact%20Sheet%203.21.20%20FINAL.pdf	
Other learning resources	This list contains several websites with free educational and learning tools	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

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School Closure Toolkits	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.	https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6552095_2.pdf?0.11589340381807767 https://www.easterseals.com/chicago/explore-resources/autism-resources-1.html
Teaching tools	The National Autism Society has listed several teaching tools for children and tips for parents	https://nationalautismassociation.org/covid-19-resources-for-families/

Online Autism Resources for Parents

Content	Description	Websites
Webinar for families with young children <mark>every week</mark>	Vanderbilt Kennedy Center is offering webinars for parents of young children with autism. -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). Topics: -How to schedule your day at home during this time -How to structure specific activities within your day -How to continue to work on goal areas	To register go to: https://zoom.us/webinar/register/WN_65FW8ZwqRBau6N6ib_329g
Online Teaching Modules	-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: *Module 1-Strategies for Teaching Functional Skills*: 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. *Module 2-Positive Behavior Strategies for Your Child with Autism*: provides information that will help parents more effectively teach and support positive behavior.	https://health.ucdavis.edu/mindinstitute/centers/cedd/adept.html
Early Start Denver Model	The C-ESMD was created by Sally Roger and Aubyn Stahmer and this website allows access to different modules, including - Increasing Children's Attention to People - Increasing Children's Communications -Joint Activity Routines to Increase Your Child's Learning and Communication -The ABCs of Opportunities for Learning	https://helpisinyourhands.org/course

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