

## Resources to Help People with Intellectual Disabilities and/or Developmental Disabilities Manage During COVID-19

**Note to Learner:** These resources represent a variety of services and information to help the ID/DD population. Please take the time to become familiar with them so you can find exactly what your families need.

### Self-Advocacy Resource and Technical Assistance Center (SARTAC)

Look under Featured Resources for many plain language handouts, etc. There is a PDF booklet to download on “Tips for Working with Support Staff During COVID-19” written by self-advocates. Also plain language form to take to the hospital.

<https://selfadvocacyinfo.org/>

### University of Miami-Nova Southeastern University Center for Autism and Related Disabilities (UMNSU-CARD)

“Let’s Talk about the Coronavirus (COVID-19)” Whiteboard Social Narrative Video

<https://www.youtube.com/watch?v=xkZ23tDzN4c&feature=youtu.be>

### Ohio Department of Developmental Disabilities

Resilience Materials, including tools, an e-book and ideas for creating a social story.

<https://dodd.ohio.gov/wps/portal/gov/dodd/about-us/resources/resource-resilience-for-covid-19>

### Family Voices

National organization for families of children with special health care needs has information about preventive practices and emergency preparedness. Also, a link to their newsletter has more info.

<https://familyvoices.org/coronavirus/>

### The Arc of the US and The Arc of Illinois - Illinois Life Span

Statewide information and advocacy program has a long list of resources related to COVID-19, including those specifically for people with Down Syndrome and Autism Spectrum Disorder.

<https://thearc.org/covid/>

[https://www.illinoislifespan.org/website-links-2/covid-19-resources/?e\\_Type=EmailBlastContent&eld=5a4e1694-94b5-4df3-965c-f608ce64b26f](https://www.illinoislifespan.org/website-links-2/covid-19-resources/?e_Type=EmailBlastContent&eld=5a4e1694-94b5-4df3-965c-f608ce64b26f)

### Autism Speaks

List of resources for families and individuals with autism, including some teaching stories and other information about how to deal with disrupted routines.

<https://www.autismspeaks.org/covid-19-information-and-resources>

## Special Olympics School of Strength

Introducing a whole new way to exercise, featuring WWE Superstar Becky Lynch. Special Olympics has developed a Video series with three levels (Superstar, Champion, and Master) where you can work out five times a week to help you stay fit and reach your athletic goals. Watch them in order, starting with Video 1. When you can do each exercise in a video correctly, it's time to move on to the next one.

<https://www.specialolympics.org/school-of-strength>

## Stony Brook University - Forms to take to the hospital

Preparing individuals with intellectual/developmental disabilities for medical treatment at hospitals.

<https://you.stonybrook.edu/disabilitycovid19/forms/2020/04/08/preparing-individuals-with-intellectual-developmental-disabilities-for-medical-treatment-at-hospitals/>

## NADSP - National Association of Direct Support Professionals

Webinars on The Role of DSP and Coronavirus, Part I, II and III. Also Self-care for DSPs in a Crisis and Meditation for DSPs in Times of Stress.

<https://www.youtube.com/channel/UCsEE0II0Uzo5BF2yxHx8Ag>

## NDSS (National Down Syndrome Society)

Various fact sheets and a Q & A on COVID-19 and Down Syndrome, but information is applicable to many people with ID/DD in general.

<https://www.ndss.org/covid-19-fact-sheet/>

## Debbie Fights Coronavirus

Comic book developed for a person with autism to explain about COVID-19 and social distancing/stay-at-home orders.

[https://pathfindersforautism.org/wp-content/uploads/2020/03/Debbie\\_Fights\\_Coronavirus-social-story.pdf](https://pathfindersforautism.org/wp-content/uploads/2020/03/Debbie_Fights_Coronavirus-social-story.pdf)

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## National Centers for Independent Living

CILs are located in every state and U.S. territory. CILs provide information support, information and referral for people with all types of disabilities.

<https://www.ilru.org/projects/cil-net/cil-center-and-association-directory>

