1. **SARTAC** - Self-Advocacy Resource and Technical Assistance Center <https://selfadvocacyinfo.org/>

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.

1. **University of Miami-Nova Southeastern University Center for Autism and Related Disabilities** (UMNSU-CARD) has developed a “Let’s Talk about the Coronavirus (COVID-19)” Whiteboard Social Narrative Video

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

1. **Ohio Department of Developmental Disabilities** has a number of 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>

1. **Family Voices** - National organization for families of children with special health care needs

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

Has information about preventive practices and emergency preparedness. Also, a link to their newsletter with more info

1. **Arc of the US and Arc of Illinois - Illinois Lifespan Program** - statewide information and advocacy resource has a long list of resources related to COVID-19, including resources specifically for people with Down syndrome and Autism Spectrum Disorder <https://thearc.org/covid/>

<https://www.illinoislifespan.org/website-links-2/covid-19-resources/?eType=EmailBlastContent&eId=5a4e1694-94b5-4df3-965c-f608ce64b26f>

1. **Autism Speaks**

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

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

1. **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>

1. **Stony Brook University - Forms to take to the hospital**

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

<https://you.stonybrook.edu/disabilitycovid19forms/2020/04/08/preparing-individuals-with-intellectual-developmental-disabilities-for-medical-treatment-at-hospitals/>

1. **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/UCsEE_0lI0Uzo5BF2yxHx8Ag>

1. **NDSS** **(National Down Syndrome Society)** has various fact sheets and a Q and 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/>

1. **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>

1. **National Centers for Independent Living**

CIL’s are located in every state and US territory. CIL’s 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>