

### General Information

#### The Arc of Virginia - COVID-19 Information and Resource Page

<https://www.coronavirus-thearcova.org>

In an effort to support people with developmental disabilities and their families through the current Coronavirus Crisis, **The Arc of Virginia** has put this page together to share information and resources and to answer your questions. It is our hope that connecting our community will help us all through this most unusual time.

The Partnership for Inclusive Disaster Strategies

#### Disability COVID-19 Healthcare Support Advocacy Hotline: (800) 626-4959

Email: [Info@disasterstrategies.org](mailto:Info@disasterstrategies.org)

Who: This hotline is for anyone who identifies as a person with a disability or who has access and functional needs.

When: 24 hours a day. 7 days a week

What: Callers will be prompted to leave a message indicating their emergent need. Within 24 hours or less, they will be contacted by expert familiar with the strategies for meeting the immediate needs of people with disabilities in times of crisis and disaster.

Access: accessible and multilingual information is available; as is TTY and videophone for Deaf callers via email to:

[Info@disasterstrategies.org](mailto:Info@disasterstrategies.org) for video phone.

Need healthcare advocacy or mutual aid contact Disability Underground at [contact@disabilityunderground.org](mailto:contact@disabilityunderground.org)

#### PEATC COVID-19 Resources for Families (Parent Educational Advocacy Training Center) <http://www.peatc.org/> ;

[http://www.peatc.org/newsmanager/news\\_article.cgi?news\\_id=992&no\\_popup=0](http://www.peatc.org/newsmanager/news_article.cgi?news_id=992&no_popup=0)

#### School Meal Finder

<https://schoolmealfinder.hoonuit.com/>

#### Voices for Virginia's Children - COVID-19 Response/2020 Resilience Week Social Media Toolkit

<https://vakids.org/>

#### Zero to Three – Tips for Families: Coronavirus

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus> <https://www.facebook.com/ZEROTOTHREE/>

### Educational Information/Supports

#### VDOE – COVID-19 and VA Public Schools

[http://www.doe.virginia.gov/support/health\\_medical/office/covid-19.shtml](http://www.doe.virginia.gov/support/health_medical/office/covid-19.shtml)

#### Accessibility ideas for distance learning during COVID-19

<https://www.blog.google/outreach-initiatives/education/distance-learning-accessibility-covid19>

Old Dominion University

#### Virtual Learning for Students with Significant Disabilities

<https://ttac.odu.edu/at/virtual-learning-for-students-with-significant-disabilities/>

### Fitness/Leisure

#### Special Olympics FREE Virtual Fitness:

<https://www.facebook.com/groups/2920949651351866/>

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

#### Special Olympics Area 17 Virtual Meet-ups

[https://www.facebook.com/events/281655422825130/?event\\_time\\_id=281657996158206](https://www.facebook.com/events/281655422825130/?event_time_id=281657996158206)

**DJ Joe – Weekly Share the LOVE Virtual Dance Party IV \*FREE EVENT\* - Saturdays at 6:30 – 7:00pm**

<https://www.facebook.com/events/221612652586211/>

**Happier Human – 61 Fun Things To Do at Home**

<https://www.happierhuman.com/fun-things-to-do-at-home/>

## **Schedule/Routines**

Autism Speaks - **Disrupted family routines**

[https://www.autismspeaks.org/news/how-cope-disrupted-family-routines-during-covid-19?fbclid=IwAR0SySrE7XsdwAy9bWb5s1ijGVNjCNMWU7hcHrhuD3mPszdzS\\_4Wwh4ooY8](https://www.autismspeaks.org/news/how-cope-disrupted-family-routines-during-covid-19?fbclid=IwAR0SySrE7XsdwAy9bWb5s1ijGVNjCNMWU7hcHrhuD3mPszdzS_4Wwh4ooY8)

VCU Autism Center – **Environmental Considerations - Routines**

[https://vcuautismcenter.org/te/how\\_to/simpleVideo.cfm?video=14](https://vcuautismcenter.org/te/how_to/simpleVideo.cfm?video=14)

## **Preparing for potential illness**

Communication First – **COVID Communication Rights Toolkit** with Printable Patient Accommodation Request

<https://communicationfirst.org/covid-19/>

NCTSN – National Child Traumatic Stress Institute

**Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease (COVID-19)**

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)

**We Wear Masks – Video Social Story**

[https://www.youtube.com/watch?v=lnP-uMn6q\\_U&fbclid=IwAR2mFLQXOG7hHDjBIPbgw44YvJS5qT9OFD0HxkgfmgNQUoys8B2hI7pQB60](https://www.youtube.com/watch?v=lnP-uMn6q_U&fbclid=IwAR2mFLQXOG7hHDjBIPbgw44YvJS5qT9OFD0HxkgfmgNQUoys8B2hI7pQB60)

## **Staying Connected/Senior Check-Ins/Mental Health Resources**

**Talk Text Connect Program:** For Arc members

*This program is designed to provide a “check-in” service for members of The Arc of Virginia who have signed up to participate. Many members of our community face loneliness during this current health crisis. While we stay at home, let’s stay strong together and Talk Text Connect!*

[https://docs.google.com/forms/d/e/1FAIpQLSdpTVELSJ2ls7wblNMPoKCDEHefDYFU\\_OFQ2zclKZ1eZ8hERQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdpTVELSJ2ls7wblNMPoKCDEHefDYFU_OFQ2zclKZ1eZ8hERQ/viewform)

More Information at the bottom of this page: <https://www.coronavirus-thearcofva.org/>

**FREE Senior Check-In Options:**

I Am Fine: <https://dailycall.iamfine.com/covid-19/>

Telebridges: <https://seniorconnections-va.org/services/support-to-stay-home/telephone-checking/>

**Mental Health Association of Fauquier County - Resources:**

<https://www.fauquier-mha.org/resources-mental-health/>