

COVID-19 Resources

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

Content	Description	Website/Contact Information
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 provides 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 to 90-day supply during social distancing.	https://healthlaw.org/ensuring-people-have-access-to-prescription-drugs-during-the-covid-19-pandemic/
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.https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019org/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

Compiled by Deepika Patel, Erin Engstrom, Tamara Rosen, Katherine Pickard, Nuri Reyes, Sarah McSwegin, Sara Mattie, Kenny Chick, Karen Hecker, Colette Christen, Zoe Spranger, & Dina Johnson. Developmental Pediatrics, JFK Partners – University of Colorado School of Medicine (updated 4/1/2020)

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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 Carolina 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 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 –Build new routines –Foster connections (from a distance) –Be aware of changing behaviors	https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times?fbclid=IwAR2IM3AziXzISwkcVmkW-j66804WwH3U7XFBKgvnmuyypOtvQUXcwqfUWiYhttps://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times?fbclid=IwAR2IM3AziXzISwkcVmkW-%20j66804WwH3U7XFBKgvnmuyypO%20tvQUXcwqfUWiY
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

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Supporting families with children with ASD	This Autism Speaks has several topics, including <ul style="list-style-type: none"> – 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 Carolina created visual supports and social stories/narrative	https://nationalautismassociation.org/covid-19-resources-for-families/
Special Olympics Proper Handwashing Technique Visual & Video	Video and simple visual with handwashing tips and instructions.	https://www.specialolympics.org/stories/athletes/proper-hand-washing-techniques https://www.specialolympics.org/stories/athletes/proper-hand-washing-techniques
iTAALK Autism Foundation Funding & Resources	Comprehensive list of national resources, funding, and grants for families of children with ASD. List is updated regularly.	https://www.itaalk.org/grant-and-funding-source-list

Online Educational Supports for Parents

Content	Description	Website/Contact Information
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
Colorado Department of Education Learning at Home Resources	Provides a list of best practices for at home learning for families and a number of online learning resources	https://www.cde.state.co.us/learningathome
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/fro ntpage/fag/rr/policyguidance/Supple%20Fact%20Sheet%203.21.20%20FINAL.pdf

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Other learning resources	This list contains several websites with free educational and learning tools	PBSkids.org highlightskids.com SwitchZoo.com Kids.NationalGeographic.com discoverykids.com LittleGoldenBooks.com ConstitutionCenter.org Reading.ECB.org KhanAcademy.org StoryLineOnline.net	Seussville.com Starfall.com Funbrain.com abcmouse.com raz-kids.com coolmath.com scholastic.com abcya.com ducksters.com
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/	
Positive Parenting in the Time of COVID-19	Published visually friendly handouts with suggestions for parents on how to constructively interact with their kids during confinement, stay positive, manage stress, and talk about COVID-19.	https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting	

Online Autism Resources for Parents

Content	Description	Website/Contact Information
Webinar for families with young children every week	<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> <p>-How to schedule your day at home during this time</p> <p>-How to structure specific activities within your day</p> <p>-How to continue to work on goal areas</p>	<p>To register go to: https://zoom.us/webinar/register/WN_65FW8ZwqRBau6N6ib329g</p>
Online Teaching Modules	<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>	<p>https://health.ucdavis.edu/mindinstitute/centers/cedd/adept.html</p>
Early Start Denver Model	<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"> - 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 <p>(Sign up using the link and Logging in will provide access to modules)</p>	<p>https://helpisinyourhands.org/course</p>
Challenging Behaviors	<p>Autism Speak also has a toolkit with strategies to manage challenging behaviors</p>	<p>https://www.autismspeaks.org/tool-kit/challenging-behaviors-tool-kit</p>
ABA 101	<p>Autism Speak also has a toolkit with information about applied behavior analysis.</p>	<p>https://www.autismspeaks.org/sites/default/files/2018-08/Applied%20Behavior%20Analysis%20Guide.pdf</p>

At-Home Heavy Work Ideas

Content	Description	Website/Contact Information
And Next Comes L's Heavy Work Activities for Home printable	Contains ideas for 30 different at home heavy work activities to continue sensory processing work they may be doing in therapy and/or in school.	https://www.andnextcomesl.com/2017/04/heavy-work-activities-for-home.html
Incredible Heavy Work Activities to Regulate Kids	Over 40 heavy work activities for kids, toddlers, and preschoolers that are designed to help calm and improve attention. Many of these activities can be done through natural activities your child is already doing!	https://yourkidstable.com/heavy-work-activities/
40 Heavy Work Activities for kids	40 easy at home activities developed by an OT to continue building your child's sensory diet.	http://mamaot.com/40-heavy-work-activities-kids/
Heavy Work Activities (Proprioceptive Input) to help with sensory processing difficulties	Overview of heavy work and its benefits and a list of heavy work at-home activities and exercises	https://www.sensory-processing-disorder.com/heavy-work-activities.html

Indoor Gross Motor Ideas

Content	Description	Website/Contact Information
Easy at Home Gross Motor Obstacle Course	Fun ideas for how to set up an indoor gross motor obstacle course that can address balance, focus, coordination, jumping, crawling, and more.	http://adventuresathomewithmum.blogspot.com/2013/02/easy-gross-motor-obstacle-course.html
Painter's Tape Activity & Craft ideas	Links to over ideas for painters' tape activities and crafts that can build gross motor skills, serve as a fun obstacle course, and keep kids occupied!	https://www.agirlandagluegun.com/2017/05/40-painters-tape-games-activities.html https://www.todayparent.com/kids/antsy-kids-in-school/
15 Animal Walks for Sensory Input	Fun animal walks/poses to include proprioceptive and vestibular input on a daily basis at home.	https://lemonlimeadventures.com/animal-walks-sensory-diet/

General Indoor Activities for Kids

Content	Description	Website/Contact Information
50 Indoor Activities for Kids	A list of 50 activity ideas to do with kids indoors. It's a perfect reference when you're running out of ideas.	http://adventuresathomewithmum.blogspot.com/2013/02/easy-gross-motor-obstacle-course.html
Virtual Field Trips	Links to 25 virtual "field trips" to museums, zoos, aquariums, cities, and more. Some field trips are offered via video while others are slightly more interactive.	https://www.weareteachers.com/best-virtual-field-trips/
Denver Library Storytime & Bookclubs	<p>The Denver Library is hosting virtual book clubs and story time for the stay at home period. You do not need to have a library card to participate. Storytime happens every Friday morning:</p> <ul style="list-style-type: none"> - 9am MT – Spanish story time - 10am MT – Toddler story time - 11am MT – All ages story time <p>All times are Mountain Time which is one hour ahead of Pacific Time.</p>	https://www.denverlibrary.org/blog/library-events/jenny/engage-us-online-book-clubs-storytimes-programs
Arapahoe Libraries Storytime at Home	<p>Arapahoe Libraries are offering a Many online events for kids ages 0-5.</p> <p>All times are Mountain Time which is one hour ahead of Pacific Time.</p>	https://arapahoelibraries.bibliocommons.com/events/search/fq=audiences:(576993aa053138c838000013)

Stress & Anxiety Management

Content	Description	Website/Contact Information
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 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
Apps for Deep Breathing & Relaxation	Anti-stress (offers soothing visuals Breathe+ (simple, adjustable breathing app) Stop, Breathe, and Think Kids (select an Emoji and it provides a short meditation to help)	Downloadable through Google Play for Android users or the App Store for iPhone users
Helping Children Cope with COVID-19	A simple guideline produced by the World Health Organization to help children cope with stress during the COVID-19 outbreak.	https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf

Assistance Resources

Rent/Mortgage/Eviction Information & Utility Assistance

Content	Description	Website/Contact Information
HUD suspends evictions & Foreclosures through April 30	HUD Suspends Foreclosures/Evictions: The Housing and Urban Development (HUD) authorized the Federal Housing Administration (FHA) to implement an immediate foreclosure and eviction moratorium for single family homeowners with FHA-insured mortgages.	https://www.hud.gov/press/press_releases_media_advisories/HUD_No_20_042
Mortgage services will not report to credit agencies, suspend foreclosure, and approve forbearance plans and loan modifications for borrowers impacted by COVID-19	<p>For those going through a COVID hardship, call your mortgage servicing company ASAP.</p> <p>Under the direction of FHFA, Freddie Mac and Fannie Mae have released guidance to impacted borrowers. Specifically:</p> <ul style="list-style-type: none"> - Credit Reporting: Servicers must not report to the credit agencies a Borrower who is on an active forbearance, repayment, or trial period plan. - Forbearance Plans: Servicers may approve forbearance plans for all Borrowers who have COVID-19 related hardship, regardless of property type. - Loan Modifications: Servicers must conduct Modifications on Borrowers impacted by COVID-19 related hardship as long as the Borrower was current as of the date of the national emergency declaration on March 13th, 2020. - Foreclosure: Servicers must suspend all foreclosure sales for the next 60 days. Note this does not apply to properties that are vacant or abandoned. 	https://www.fhfa.gov/Homeownersbuyer/MortgageAssistance/Pages/Coronavirus-Assistance-Information.aspx

Wi-Fi & Computer Access Assistance

Content	Description	Website/Contact Information
60 Days of Free Wi-Fi for low-income families through Comcast Internet Essentials	Comcast is offering a free Internet essentials package for low-income customers and families for 60 days and \$9.95/month after that.	https://www.internetessentials.com/
Free Wi-Fi hotspots available to anyone for free	Xfinity Wi-Fi hotspots across the US are now available to anyone for free – including non-Xfinity customers. For a map of hotspots, visit www.xfinity.com/wifi . Once at a hotspot, consumers should select the “xfinitywifi” network name in the list of available hotspots, and then launch a browser.	www.xfinity.com/wifi
Comcast Xfinity temporarily suspends internet disconnections for late/unpaid bills	Comcast is committed to not disconnecting internet service during this period. If you think you will be unable to pay your Wi-Fi bill, contact Comcast customer service.	https://www.xfinity.com/support/contact-us
PC's for People low-cost computers & Wi-Fi	Provide low-cost computers and Wi-Fi services for low-income families year-round.	https://www.pcsforpeople.org/get-technology/