Supports during the COVID-19 response and recovery

New content is bold and in italic

~Most are not disability or Allegheny County specific ~Many are statewide or have no geographic limitations ~Most of the resources in this document have been shared because of the COVID-19 response and some will be helpful after the crisis as well. ~Many listed especially for individuals with Developmental Supports and/or autism will be helpful to all. ~Compiled from many sources by the Allegheny County Department of Human Services Office of Developmental Supports (AC DHS ODS). ~This is only a representation of resources. ~Inclusion does not imply special endorsement. ~Some have eligibility requirements.

No computer? Consider if the resource / support is available by phone – including landlines.

Questions about the list? Call AC DHS ODS staff at 412-253-1251.

Prepare your favorite beverage and take some time to review the document and links!

Reach out to these helpers for any request

2·1·1 Get Connected. Get Help.™ United Way of Southwestern Pennsylvania

1-866-730-2368
Fax: 412-350-3834
alleghenylink@alleghenycounty.us

Contact 2-1-1 via phone, text your zip code to 898-211, or click here to search our database of services.

For those outside of Allegheny County consider your local 2-1-1 or PA Link to Community Care 1-800-753-8827

Additional Resources Available Through United Way 2-1-1 for School, COVID Questions
Partnership Providing Resource for Healthcare Providers, School Administrators, Parents

PITTSBURGH – The Allegheny County Health Department announced today that additional services will be provided through the United Way's 2-1-1 help line relating to school and COVID. Beginning immediately, the help line will now be able to assist in answering questions and providing consistent guidance and the most up-to-date information to healthcare providers, school administrators and parents.

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This new resource is being provided through a partnership between the Health Department, United Way of Southwestern Pennsylvania, the Pittsburgh Poison Center, and UPMC Children's Hospital of Pittsburgh's Nurse Triage Line. Additional support for the enhanced triage line will come from physicians with UPMC Children's Hospital, AHN Pediatrics, Sewickley Valley Pediatrics and Adolescent Medicine, Kids Plus Pediatrics, Pediatrics South and Children's Community Pediatrics.

This service adds nurses to 2-1-1's resources to bolster the United Way of Southwestern Pennsylvania's ability to connect people to services and information they need during the COVID-19 pandemic.

"We know that parents, pediatricians and school administrators may have questions as children head back to school," said Health Department Director Debra Bogen, MD, FAAP, FABM. "We want this to be a resource for anyone seeking the most up-to-date information and guidance about COVID-19."

Calls to 2-1-1 for the nurses will be routed through a triage system. The 2-1-1 call center will take down a person's information and provide it to an on-call nurse to return the call. People may also text questions to 2-1-1 by using 898-211 or submit questions using the instant message feature or online form available at http://pa211sw.org.

"For more than a decade, 2-1-1 has been a critical resource for our community. The pandemic helped to shine a light on its long time role of connecting people who need help with resources," said Bobbi Watt Geer, President and CEO, United Way of Southwestern Pennsylvania. "We've seen double the call volume since March. Thanks to this partnership, we will be able to add access to nurses, making 2-1-1 even more valuable during this unprecedented health crisis."

Nurses will be available to field questions between 8 a.m. and 4 p.m. Monday through Friday. The average call back time during these hours will be about 20 minutes. Calls to 2-1-1 outside of those hours will be forwarded to the nurses, but people should not expect a return call until the next business day.

Nurses will be able to provide guidance to pediatricians who may be fielding calls from families, to answer questions about safety protocols and procedures from school administrators, and to respond to questions and concerns from parents.

"At UPMC Children's, our top priority is to provide the highest quality of care and support to patients and families," said Brian S. Martin, DMD, MS, Vice President of Medical Affairs at UPMC Children's.

"We will continue to provide our pediatric expertise to school nurses and administrators and ensure support for families in following up with their primary care providers/medical home."

The UPMC Children's Nurse Triage Line has been taking calls for nearly 25 years. The Health Department has contracted with the call line to handle COVID-19 questions and concerns related to schools from anyone, regardless of their physician or insurance provider.

The new resource is not for specific questions about a child's health or a case of COVID-19. Parents with questions about their child's health should contact their pediatric health care provider. School administrators with questions or information pertaining to a specific case of COVID-19 should continue to contact the Health Department.

This service is being offered in addition to the COVID-19 hotline for which the Health Department, United Way, and the Pittsburgh Poison Center partner to answer questions and concerns related to COVID-19.

Visit the ACDHS ODS, Resources for Persons with a Diagnosis of Developmental Supports and/or Autism

https://www.alleghenycounty.us/Human-Services/Programs-Services/Disabilities/Intellectual-Disability-Autism.aspx

As always, there are resource lists helpful to everyone:

Community and service systems

Find a wide range of resources for supports, services and information.

Free clothing, furniture and basic needs resources

Resources for nutrition, pet food, internet access, utilities, phone, employment, clothing, furniture and more.

Opportunities for social, recreation and lifelong learning

Interested individuals can find many opportunities for fun and entertainment in Allegheny County.

This list tells you what's happening, where and when

Recources helpful during the time of COVID-19 recovery

as Allegheny County moves to phases of red, yellow and green

as well as time limited opportunities / resources

Extension of Pharmacy Benefit to Cover Over-the-Counter Cough & Cold Medications for Adults

The (PA) "Department of Human Services (DHS) recently announced it will now pay for prescribed over-the-counter (OTC) cough and cold medications for Medicaid (Medical Assistance or MA) enrollees age 21 and over. Previously, MA only covered over-the-counter cough and cold medications for children under age 21. During the COVID-19 emergency, individuals of any age can access these medications if they have a prescription from their doctor.

This change went into effect on March 1, 2020 and will remain in effect until the end of the COVID-19 emergency declaration by the president.

As a reminder, there are no copayments for medications related to the treatment of COVID-19 and its symptoms, including over-the-counter cough and cold medications, as well as acetaminophen, antidiarrheals, antiemetics, antihistamines (second generation), asthma/COPD medications, ophthalmic antihistamines/decongestants, ophthalmic lubricants, and oral NSAIDs.

For more information about pharmacy changes during COVID-19, see the following MA Bulletin: Pharmacy Services for MA Beneficiaries Related to the COVID-19 Public Health Emergency. "

Above from PA Health Law Project at https://www.phlp.org/en/news/extension-of-pharmacy-benefit-to-cover-over-the-counter-cough-cold-medications-for-adults

Early Learning Resource Center Offers Help Finding Child Care, Summer Camps

Families looking for childcare programs or camps this summer in Allegheny County can find information through the Region 5 Early Learning Resource Center (ELRC) and a new childcare tool, find.alleghenychildcare.org. The tool is a searchable database of current openings available at licensed childcare programs and summer camp facilities around the county.

Users of the tool can search separately for camps or childcare; they can also search by zip code to find locations that are most convenient. In addition, they can call the ELRC at 1.888.340.357 or 412.350.3577 to talk with someone about their childcare needs.

Family Transition & Resource Guides

Many things have changed as a result of COVID-19, and will continue to change in the coming weeks and months. As communities prepare to open up, there will be new rules and guidelines in place to keep people safe and healthy. For individuals with intellectual disabilities and/or autism, this process may be even more complicated.

To assist, AIDinPA - a collaboration between PA Healthcare Quality Units, ASERT, Community of Practice, and ODP – has compiled resources for easing community re-entry in compliance with state regulations while prioritizing an individual's desires.

Your Roadmap Back into the Community

The attached guide, *Your Roadmap Back into the Community*, can assist family members and caretakers in assessing critical community re-entry criteria for individuals. *Your Roadmap Back into the Community* acts as a guide to supplements a similar transition guide that supports coordinators and counties use to assess community transition readiness. Families may use this guide to prepare for community re-entry and SC assessments.

Resource Guide to Community Readiness

The *Resource Guide to Community Readiness* is designed to provide resources and to help plan a path forward for families and caregivers as you consider the many different ways in which lives have been impacted as a result of COVID-19. Information within the guide can be used to help plan for services and supports that may be needed, and inform discussions with supports coordinators, service providers and support staff.

For more information and resources visit https://aidinpa.org/

For questions please email RA-PWODP_OUTREACH@pa.gov

Also from AID: COVID-19 Resource Guide to Community Readiness: For Parents and Caregivers

As communities prepare to open up, there will be new rules and guidelines in place to keep people safe and healthy. For individuals with intellectual disabilities and/or autism, this process may be even more complicated. This guide is designed

to provide resources and information to help plan a path forward for families and caregivers as you consider the many different ways in which lives have been impacted as a result of COVID-19.

ODP Announcement 20-056 (UPDATE): Coronavirus Disease 2019 (COVID-19)- Individual Transition Guide

The purpose of this communication is to announce the release of The Office of Developmental Programs' (ODP) Individual Transition Guide. The Individual Transition Guide is now available in Spanish. This guide is constructed for use during weekly wellbeing check-ins with individuals, caregivers and/or staff, as appropriate, to gather information related to transition and preparation for the lifting of stay at home orders that had been put in place during the COVID-19 pandemic. This guide can also be used by individuals, families, and providers to prepare for reintegration activities.

20-072: Coronavirus Disease 2019 (COVID-19) Home and Community Based Services At-a-Glance Reopening Guide by Phase Reissuing Guidance on Masks, Screening, and Handwashing ODP HCBS At-A-Glance Reopening Guide by Phase

PURPOSE: To provide guidance to stakeholders about Governor Wolf's plan to Reopen Pennsylvania that includes service-specific guidance in the "Green Phase." Additionally, this announcement provides an update to the field on guidance for mask usage, screening, and handwashing.

The Self-Advocate Transition Guide for community re-entry is now available. The guide, designed in collaboration between ASERT (Autism Services, Education Resources and Training) and SAU1 (Self-Advocates United as 1), can assist individuals with intellectual/developmental disabilities and/or autism in developing their own self-directed path back into the community during Pennsylvania's yellow and green phases of the commonwealth's COVID-19 response. A PDF version of the guide is attached.

To open the Transition Guide in your web browser click here

Featured Resources Related to Masks and COVID-19

- ***Tips for Supplementing***

Communication While
Wearing a Face Mask

- ***Wearing a Mask Social Story***
- ***Desensitization and Wearing a Mask***
- ***Teaching New Skills***
- ***Going Into the Community: Self-Advocates***
- ***Preventing COVID-19 and Monitoring Health***

The following are government related sources for information and support.

Centers for Disease Control **CDC**	Coronavirus.gov Centers for Disease Control Centers for Disease Control: People Who Are at Higher Risk for Severe Illness Centers for Disease Control: ASL Videos on COVID-19 CDC FEMA
Administration for Community Living	Administration for Community Living (ACL): COVID-19 Webpage ACL: Q&A for Older Adults and People with Chronic Health Conditions National Institutes of Health Includes: Resources from our non-federal partners https://acl.gov/COVID-19 + For Family Caregivers + Information for people with developmenetal disabilities and self-advocate + Complex communciation needs: Resources and tools for people who are deaf, hard of hearing or DeafBlind, or sho do not use speeh; medical professinals, and others who provide support.

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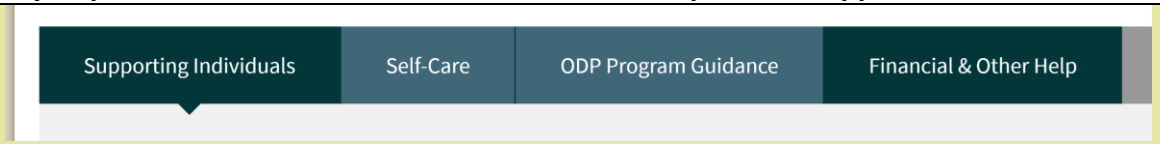
	ACL Administration for Community Living
PA Office of Attorney General	THE PA CARE PACKAGE Pennsylvania Office of Attorney General https://palegalaid.net/sites/default/files/2020-04/PA-CARE-PACKAGE-flyer.pdf Unemployment Rights and Resources – COVID-19 https://www.attorneygeneral.gov/wp-content/uploads/2020/04/Unemployment-Rights-and-Resources-%E2%80%93-COVID-19.pdf
Social Security and IRS and CARES Act information	Supplemental Security Income Recipients Will Receive Automatic COVID-19 Economic Impact Payments SSI Recipients with Dependent Children Should Still Go To IRS.gov to Provide Their Information For more information and a print version of the April 15th news release visit https://www.ssa.gov/news/press/releases/2020/#4-2020-3 ndi Impact on the Disability Community – Coronavirus Aid, Relief and Economic Security (CARES) Act and Family First Response Act Impact on the Disability Community – Coronavirus Aid, Relief and Economic Security (CARES) Act and Family First Response Act, www.nationaldisabilityinstitute.org, Information includes details about One-Time Cash Payments IRS Stimulus Payments, "Get My Payment" enables taxpayers to get the status of their payment. Individuals can also use this portal to provide bank information to receive their payment via direct deposit
PA ODP Office of Developmental Programs pennsylvania DEPARTMENT OF HUMAN SERVICES OFFICE OF DEVELOPMENTAL PROGRAMS	ODP has created a Coronavirus (COVID-19) Updates webpage at www.myodp.org for stakeholders to stay up to date with updates and resources from ODP. There are recorded webinars at this link. If you create an account on www.odp.org you can receive correspondence from ODP that includes updates and invitations to webinars.

ASERT Autism Services, Education, Resources, and Training Collaborative	 ASERT is a statewide initiative funded by ODP. ASERT has put together some resources for those with autism and those who care for people with autism relating to the current Coronavirus outbreak. While the resources were created especially for this audience, all may find them helpful. Find them here . You can also sign up for a weekly emailed update. Some resources included on the ASERT webpage include: • An event schedule that includes many helpful webinars here https://paautism.org/events/ • Wearing a Mask Social Story: This resource provides a visual guide for individuals with autism about wearing a mask while going out in the community. • Supporting Individuals: Talking About Coronavirus, Managing Changes, Activities to Stay Engaged and Self-care https://paautism.org/resource/coronavirus-resources/ *While these resources are offered especially for people with autism and their supporters, they will be helpful to many others.*
HCQU Health Care Quality Unit **AID in PA**	AID in PA Autism and Intellectual Disabilities in Pennsylvania AID in PA (https://www.myodp.org/mod/book/view.php?id=25106&chapterid=110) is a resource collection for Pennsylvanians in the autism and Developmental Supports communities. A joint effort between ASERT (https://paautism.org/resource/coronavirus-resources/) and the statewide HCQUs (https://www.myodp.org/mod/page/view.php?id=7699), this site is designed to connect individuals with disabilities, families, professionals, and community members with resources that can best serve them in emergency situations. Current resources focus on the ongoing COVID-19 crisis; however, this site can be adapted to other challenges facing the community. Videos and resources for direct support professionals, individuals, and families will be available on topics like emergency preparation, handling life's stressors, being flexible and navigating new routines, infection control, etc. This is another tool for your toolbox so check the site out daily and share the relevant content with your colleagues, the individuals you support and their supporters. One feature is *Tips of the Week*, Click here to view the full video catalog!

KEPRO HCQU	https://hcqu.kepro.com/ Coronavirus (COVID-19) Information and Resources - A 'Coronavirus (COVID-19)' section was added to the Resources/Informational Materials page of this website. Pertinent and useful resources will be added to this section as they become available. Includes a Coronavirus Test Rehearsal Guide, Reducing the Spread of Infection Rehearsal Guide and documents addressing Fear-Anxiety, How to Talk about COVID-19 with Self-advocates, Infection Control Factsheet and Remaining Connected and Overcoming Boredom.
PA Family Network PA Family Network Supporting Families Throughout the Lifespan	The PA Family Network (https://www.visionforequality.org/pa-family-network/) was created under the leadership of Vision for Equality and is supported by ODP as part of Pennsylvania's Community of Practice: Supporting Families Throughout the Lifespan. They provide information, connections and support through our Family Advisors and networking opportunities. They support families' needs using the "Charting the LifeCourse Tools" Join PA Family Network for their Family Forum every Wednesday at 7pm through May 6, 2020 Click here for more information
Charting the LifeCourse™ **SAPNA** The Self Advocacy Power Network for All	Charting the LifeCourse Tools include the Integrated Supports Star. Using the Integrated Supports Star to Problem Solve: With COVID-19 leading to so many changes in our lives today, many people are using the Integrated Supports Star to think of how to respond personally and how to guide others with different types of resources. (https://paautism.org/integrated-supports-star/) SAPNA: Join for weekly updates for people who receive services from the PA Office of Developmental Programs: This call is for self-advocates. After each update, you can ask questions and talk with others. SAPNA is a project of ODP, PA Department of Human Services and managed by Self Advocates United as 1.

National and PA Community of Practice	THE NATIONAL COMMUNITY OF PRACTICE FOR SUPPORTING FAMILIES | Hosted by NASDDDS & UMKC LifeCourse Nexus For more information about Pennsylvania's Community of Practice for Supporting Families and the PA Areas of Innovation please visit: https://www.myodp.org/mod/page/view.php?id=25542/ SUPPORTING FAMILIES of individuals with intellectual & developmental disabilities THE NATIONAL COMMUNITY OF PRACTICE • A COLLABORATION BETWEEN NASDDDS AND UMKC IHD, UCEDD PENNSYLVANIA STATE TEAM
PA Department of Human Services DHS **PA Department of Health** **PA State Police**	***05/08/2020, Human Services Launches Emergency Assistance Program to Help Low-Income Families Amidst COVID-19*** ***Harrisburg, PA - Department of Human Services (DHS) Secretary Teresa Miller today announced an Emergency Assistance Program (EAP) to help low-income families who lost wages experiencing financial challenges due to the COVID-19 pandemic. Families who qualify will be eligible for a one-time payment to assist them in meeting basic needs and help them secure more stable financial footing in the future….*** ***https://www.media.pa.gov/Pages/DHS_details.aspx?newsid=529&eType=EmailBlastContent&eId=1af026f9-50c9-4b87-a789-093f267fb032*** pennsylvania DEPARTMENT OF HUMAN SERVICES Coronavirus (COVID-19), Get the latest information https://www.dhs.pa.gov/Pages/default.aspx pennsylvania DEPARTMENT OF HEALTH https://www.health.pa.gov/Pages/default.aspx https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx Call 1-877-PA-HEALTH (1-877-724-3258) Coronavirus-Related Scams: The Pennsylvania State Police reminds residents to remain vigilant against scams attempting to take advantage of the Coronavirus pandemic.

Allegheny County Department of Human Services AC DHS **Allegheny County Health Department** ACHD	Whether in an emergency or due to a long-term concern, AC DHS has programs and services to help. https://www.alleghenycounty.us/human-services/index.aspx https://www.alleghenycounty.us/Health-Department/Resources/COVID-19/COVID-19.aspx The Health Department is the lead agency providing response to the COVID-19 pandemic. This page contains information on the virus, its impact in Allegheny County, information and guidance from the department and its partners, and resources for residents and specific groups. This page will be continually updated as new information is received. Updates will also be provided through Allegheny Alerts (free subscription required) and the department's Facebook and Twitter pages. For Foreign Language information on COVID-19, click here For the Daily Updates in ASL, click here For information on Operational Changes for Allegheny County due to COVID-19, click here.

Organizations with websites rich in resources

https://www.jfcspgh.org/coronavirus/

Virtual support groups, workshops and events

Includes Teen drop in, Support Group for Essential Workers,

Mindfulness & Medication for Stress Management and Older Adult Support Group

Food Assistance

Income and Employment Assistance

Housing & Utilities

Health and Safety

Resources for Children, Elderly, Veterans

Resources for parents with kids at home stay entertained

Mental health resources

Keeping Connected while Staying Apart

by Temple Collaborative on Community Inclusion

http://www.tucollaborative.org/keeping-connected-while-staying-apart/

visit the webpage or click on the pictures below

Care for your Coronavirus Anxiety

Resources for anxiety and your mental health in a global climate of uncertainty.

MyODP News Online

https://www.myodp.org/mod/book/view.php?id=25106&chapterid=46

includes many resources for family and professional caregivers including:

Are you remembering to take care of yourself so you can continue to support others? Take a look at this graphic and remember to check off as many of these boxes as you can every day. *Read Full Article*	 These days, it is hard to think on	**COVID-19 Explanation: Plain Language Video and Captioned**	**Supporting Caregivers**

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the bright side and easy for us to get lost in the confusion of what has become our new realities. Gratitude is a concept that can help us all feel grounded and focused on all for which we are thankful! So, for today, we wanted to provide a simple resource that we find useful for keeping us focused on what we are grateful for each day.

Read Full Article

Oregon's Office of Developmental Disabilities Services recently released a plain language and captioned video providing information to keep you and your loved ones protected from getting ill.

Read Full Article

It is important to take the time to check in with caregivers who are experiencing changes to theirs and their loved one's daily lives. For those of us who support individuals where a caregiver is actively involved, you may be the one person asking them: How are you? How can we be helpful? What do we need to know about the changes that have occurred and how they are affecting yours and your loved ones' life?

Read Full Article

Carnegie Library of Pittsburgh

- Connect with other readers through our "Stay In & Read" challenge or join CLP's first virtual Book Club.
- Get the hang of CLP's eResources—books, movies, music and more—with these helpful tutorials
- Introduce kids to virtual storytimes, songs and rhymes and Teenspace activities on our social media.
- Share technology tips or resources for urgent needs with a neighbor or loved one.Keep your mind and hands busy—get

crafty with (virtual) friends or explore your family tree.

- Browse the online resources available to job hunters, small businesses and nonprofits.
- Carnegie eLibrary, https://elibrary.einetwork.net/
- Carnegie Library stream and download, https://www.carnegielibrary.org/

CONNECTING COMMUNITIES https://aclalibraries.org/

Allegheny Library Associations virtual programs, https://aclalibraries.org/virtual-programming/

Library Updates, https://aclalibraries.org/library-finder/

In addition to reviewing consider using the links below or searching key words when using this document.

Resources related to supporting individuals with Developmental Supports and/or autism, their families and the people that support them
Resources related to supporting individuals with specific communication needs, their families and the people that support them
Basic Needs nutrition/food assistance, meals, cooking on a budget and with simple ingredients, diapers, pet food, animal health, utilities, internet, rent, mortgage, employment, unemployment, childcare, transportation, legal

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	Find support and connection support groups, caregivers, mental health, emotional support, helplines, self-advocates, family support centers, children, youth, seniors, religion/spirituality
	Keep busy virtual asset district, games, storytime for all ages, zoos, aquariums, outdoor spaces, amusement parks, arts & culture, museums, music & theater, medication, activities, art, arts & crafts, exercise, dance, science, cooking, gardening, adult learning
	Education students learning from home, resources for parents and caregivers & educators, infant/toddler & preschool early intervention PaTTAN, LTF 3, PEAL, WQED

Resources related to supporting individuals with Developmental Supports and/or autism and other disabilities.

Information for families and people that support individuals with disabilities go to Find support / Caregiving

Self-advocates provide critical COVID information in these videos:
o Episode 1: How to Stay Healthy
o Episode 2: What Should I Do If I Think I'm Sick?
o Episode 3: What I Should Do If I Get Sick
o Episode 4: What To Do If a Caregiver or a Family Member Gets Sick

Using Social Stories
Social Stories can be a valuable tool to help explain important information and teach skills related to COVID-19 to individuals you support.
Read full article

Social stories on the ASERT website:
Stay at Home Order Video Social Story: This resource provides a visual guide for individuals with autism explaining what a

"Stay at Home Order" means.

Wearing a Mask Video Social Story: This resource provides a visual guide for individuals with autism explaining the importance of wearing a mask to protect against the spread of COVID-19.

Communicating Important Information

Some supporters are struggling to communicate the necessary information to the individuals they support right now who may have communication or cognitive differences.

Read full article

https://paautism.org/resource/coronavirus-resources/

Supporting Individuals and then Talking About Coronavirus.

www.myodp.org

Coronavirus (COVID-19) Updates webpage

Explaining Social Distancing

Department of Human Services Emphasizes Importance of Support for People with Disabilities During COVID-19 Emergency: The Department of Human Services (DHS) hosted a virtual press briefing to raise awareness of the challenges faced by people with disabilities during the public-health emergency and share information about the department's efforts to support this vulnerable population throughout the COVID-19 crisis.

https://thearc.org/covid/ includes:

Plain Language Materials

Plain Language Booklet on Coronavirus – created by the Self Advocacy Resource and Technical Assistance Center
Información de COVID-19 Por y Para Personas con Discapacidades
Important Things to Know About COVID-19 – created by the Lurie Institute for Disability Policy
Coronavirus: What Is It and What Can I Do? – created by The Arc Maryland
Coronavirus Prevention Flyer – created by the New Jersey Self-Advocacy Project

Down Syndrome Association of Pittsburgh™

Down Syndrome Center of Western Pennsylvania

Podcasts from the Down Syndrome Center of Western PA, https://www.chp.edu/our-services/down-syndrome
#71 - Right to Equal Medical Treatment for People with DS (with Heather Sachs, JD)
#70 - Coronavirus in Ds #2 - Myths and Truths (with Dr. Andrew Nowalk)
#69 - Best Practices and Resources for Online Education in Ds (with Dr. Sean Smith)
#68 - Coronavirus (with Dr. Andrew Nowalk)

Q&A on COVID-19 and Down Syndrome (abbreviated) and Q&A on COVID-19 and Down Syndrome (extended)

Green Mountain Self Advocates: Plain Language Fact Sheet on COVID-19

Lurie Institute for Disability Policy: Important Things to Know about COVID-19

UNC Child Development Institute: Supporting Individuals with Autism through Uncertain Times

Spina Bifida Association: Coronavirus (COVID-19): What People with Spina Bifida Need to Know

Wheelchair and Assistive Technology Users Precautions for COVID-19

https://techowlpa.org/

TechOwl, a part of the Institute on Disabilities (IOD) at Temple University, Pennsylvania's Assistive Technology Act Program.

Includes information and resources as part of a COVID-19 response.

1-800-204-7428 or TechOWL@temple.edu

Free Special Phone Program https://techowlpa.org/service/tddp/

TechOwl has developed a variety of resources specific to everything assistive technology-related on their website. This includes some recent COVID-19 updates including resources on Cleaning your Electronic Devices to Fight COVID-19 and a COVID-19 Communication Assistant.

Online webinars, ABC's of AAC, here

Resources related to supporting individuals with specific communication needs, their families and the people that support them

pennsylvania

A Tool Kit for Communication and COVID-19

"The Office of Developmental Programs (ODP), Special Populations Unit is pleased to share the Tool Kit for Communication and COVID-19. It is important that everyone has access to information on the novel Coronavirus and what is happening in their community. Effective communication is essential for sharing symptoms people may be having, as well as for complying with medical treatment. The Coronavirus has many people feeling anxious and scared, too; it is important for everyone to have equal access for communicating those feelings."

Find the full announcement and Tool Kit here:
20-043: Coronavirus Disease 2019 (COVID-19) and Communication
Attachment: COVID-19 Communication Toolkit

Communicating Important Information
Some supporters are struggling to communicate the necessary information to the individuals they support right now who may have communication or cognitive differences.
Article and resources here

ASL Video Series: Caring for Someone at Home Who May Have COVID-19

ASL COVID 19 ASL video series https://www.youtube.com/playlist?list=PLvrp9iOILTQatwnqm61jqFrsfUB4RKh6J

New York Deaf-Blind Collaborative Tip Sheet: Providing Access through Sign Language & Text for Low Vision & Tactile Communicators During the Coronavirus Pandemic

Communication supports for children and adults with complex communication needs during the COVID-19 pandemic: This website provides information about communication supports for children and adults with complex communication needs during the COVID-19 pandemic

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UPMC Frequently Asked Questions About Coronavirus translated into several languages, https://www.upmc.com/coronavirus/faq

Basic Needs

The United Way helpline, 2-1-1. Dial 2-1-1, text your zip code to 898-211 or visit www.pa211sw.org .
For assistance outside of Allegheny County call 2-1-1 or visit https://www.agriculture.pa.gov/Food/food_assistance/Pages/default.aspx

Nutrition / food	***Health Department Announces Increased Income Guidelines for WIC Program*** ***The Allegheny County Health Department (ACHD) announced increased income guidelines for the PA Women, Infants and Children (WIC) Supplemental Nutrition Program.*** ***ACHD will continue to conduct most WIC appointments over the telephone and some appointments through telehealth services for Allegheny County participants. The WIC office will call you to complete the appointment and instruct clients on how to receive their WIC benefits. The Health Department is also still accepting new WIC participants, and you can complete a pre-application by visiting: www.pawic.com. Please call 412-350-5801 if you have any questions.*** ***~~~~~*** ***P-EBT is a new benefit to help Pennsylvania families who have children who are eligible for free or reduced-price school meals.*** ***The benefit will be loaded onto an Electronic Benefit Transfer (EBT) card, which is like a debit card.*** ***The benefits can only be spent on food items.*** ***If families are already enrolled in SNAP (previously food stamps), they will automatically receive this benefit on their card.*** ***Just Harvest published an FAQ that can be found here https://www.justharvest.org/faq-about-pandemic-ebt-in-pennsylvania/*** ***Doorstep Delivery, This is for households that cannot get to a pantry or distribution event.*** ***A 25-pound box of shelf stable food is delivered to the recipient's door. For information, call the Food Bank at 412-460-3663, extension 655 or visit www.pittsburghfoodbank.org/gethelp***

Open Your Heart to a Senior | United Way of Southwestern Pennsylvania

If you are a senior citizen or a person with a disability who is unable to shop at the grocery store due to health concerns during the COVID-19 crisis, please contact Open Your Heart to a Senior/United Way of Southwestern PA for assistance. Call 724-205-6282 and Leave a Message with your name, phone number, area of residence and that you are calling for grocery shopping help.

Map of Free Food Distribution Sites in Allegheny County

"This map displays locations of free resource distribution sites in the region. Click on locations to view specific information about each, like pick-up times, which may vary. Please note that many sites have eligibility requirements (age, level of need) so contact the distribution site first if you have questions. More information about the map and links to additional resources can be found by clicking on the icons in the top right of the map. All efforts are being made to keep the map as current as possible, but there may be inaccuracies due to quickly changing site availability."

Greater Pittsburgh Community Food Bank COVID-19 didtribution and updates https://www.pittsburghfoodbank.org/

MilitaryShare

12:00 p.m. - 5:00 p.m.
Veterans Leadership Program
2934 Smallman Street
Pittsburgh, PA 15201

Register on-site during the event.

Fight Hunger, Feed Hope

Nearly 26 percent of Pennsylvania households receiving food assistance have at least one person who has served or is currently serving in the military. MilitaryShare, a program of Greater Pittsburgh Community Food Bank, is designed to provide nutritious foods for veterans and military families.

Each eligible and registered family will receive items such as fresh fruits and vegetables, meat, dairy items and pantry staples based on the Food Bank's available inventory.

The Emergency Food Assistance Program is operated in accordance with United States Department of Agriculture (USDA) policy, which prohibits discrimination on the basis of race, color, national origin, sex, age or disability. Eligibility is based upon the income guidelines listed below.

Total Household Income:

Household Size	Annual	Monthly
1	$18,735	$1,561
2	$25,365	$2,114
3	$31,995	$2,666
4	$38,625	$3,219
Per additional person Add $6,630 per year or $553 per month		

March	April	May	June	July	August	September	October	November	December
9	13	11	8	13	10	14	12	9	14

For more information, call Veterans Leadership Program at 412-481-8200

Greater Pittsburgh community food bank

Free Food for Seniors

You may qualify for a free monthly box of food through the Food Bank's Senior Box Program.

To be eligible, you must:

- Be 60 years of age or older
- Provide a valid ID and proof of income upon registration
- Meet the income guidelines

Family Size	Annual Income	Monthly Income
1	$16,237	$1,354
2	$21,983	$1,832
3	$27,729	$2,311

What's in the box?

- Four cans of vegetables
- Two cans of fruit
- Two bottled juice
- One peanut butter or beans
- Two boxes of cereal or one bag of oats
- 2lbs of pasta or rice
- Two containers of shelf-stable milk
- One instant milk (six-times a year)
- One meat
- One block of cheese

Greater Pittsburgh community food bank | CSFP | pennsylvania | Hunger-Free Pennsylvania

For more information, call 412-460-3663, ext. 720

Non-discrimination statement and full income guidelines are on the other side. Please turn over.

FEEDING PENNSYLVANIA	Includes… The Emergency Food Assistance Program (TEFAP), TEFAP is a Federal program that helps supplement the diets of low-income Americans, including elderly people, by providing them with emergency food and nutrition assistance at no cost Commodity Supplemental Food Program (CSFP), CSFP provides commodity food packages for low-income pregnant and breastfeeding women, other new mothers up to one year postpartum, infants, children up to their sixth birthday, and elderly persons at least 60 years of age who meet income eligibility requirements. https://www.feedingpa.org/find-assistance/
Meals	COVID-19 Food Distribution Information for School Communities This map is updated daily and is not exhaustive. Contact your school or district for more information and to confirm the availability of food. https://www.education.pa.gov/Schools/safeschools/emergencyplanning/COVID-19/Meals4Kids/Pages/default.aspx Pittsburgh Public School grab-and-go meals. City website is being updated regularly. https://www.pghschools.org/Page/5356 Southwest PA Meals on Wheels. The Meals On Wheels program is designed to help individuals who are home bound or are unable to prepare their own nutritious meals regularly. http://mealsonwheelssouthwestpa.com/About.asp 412 Food Rescue connects leftover food to people in need. https://412foodrescue.org/ 412 Food Rescue is providing community food distributions. https://www.facebook.com/412FoodRescue/

	Sheetz is offering free kids meals while supplies last. See the website for location information. https://www.sheetz.com/news/kidzmeals
Cooking on a budget and with simple ingredients 	https://www.dhs.pa.gov/Services/Assistance/Pages/SNAP.aspx Several resources to help you prepare healthy meals on a budget: ❖ 10 Tips Nutrition SeriesOpens In A New Window ❖ ChooseMyPlate.govOpens In A New Window ❖ Plan, Compare and PrepareOpens In A New Window ❖ Eat Right When Money's TightOpens In A New Window ❖ The SNAP Recipe Finder helps you create cookbooks and shopping lists. Use it to search for recipes based on total cost or cost per serving. ❖ During a pandemic, you may be taking extra precautions to keep you and your family safe and prepared, including making sure you have everything you need at home. This guide contains information on food planning, including what to buy, how much to buy, and preparation tips. https://www.choosemyplate.gov/coronavirus Good and Cheap is a downloadable cookbook for people with limited income. The PDF is free and has https://www.leannebrown.com/cookbooks/ Budget Bytes - Delicious Recipes Designed for Small Budgets www.budgetbytes.com Easy recipes made with simple ingredients that will keep you full, happy, and within your **budget**! Step by step photos for EVERY recipe! Cooking Matters cookingmatters.org Programs that teach parents and caregivers with limited food budgets to shop for and cook healthy meals. Cooking Matters at Home offers ideas for how families can use what foods are available to create quick, family-friendly, low-cost meals.

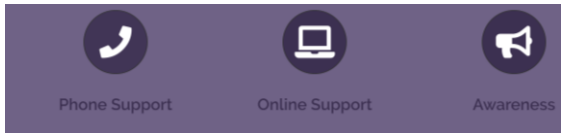
Gardening	***Visit Grow Pittsburgh to learn about community gardening in the Pittsburgh region, from creating a new community garden to participating in an existing community garden.*** ***Apartment Gardening for Beginners and Container Gardening for Beginners can help you learn to grow herbs, fruits, and vegetables in small spaces or un containers.***
Diapers	If you need diapers, the Western Pennsylvania Diaper Bank distributes diapers to families in need through social service agency partners. https://www.wpadiaperbank.org/agency-partners/
Pet food **Animal Health**	Humane Animal Rescue Pet Helpline & Resources Medical and Food assistance https://www.humaneanimalrescue.org/programs-services/pet-helpline-resources/ Pet Food Resources https://www.pghdogs.com/help-for-pet-owners/pet-food-pantries https://www.agriculture.pa.gov/FoodForThought/Pages/Article.aspx?post=76 A list of pet pantries in PA for pet owners experiencing hardships during the commonwealth's COVID-19 mitigation efforts. Before driving to one of these locations, it's recommended to call to ensure resources are available and check on methods for receiving. https://www.agriculture.pa.gov/FoodForThought/Pages/Blog.aspx?tag=Animal%20Health Private pet owners guidance Essential businesses for boarding kennels, doggie daycares, animal shelters, sanctuaries, and rescues

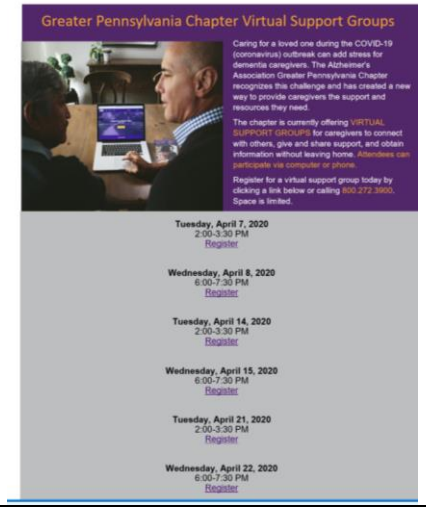
Utilities **Internet**	Regional Housing Legal Services, Utility Assistance for those Affected by the Corona Virus www.rhls.org/utility-assistance-for-those-affected-by-the-corona-virus/ Duquesne Light is waiving customers' late fees until at least May 1. Comcast is adjusting its Internet Essentials Program to meet the needs of low-income residents while dealing with the crisis. Click Here for a complete list of free and low cost internet resources https://www.digitalinclusion.org/free-low-cost-internet-plans/
Rent **Mortgage**	***Allegheny County CARES Rent Relief Program Now Open for Applications*** ***PITTSBURGH –*** *Renters and landlords in Allegheny County may be eligible for rental assistance and limited utility assistance through the county's CARES Rent Relief Program which opened for applications on Monday. Created by the state in May by Act 24, the Rent Relief Program is administered by the Pennsylvania Housing Finance Agency (PHFA) and managed locally by the county.* *Allegheny County is projected to receive an allocation of $22.5 million based upon a population-weighted formula, eligible application volume, and expenditures. The state funding provides up renters with up to $750 a month per household for a maximum of six months of assistance or $4,500. The county is also providing additional funding to supplement the program, providing an additional $750 a month in rent for a maximum of six months, and $200 a month for a maximum of six months for renters' electric, gas, internet, late fees, and court costs.* *For more information or to apply, visit https://COVIDRentRelief.AlleghenyCounty.us. Questions can also be directed via email to AHICaresRRP@actionhousing.org or via phone to 412.248.0021. In the first four days of the program, 377 applications have been submitted. Applications will be accepted through September 30, 2020. The Allegheny County Rent Relief Program is first-come, first served based on the date of the completed application package.* ~~~~~~~

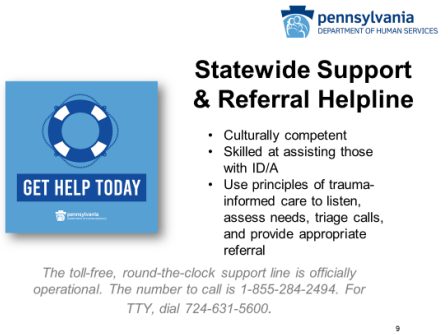
	Beginning Monday, March 23, the URA will be offering a Housing Stabilization Program, in partnership with Urban League of Greater Pittsburgh, that will assist households who are struggling with rent payments due to COVID-19-related losses in work and wages. City of Pittsburgh residents can call the Urban League at 412.227.4164. Read details of the program here. The PA Housing Alliance is keeping an updated list of housing resources that includes mortgage loss mitigation and financial bridge loans, among other information. HACP (Housing Authority City of Pittsburgh) has instituted a number of operational changes to help ensure the safety of residents, staff and the general public in response to the COVID-19 pandemic. This includes the immediate suspension of rent-related evictions. https://hacp.org/covid-19/ RHLS (Regional Housing Legal Services) has prepared basic summaries of the protections available to tenants, homeowners and utility ratepayers. They include: RHLS Coronavirus: Protections for Homeowners www.rhls.org/coronavirus-protections-for-homeowners/, RHLS (Regional Housing Legal Services) Coronavirus: Protections for All Pennsylvania Renters www.rhls.org/corona-virus-can-i-stay-in-my-home-if-i-cant-pay/ and Coronavirus: Federal Protections for Renters www.rhls.org/coronavirus-federal-protections-for-renters/
Employment **Unemployment**	Emergency Paid Sick Leave Act and Emergency Family and Medical Leave Expansion Act, both part of the Families First Coronavirus Response Act (FFCRA). https://www.dol.gov/agencies/whd/ffcra Disaster Unemployment Assistance https://www.disasterassistance.gov/get-assistance/forms-of-assistance/4466 Office of Unemployment Compensation Website information for Pennsylvania employees impacted by COVID-19
Financial assistance	https://www.media.pa.gov/Pages/DHS_details.aspx?newsid=529&eType=EmailBlastContent&eId=1af026f

and wellness	9-50c9-4b87-a789-093f267fb032 05/08/2020, **Human Services Launches Emergency Assistance Program to Help Low-Income Families Amidst COVID-19** **Harrisburg, PA** - Department of Human Services (DHS) Secretary Teresa Miller today announced an Emergency Assistance Program (EAP) to help low-income families who lost wages experiencing financial challenges due to the COVID-19 pandemic. Families who qualify will be eligible for a one-time payment to assist them in meeting basic needs and help them secure more stable financial footing in the future…. ~~~~~~~~~~~~~~~~~ PHFA, PA Housing Finance Agency, Helpful Resources for People Impacted by the Coronavirus A list of resources follows for use by consumers and businesses impacted by the coronavirus pandemic. PHFA will expand this list over time, so please check back often. www.phfa.org/news/coronavirus.aspx The City of Pittsburgh's Financial Empowerment Center (FEC) is offering its free, one-on-one, professional financial counseling virutally. The FEC helps clients take control of their debt, deal with debt collectors, improve their credit, create a budget, save, connect to safe and affordable financial products, and much more. National Disability Institute https://www.nationaldisabilityinstitute.org/ Among the *COVID-19 Resources* there is the *Financial Resilience Center.* We are here to help those with disabilities and chronic health conditions navigate financially through the COVID-19 crisis.
Childcare	Covid-19 and Child Care in Pennsylvania
Transporta-	Port Authority Transit (PAT)- Allegheny. Reduced schedules as of 3/25/20:

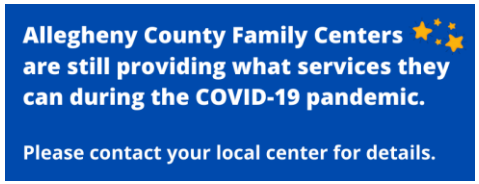
tion	https://www.portauthority.org/inside-Port-Authority/rider-info/coronavirus/modifiedschedules/ Access-Allegheny: Reduced staffing as of 4/2/20 https://myaccessride.com/ Port Authority reimbursement for riders with passes who must stay at home due to COVID-19. Riders can call the authority at 412-442-2000, visit the website at portauthority.org.
Legal	PALawHelp www.PALawHelp.orgInformation and links to additional information regarding the evolving situation surrounding the Coronavirus (COVID-19).
Find support and connection **Find additional resources in the other sections of this document**	*Sit out on a porch or balcony and wave or say hello to neighbor.* *Have a picnic in the yard, on the porch or balcony.* *Use technology to have family/friend get togethers or meals.* *Write letters.* *Send text messages and emails.*
Support groups	ASERT, https://paautism.org/support-groups/ a statewide interactive map to find support groups and meet up groups for persons with disability, families and the others who support them JFCS https://www.jfcspgh.org/coronavirus/ Autism Connection of PA https://autismofpa.org/support-groups/ NAMI Keystone Pennsylvania (National Alliance on Mental Illness) https://www.namikeystonepa.org/support/support-groups/ Hope Grows https://hopegrows.net/

Caregivers	https://hopegrows.net/ Hope Grows is a non-profit organization providing an environment that allows the caregiver to receive counseling, support, and much-needed short breaks. THINK caregiver is Hope Grows' virtual support program… Morning tea (or coffee) for caregivers Short Break Connections with Hope Grows Nature Connections with Hope Grows Enjoy a **virtual walk** in the Hope Grows Iris Respite House Gardens and connect to our gardens and nature. COVID-19 (Coronavirus) Resources & Tips for Family Caregivers, https://hopegrows.net/programs#Covid19  The University of Pittsburgh's National Center on Family Support held a webinar geared towards family caregivers of someone with a disability or chronic illness discussing caregiving during the time of COVID-19. Panelists include Dr. Gregory Cherpes, ODP Medical Director and Nancy Murray, The Arc of Greater Pittsburgh President. The link to the webinar directly on YouTube is here: https://youtu.be/DkIMmsp6Ggg Family Voices Family Caregiver Self-Care Series

	There are many excellent resources being developed to support individuals with disabilities and their families in responding to and coping during the COVID-19 pandemic. Our commitment as a CoP team is to highlight and share the great materials that are being developed as a way to support you as you communicate with and support families in your state. To that end, we encourage you to check out this three-part, online COVID-19 series from Family Voices. Covering topics such as self-care for family caregivers, preparing for potential illness of family caregivers, telehealth, and parenting during quarantine- in English and Español - this is a great, comprehensive resource addressing many of the concerns we are hearing from families. Self-Care Strategies for Direct Support Professionals: This session will review strategies to keep yourself and others engaged in activities to promote mental health and reduce stress. Practical ideas for self-care during this crisis will also be discussed.
Mental health	NAMI* Keystone Pennsylvania, Coronavirus (COVID-19) Information and Resources including support lines and virtual support groups *National Alliance on Mental Illness www.namikeystonepa.org/coronavirus/?eType=EmailBlastContent&eId=a77bc128-5776-439c-baa7-a90e8f3930b2  Greater Pennsylvania Chapter Virtual Support Groups Caring for a loved one during the COVID-19 (coronavirus) outbreak can add stress for dementia caregivers. The Alzheimer's Association Greater Pennsylvania Chapter recognizes this challenge and has created a new way to provide caregivers the support and resources they need. The chapter is currently offering VIRTUAL SUPPORT GROUPS for caregivers to connect with others, give and share support, and obtain information without leaving home. Attendees can participate via computer or phone. Register for a virtual support group today by clicking a link below or calling 800.272.3900. Space is limited. Tuesday, April 7, 2020 2:00-3:30 PM Register Wednesday, April 8, 2020 6:00-7:30 PM Register Tuesday, April 14, 2020 2:00-3:30 PM Register Wednesday, April 15, 2020 6:00-7:30 PM Register Tuesday, April 21, 2020 2:00-3:30 PM Register Wednesday, April 22, 2020 6:00-7:30 PM Register Virtual Support Group (Feeling stressed and anxious, Join the Conversation) Every Wednesday 6PM-7PM For more info, Please contact Heather McLean at hmclean@mhaswpa.com or (724) 433-1359 for the Zoom link and password. (This is not a clinical/therapeutic group, but here to offer social support.) MHA Mental Health America of Southwestern PA

Emotional support	Care for your Coronavirus Anxiety: Resources for anxiety and your mental health in a global climate of uncertainty. Mental Health America: To aid individuals and communities during this time, MHA has compiled a range of resources and information. Supporting Kids During the COVID-19 Crisis (Child Mind Institute)
Helplines	 Are you feeling lonely? Are you feeling anxious? The **Statewide Support & Referral Helpline** is staffed by skilled and compassionate staff that are available 24/7 to respond to those struggling with anxiety and other challenging emotions due to the COVID-19 emergency. Staff at the Helpline refer callers to community-based resources that can further help to meet individual needs. The toll-free, round-the-clock support line is officially operational. The number to call is **1-855-284-2494**. For TTY, dial 724-631-5600.
	CRISIS TEXT LINE Text HELLO to 741741 Free, 24/7, Confidential NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-TALK (8255) suicidepreventionlifeline.org
	National Suicide Prevention Lifeline: 1-800-273-8255 (TALK) **Crisis Text Line**: ‘”PA” to 741741 **Veteran Crisis Line**: 1-800-273-TALK (8255)

Mary Evrard, mevrard@alleghenycounty.us

	Disaster Distress Helpline: 1-800-985-5990 **Get Help Now Substance Abuse Hotline:** 1-800-662-4357 **Pennsylvania Sexual Assault Helpline:** 1-888-772-7227 **National Domestic Violence Helpline:** 1-800-799-7233 **National Council for Behavioral Health**, www.thenationalcouncil.org/
Self-Advocates	.SAPNA: Join for weekly updates for people who receive services from the PA Office of Developmental Programs: This call is for self-advocates. After each update, you can ask questions and talk with others.
Family support centers	 **Allegheny County Family Support Network**  ***Call 2-1-1 to find your local center*** Check out the online activities and story times from local family centers and partners! Steel Valley Family Center AIU Highlands Family Center AIU East Allegheny Family Center Ryan Arts Center & Sto-Rox Library
Children	The National Autism Association has a page of resources for families here: https://nationalautismassociation.org/covid-19-resources-for-families/ KidsHealth has a page for helping kids with autism cope here: https://kidshealth.org/en/parents/coronavirus-autism.html

	Finally, Sesame Street has a page for children with autism coping with COVID-19 here: https://autism.sesamestreet.org/coping-with-covid/
Youth and Young Adults	Youth Virtual Drop-In Meeting: Youth MOVE PA is excited to host a series of Youth Virtual Drop-In Meetings that are all about getting some social interaction, even if you can't go out and do normal activities like school, sports, going to the game store, or hanging out with our friends. The age range for these chats is from 14 to 29 years old. *Youth MOVE PA (https://www.pmhca.org/Youth-MOVE) are people between the ages of 16 to 29 with lived experience in the areas of social services such as:juvenile justice, mental health, child welfare, foster care, and drug and alcohol services.* "TQEP Tuesdays" and Netflix Watch Parties: These opportunities are for young people to connect and are planned and co-hosted by our youth advisory members and young people in the TQEP communities! Young people with disabilities across Pennsylvania are planning to get together weekly through Zoom for "TQEP Tuesdays" activities. (TQEP / The Transition Quality Empowerment Project)
Seniors	The Pennsylvania Department of Aging has launched an online COVID-19 resource guide to help older adults easily find useful information related to their health, safety and well-being. The guide is housed on the department's website under "COVID-19 Resource Guide for Older Adults" and provides older adults, their families and caregivers with information on a variety of subjects, including meals, prescriptions, protective services, scams, and how to stay active and connected. Lifetime Connections Without Walls by Family Eldercare - Telephone activities program providing opportunities for older adults to connect with others in their community and across the country using a telephone conference call system. Well Connected by Covia – Connects individuals to virtual classes, conversations, and activities by phone. Programs available in English and Spanish o Referral: (877) 797-7299 (English) (877) 400-5867 (Spanish) Friendship Line by Institute on Aging - The Friendship Line is both a crisis intervention hotline and a warmline for non-emergency emotional support calls. It is a 24-hour toll-free line and the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. o Toll-Free Line: (800) 971-0016

	The Alzheimer's Association tips for caregivers https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care Dementia Care Central page of resources https://www.dementiacarecentral.com/caregiverinfo/coronavirus-covid-19/ ARCH National Respite Network and Resource Center compiled a list of resources from government agencies, national caregiving groups, aging and disability organizations, and Lifespan Respite programs and state respite coalitions.
LGBTQ Resources 	***Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive. Check out their website or call them at 877-565-8860*** Allegheny County Department of Human Services, "DHS, along with other community organizations, supports persons who identify as LGBTQ and their allies. Find resources specifically selected for this purpose here." https://www.alleghenycounty.us/Human-Services/Resources/LGBTQ.aspx Includes Employment, Health, Housing and Homelessness, LBGTQ Resources, Older Adults, People of Color, Transgender Resources and Youth Hugh Lane Wellness Foundation is providing COVID-19 Services for LGBTQ+ and HIV community members across Western PA. Services include food care packages, one-time cell phone payments, virtual support (individual and group), and pet food. https://hughlane.org/home/covid-19-services/

Faith **Religion** **Spirituality**	While buildings may be closed faith-based organizations leaders are often available by phone or remotely to offer support. Many congregations are live streaming services and other events / offerings. For those without computers call the faith based organization to ask about joining in by phone. For example: ❖ LIST: Places of worship in Western Pa. offering livestreamed services https://www.wtae.com/article/list-western-pennsylvania-livestream-easter-passover-services/32110617 ❖ East Liberty Presbyterian Church (ELPC) is offering services, Sunday school for adults and children, prayer times and more remotely. http://cathedralofhope.org/ ❖ Catholic Diocese of Pittsburgh is streaming services and prayer. https://diopitt.org/ ❖ Rodef Shalom livestreamed services, Zoom congregational events and more here. https://www.rodefshalom.org/ ❖ St. James AME Church online prayer meeting, bible study, Sunday worship services and more. https://www.stjamesamepgh.org/ ❖ Do an internet search for your faith or faith-based organization, remote services.

Keep busy

Magazines

TIME for Kids : Time says that for the first time, it will provide parents at home with a free version of "TIME for Kids," its 25-year-old school-based publication. The package includes the entire TIME Kids digital library.

Free Subscriptions from Education Companies ! Here is the entire list of education companies offering free subscriptions due to school closings.

RADworks here
Allegheny Regional Asset District

The Virtual Asset District. https://www.radworkshere.org/pages/virtual-asset-district
Check back often to find updates to opportunities to be engaged, entertained, and educated, virtually. Some examples: ACLA Libraries, Attack Theatre, Cello Diary, Carnegie Library of Pittsburgh, Carnegie Museums, Children's Museum/MuseumLab, City Theatre Company, Contemporary Craft, Holocaust Center of Pittsburgh, Kelly Strayhorn Theater, Mattress Factory, National Aviary. Phipps Conservatory & Botanical Gardens. Pittsburgh Ballet Theatre. Pittsburgh Opera. Pittsburgh Public Theater. Pittsburgh Symphony Orchestra, Pittsburgh Zoo & PPG Aquarium, Senator John Heinz History Center, The Frick Pittsburgh and The Tull Family Theater

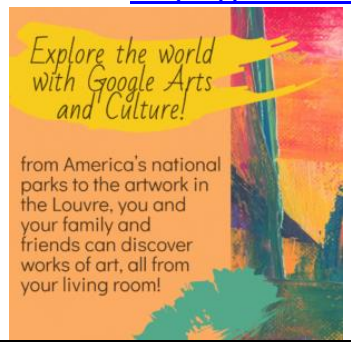
Over 30 travel and learning opportunities for all ages

Includes museums, field trips, a farm tour, animal cameras and a zoo website

Parks at Home	***The complete schedules for the Summer Concert Series on Pittsburgh's CW, Parks Unplugged and other events are available online at www.alleghenycounty.us/summer. Also directly at these links:*** ***Summer Concert Series, Parks Unplugged, Drive-In Movies at Boyce Park, Drive-in Movies at Hartwood, Drive-In Movies at South Park, Parks at Home, Virtual Activities, Coloring Pages*** The Allegheny County Summer Concert Series is moving from the South Park and Hartwood Acres amphitheaters to Pittsburgh's CW this year with BNY Mellon as its presenting sponsor. To locate Pittsburgh's CW on your local cable system, click here. Full concerts will also be posted on the County Parks Facebook page and County YouTube channel at 8:00 pm every Sunday from July 5-Sept. 6. Parks Unplugged Allegheny County also debuted its Parks Unplugged online music and interview series on June 5 with Chris Jamison, who finished in third place on Season 7 of NBC's "The Voice." Josh Verbanets, Joy Ike and Michael Glabicki have also been featured. The 14-episode online series features acoustic performances by local artists in unique county park settings. New episodes will drop on the County Parks Facebook page and County YouTube channel every Friday at 7:00 pm through Sept. 4. Due to delays with equipment and changing motion picture licensing policies, drive-in movies will be delayed until late-July. A complete schedule, as well as details on maximum number of vehicles at each park, will be announced in coming weeks. To get free notifications about concerts and other programming, sign up for the County Parks Newsletter or Allegheny Alerts and follow the County Parks on Facebook and Instagram. The complete schedules for the Summer Concert Series on Pittsburgh's CW, Parks Unplugged and other events are available online at www.alleghenycounty.us/summer.
Games	Learning Games For Kids: These online learning games and songs for kids are fun, teach important skills for preschool and elementary school kids and they're free.

	Play virtual board games with friends here
Storytime for all ages	Storyline Online: stream videos featuring celebrated actors reading children's books alongside creatively produced illustrations. Readers include Viola Davis, Chris Pine, Lily Tomlin, Kevin Costner, Annette Bening, James Earl Jones, Betty White and dozens more. Children's Authors Doing Online Read Alouds & Activities Children's Stories in Spanish Weekly Storytime with Dolly Parton: In this series, Dolly reads select Imagination Library books, all carefully chosen for their appropriate content at this moment in time. Listen to free audio books on Audible. Free online Audiobooks PHIPPS Join us for stories, sing-alongs and fun activities you can do from home each Wednesday! Join us each Wednesday at 10:30 a.m. or 1 p.m. for a 15-minute Story Time and receive a link to a fun activity that you can complete at home. https://www.phipps.conservatory.org/calendar/detail/virtual-story-time?utm_source=Tree+Free+E-mail&utm_campaig
Zoos and Aquariums	San Diego Zoo Monteray Bay Aquarium

	Georgia Aquarium Webcams Zoo Atlanta Panda Cam Houston Zoo Animal Cams Zoo School Live: Hosted by Elmwood Park Zoo every day at 11 am. These zoos and aquariums are live-streaming animals for people to enjoy during coronavirus isolation
Travel	Northern Lights Live Cam: Located at the Churchill Northern Studies Center in Churchill, Manitoba, this live cam is located directly underneath the aurora oval--one of the best places on earth to watch the aurora borealis, the spectacular atmospheric phenomenon better known as the Northern Lights. Google Earth National Park Tours – "Visit" national parks across the country and talk about which ones older adults have been to. What did they see? Who were they with? Hawaii with Google Earth. a tour of Ancient Egypt
Amusement parks	You can virtually ride these eight roller coasters, and you always get the front seat: You can go on virtual roller coaster rides of some of the fastest, steepest, and most famous coasters in the world. Virtual Disney World: Virtually experience Walt Disney World attractions, shows, hotels, monorails, trains, boats, park areas, and more within an interactive 360º video environment.
Arts and Culture	THE PITTSBURGH CULTURAL TRUST Pittsburgh Trust Arts: Creative Connections

	Activities include theater arts, music, movement and visual arts.
	Have a museum you've always wanted to visit? Or one you'd like to go back to? Check out Google Arts and Culture https://artsandculture.google.com/ 
Museums	***National Portrait Gallery, Washington D.C. Click here to visit the National Portrait Gallery*** ***The Clay Studio, Philadelphia, PA Click here to visit the Clay Studio*** ***The Fabric Workshop and Museum, Philadelphia, PA Click here to visit the Fabric Workshop and Museum*** ***National Liberty Museum NLM@Home Click here to visit the National Liberty Museum*** Brandywine River Museum, Chadds Ford, PA Click here to explore Brandywine exhibits and activities National Museum of American Jewish History, Philadelphia, PA Click here for tour of NMAJH Whitney Museum of Art, New York, NY Click here for audio guides of their exhibitions Smithsonian National Museum of Natural History, Washington D.C Click here to tour Museum of Natural History The British Museum, London U.K Click here to tour the British Museum

	The Louvre, Paris, France Click here to tour the Louvre Boston Children's Museum US Space and Rocket Museum 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch PA museums that offer virtual tours
Music and theater	Macbeth performed at Shakespeare's Globe Click here to watch Macbeth WYEP http://wyep.org/listen National Theatre at Home will release a new performance each Thursday at 7pm, available to stream for a week. Click here to stream One Man, Two Guvnors starring James Cordon at 7pm tonight! Theatre Horizon at Home Activities Click here to view Theatre Horizon activities Philadelphia Orchestra Concerts Click here to stream orchestra concerts Kennedy Center Digital Stage Click here to stream concerts at the Kennedy Center Kelly-Strayhorn Theater Global Stream: https://kelly-strayhorn.org/ Andrew Lloyd Webber Musicals, stream free, https://www.timeout.com/news/andrew-lloyd-webbers-biggest-musicals-are-streaming-free-on-youtube-for-a-limited-time-041520
Meditation	Refer to JFCS, ASERT and Care for your COVID 19 anxiety in this document

	Pittsburgh Parks Conservancy Mindful Moments Discover ways to connect to nature and find moments of peace and relaxation, especially during times of uncertainty. These exercises can be completed anywhere—from your window, while looking at a beautiful image of nature, in your yard, on your porch, on a walk in your neighborhood, or in a park nearby. Learn more about Mindful Moments
Activities **Art** **Arts/Crafts** **Drawing**	***Metropolitan Museum of Art #MetKids Activities Click here to view MetKids*** Arts and Crafts on Education.com: Arts and crafts can be as simple as getting out a coloring book, or drawing pictures with crayons and paper. If you're feeling more creative, check out some of this website for great ideas. Here is link for free online "boredom-busting" activities for kids of all ages including virtual tours, online learning, music, arts and culture, and literature. Click here for fun activities for teens including reading, math, cooking, music, sports, and life skills. Homemade Playdough Recipes: Keep individuals active and engaged, while also limiting access to other people. Highlights Kids: The place for children of all ages to play games and discover new jokes, surveys, answers to science questions, and fun crafts and recipes from *Highlights*. Cool Math: Love math? Hate math? Need homework help? This site's for you! The Old Farmer's Almanac: Here are free stories and cool activities to explore. Did you know: Happy people are healthier people? Learn something new and have fun! Adventure Aquarium Interactive Activities Click here to view activities

	10 University Art Classes You Can Take For Free Online Famous illustrator drawing lessons: Mo Willems: 1 pm EST (and archived on website) from the Kennedy Center Wendy MacNaughton: 1 pm EST on Instagram Live (past lessons on youtube) Rob Biddulph: Live and on website
Exercise **Yoga**	Special Olympics Commit to Fit Workout Classes Click here to workout with Special Olympics EA Zoom Workout sessions https://www.youtube.com/playlist?list=PLJpNr2FkMW3Fwr_DlhPc0x5jNePxFJTaw&fbclid=IwAR2D-wVlbmb2JVbL9BVWvF-vf7f3tCwtC526IQ7lud8H9CFrmg5iYWQeYCw Fitness classes online: https://www.goodhousekeeping.com/health/fitness/a31792038/coronavirus-live-stream-workout-classes/ Get fit with online YMCA classes here, http://ymca360.org Planet Fitness is streaming live, at-home workouts daily at 7 pm. Facebook Live The Open Up team has been working hard to bring plans for accessible virtual practice to life. View the digital book here or visit openuppittsburgh.com Yoga from Cosmic Kids Yoga

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	5 Minute Move—Short Energizing Workouts for Kids: 5 minute workouts from a PE teacher
Dance	***Pennsylvania Ballet Virtual Dance Classes*** ***Click here to dance with PA Ballet*** Dance from GoNoodle Games Dance Workshops with Alvin Ailey Click here to dance with Alvin Ailey BalletX Live Stream Dance Classes Click here to dance with BalletX
Science	***Franklin Institute Science Recipes*** ***Click here to experiment with the Franklin Institute*** Academy of Natural Sciences Interactive Activities Click here to view activities Explore the wonders of space with NASA here Discover Astronomy with NASA Franklin Institute #SparkofScience Series Click here to view #SparkofScience Mars
	CARNEGIE SCIENCE CENTER ONE OF THE FOUR CARNEGIE MUSEUMS OF PITTSBURGH www.carnegiesciencecenter.org/

Cooking	Free Digital Cooking Classes For Kids Every Week Day: Delish's editorial director Joanna Saltz and her kids will be going live on Instagram every weekday at 1pm EST to share cook-along videos for you and your little ones.
Adult learning	Learn a new language https://www.duolingo.com/ Here are 450 Ivy League courses you can take online right now for free: Class Central has made a collection of all these, which you can explore.
Education Students learning from home	

http://www.gwensgirls.org/event/academic-support-initiative/	
Center for Parent Information and Resources	***Virtual IEP meeting tip sheets:*** ***https://www.parentcenterhub.org/virtual-iep-meeting-tip-sheets/***
PaTTAN Pennsylvania Training and Technical Assistance Network	Supports for Families, Students, and Educators https://www.pattan.net/Home/Mini-Slideshow-With-Image/COVID-19-Resources-1 Parent Information: https://www.pattan.net/parent-information/ Includes the document: School Closures Due to Coronavirus/COVID-19: FAQs for Families of Students with Disabilities
Local Task Force on the Right to Education	Find many current resources about special education. http://www.ltf3.org/COVID-19 The LTF is meeting monthly via zoom and has a parent hotline. Learn more on the webpage http://www.ltf3.org/node/1

PEAL Center	The PEAL Center helps families and individuals with disabilities and special health care needs using a variety of strategies across PEAL Projects. https://pealcenter.org/peals-covid-19-resource-page/ "We are gathering and organizing information and no-cost resources to post on our website so that they are easily accessible to families. This page will be updated frequently to reflect the most current information and with additional resources." https://pealcenter.org/webinars/ PEAL is also hosting a series of webinars to cover helpful information while students are learning at home and virtually. These will be posted for viewing along with resources here.
	Special Education During COVID-19: This resource, developed by ASERT, provides information about Special Education laws and how they apply to school shutdowns and homeschooling as a result of COVID-19.
Education Law Center	Questions about COVID-19 School Closures & Students with Disabilities? Check out the Education Law Center's guidance here.
Infant/ Toddler & Preschool Early Intervention	Infant/Toddler & Preschool Early Intervention Provides Tele-intervention With the stay at home order, many people are asking for updates regarding Birth to Three Early Intervention or Preschool Early Intervention. Early Intervention programs across the state have contacted families with children that have a developmental disability to discuss options available for services and, where appropriate, have begun to provide teleintervention. Early Intervention programs continue to process referrals during this time. More information here. Early Intervention Technical Assistance (EITA) Works on behalf of the Office of Child Development & Early Learning (OCDEL) Navigating Transition During COVID-19 for Early Intervention Information and webinars for families and professionals http://www.eita-pa.org/resources-to-support-ei-work-during-covid-19/

	Learning at Home with Pennsylvania Public Television ***With schools closed, Pennsylvania public television stations want you to know that you are not alone. Working with the Pennsylvania Department of Education, we have created Learning at Home, your connection to thousands of hours of educational and entertaining videos, activities and games to support you. From Sesame Street for preschoolers to NOVA for high school science students, public television offers engaging programs that will support your child's learning.***
WQED	Corona Virus (COVID-19) Resources: Resources for Parents and Caregivers Resources for Educators General resources