

COVID-19: Resources for Families

Center for Autism Research at CHOP

Social Work Support -

Get specific information about how to understand and access individual, public, and private resources

Next Steps Workshops -

Virtual sessions coming soon

CAR Autism Roadmap -

An online network of community and broader resources and information about autism across the lifespan, and in all avenues of life

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Children's Hospital of Philadelphia

Navigating COVID-19: Resources for Parents -

- What to expect when coming to the hospital, in our care network, or as a new patient
- Why It's Important to Be Up-to-Date on Vaccines & Why Well-Child Visits Matter
- Video Visit Support: info about your MyCHOP and/or Urgent Care video visits

Helping Your Child Understand -

- COVID-19
- Drive-Through Testing
- Why is My Doctor Wearing a Mask?

Coping with Uncertainty -

- Feeling Safe During a Crisis
- Social Distancing Support
- Practice Self Compassion
- Therapeutic Breathing
- Guided Relaxation Exercises
- Take a Mindfulness Walk
- Other resources: where to get local food and housing, how to make masks, and tips for staying fit.

Health Tip of the Week -

- <https://bit.ly/3usEYzw>
- <https://bit.ly/3joNbOV>

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Community Resource Connect

Community services to support your family that are searchable by zip code. Provides access to resources including:

- Emergency Hotlines for Immediate Assistance
- COVID-19 Information
- Unemployment and Financial Help
- Transportation (Philadelphia)
- Educational Resources for Families
- Resources for Healthcare and Essential Workers
- Food/Meals
- Health Insurance
- Safety Resources
- Housing Needs
- Information for Immigrants
- Public Benefits/SNAP
- Mental Health Resources
- Utilities, Phone, Internet
- Resources for Babies/Young Kids

Website: <https://communityresourceconnects.org/>

PEAL Center

PEAL works with families, youth, and young adults with disabilities and special health care needs to help them understand their rights and advocate for themselves. PEAL's services are provided at no charge to families as they are funded by donations and federal, state, and private grants. In response to COVID-19, PEAL is gathering no-cost resources for families:

Online Educational Resources:

- Virtual IEP Meeting Tip Sheets
- Accessible Remote Learning - How to Provide Essential Learning Supports from Anywhere
- Sample Schedules

Taking Care of Yourself and Your Family:

- Talking to Children About COVID-19: A Parent Resource
- Taking Care of Your Mental Health in the Face of Uncertainty
- Supporting Kids, Teens and Young Adults During the COVID-19 Crisis

Website: <https://bit.ly/3O3P5T2>

Health Care:

- National Alliance on Mental Health Information and Resource on COVID-19
- Telemedicine Resources: An Introduction to Health Care through Medicine
- COVID-19 Pediatric Healthcare Resources by Category

Government Updates (PA, USA, and county specific):

- Virtual activities for children and teens
- Early Intervention Services
- Support around student transitions
- Using assistive technology in the home
- PEAL Webinars
- Community Resources -How You Can Help

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Autism Speaks

Autism Response Team (ART): an information line from the autism community that can speak with you and share resources to support your family based on your individual situation.

Resources include:

- Video: Staying Safe During Re-Opening
- Basic Resources: online video learning, webinars, social distancing guidelines, WHO Guidelines, etc.
- Parent Training and Support Resources
- Teaching Stories and Visual Supports
- Education Resources
- Behavioral Resources
- Stress and Mental Health Resources

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

ASERT (Autism Services, Education, Resources and Training)

ASERT is a partnership of medical centers, centers of autism research and services, universities, and other providers involved in the treatment and care of individuals with autism and their families.

Coronavirus (COVID-19) Health and Safety Guide

- What is Coronavirus?
- Responding to COVID-19 in Pennsylvania Government Guide
- Resources and Information:
 - Supporting Individuals -social stories, managing changes, school resources,
 - Self-Care - physical and mental health resources
- Office of Developmental Programs (ODP) Program Guidance
- Financial and Other Help - internet access, food & lunches, unemployment benefits, etc.
- Health Care Quality Units
- Downloadable Social Stories covering: Coronavirus, Handwashing, and Social Distancing

Website: <https://paautism.org/resource/coronavirus-resources/>

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AID in PA

AID in PA is a resource collection for Pennsylvanians in the autism and intellectual disability communities to help during emergency situations. Resources include:

- Hand Washing: Tips and Tools
- Safety While Completing Errands
- Navigating Telehealth
- Staying Connected While Socially Distancing
- Coping with Coronavirus

Website: <https://aidinpa.org/>

Autism New Jersey

Autism New Jersey is a nonprofit agency committed to ensuring safe and fulfilling lives for individuals with autism and their families. They have created a resource page entitled COVID-19 and Autism in NJ, which includes:

- State Agency Updates
- Service Delivery
- Tips for Families
- Employment & Financial Concerns

Website: <https://www.autismnj.org/article/covid-19-and-autism-in-nj/>

IMPORTANT PHONE RESOURCES:

- Greater Philadelphia Coronavirus Helpline: 1-800-722-7112
- National Suicide Prevention Lifeline: 1-800-273-TALK
- Nacional de Prevencion del Suicidio: 1-888-628-9454
- Crisis Text Line: Text "PA" to 741-741
- Veteran Crisis Line: 1-800-273-TALK
- Disaster Distress Helpline: 1-800-985-5990
- Get Help Now Hotline (for substance use disorders): 1-800-662-4357
- Pennsylvania Sexual Assault Helpline: 1-888-772-7227
- National Domestic Violence Helpline: 1-800-799-7233