**COVID-19 Integrated Support Options** 

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|  | Personal Strengths & Assets | Relationship Based Supports | Technology | Community Resources | Eligibility Based Supports |
| COVID-19SupportOptions | **Skills to Stay Safe:*** Try not to touch things with your hands that you don't need to touch.
* Don't touch your face.
* Sneeze or cough into your elbow, not your hands.
* [Hand washing](https://aidinpa.org/resource/hand-washing-tips-covid/)
* [Wearing Gloves](https://paautism.org/resource/wearing-gloves-social-story/)
* [Emergency Preparedness](https://palms-awss3-repository.s3-us-west-2.amazonaws.com/MyODP_Content/Course%2BContent/Coronavirus%2B%28COVID-19%29/E-Prep%2Bchecklist-%2BFinal.pdf)

**Skills to Maintain Wellness:*** [Mindfulness and Coping Strategies](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html)
* [Wellbeing Checklist](https://paautism.org/resource/wellness-mentalhealth-covid/)

**Decision Making During a Pandemic:*** Self-Advocate Transition Resource
* Family Resource for Transitioning to Community
* [Things you need to know about COVID-19 and what to do](https://www.cdc.gov/coronavirus/2019-ncov/your-health/need-to-know.html)
* [Understanding Vaccinations/Social Story](https://paautism.org/resource/covid-19-vaccine-social-stories/)

 **Understanding COVID-19:*** Understand COVID-19 symptoms and monitor for them
* Communicate with doctors about any symptoms of concern
* Be knowledgeable of your special healthcare needs
* Manage (or help manage) medications and healthcare needs
* Understand health risks around COVID-19
 | **Healthcare Team:*** Doctors
* Nurses
* Family member or staff who supports me during appointments or with medication management

**Interacting with Others:*** When you see someone you know, don't shake their hand, hug or kiss people, or give a high five; instead, you can touch elbows or give a peace sign or a Spock sign or just a big smile.
* [Dating During a Pandemic](https://paautism.org/resource/dating-pandemic/)
* [Social Distancing](https://paautism.org/resource/social-distancing-social-story/)
* [Understanding When to use Isolation](https://paautism.org/resource/isolation-social-story/)
* [Understanding When to Quarantine](https://paautism.org/resource/quarantine-social-story/)

**Finding Social Events (In-person & Online):*** [ASDNext- Event Calendar](https://asdnext.org/calendar/)
* [SAU1- Event Calendar](https://sau1.org/power-events)
* [PA Family Network- Events](https://www.visionforequality.org/news-events/)

**Maintain Relationships During the Pandemic:*** Use online communication (Where do I connect with people?)
* Internet watch parties (watch movies and concerts with others)
* Call on the phone (Who can I call?)

  | * Hand sanitizer
* Masks / Gloves
* Telehealth appointments
* Pill-minders
* Calendar/Reminders
* Telephone/Smartphone
* Computer/Tablet
* Internet
* T.V. (Netflix, Disney+, Hulu, Cable t.v., etc.)
* FaceTime
* Zoom
* Skype
* Alexa/Eco Show
* Security Cameras
* Social Media
* Fitness Apps
* Mindfulness & Meditation Apps to promote wellness
* [COVID ALERT PA](https://www.pa.gov/covid/covid-alert-pa/) (download from app store)
* Faith-based Podcasts or YouTube Channels
* Online trainings/courses
 | **Giving Back to Others in the Community:*** Washing my hands and wearing my mask helps myself and others stay safe
* Offering acts of kindness to others
* Check on neighbors and friends to make sure that they are safe and have what they need then help if you can

**Staying Connected in the Community:*** Virtually attend township meetings
* Virtually attend neighborhood/school meetings
* [PA Family Network](https://www.visionforequality.org/pa-family-network/)
* [SAU1](https://sau1.org/)

**Transitioning Back into the Community:*** [Steps to Stay Safe in the Community](https://paautism.org/resource/community-covid-self-advocates/)
* [Social Distancing](https://paautism.org/resource/social-distancing-social-story/)
* [Self-Advocate Roadmap & Guide Back into the Community](https://aidinpa.org/wp-content/uploads/2021/01/Self-Advocate-Roadmap-and-Guide-v.9.pdf)
* [Parent & Caregiver Resource Guide to Community Readiness (AIDinPA)](https://aidinpa.org/wp-content/uploads/2021/01/Family_Caregiver-Guide-v2.pdf)
* [School During COVID-19/Social Story](https://paautism.org/resource/distance-learning-social-story/)
* [Working During COVID-19/Social Story](https://paautism.org/resource/going-back-to-work-social-story/)

**COVID-19 Vaccinations in Your Area:*** <https://www.pa.gov/guides/get-vaccinated/>
* PA Health Hotline at 1-877-724-3258
* Call Persevere PA at 1-855-284-2494
* For Deaf or hard of hearing: PA Relay Services are available by dialing 711.
 | * Make sure that your insurance is current, and the information is readily available.
* Waiver Services
* Home/Community Based Services
* Assistive Technology
* Medical Home
* In-home Nursing services

 **Financial Support:*** If your income goes down, you can apply for help.
* Unemployment
* Financial assistance

**Know how and where to get checked for COVID19:*** Call your doctor to discuss how you are feeling
* Contact local urgent care
* [Testing Information](https://www.health.pa.gov/topics/disease/coronavirus/Pages/Public%20Testing.aspx)

 **Determining COVID-19 Vaccination Eligibility:*** [CDC COVID-19 Toolkit for People with Disabilities](https://www.cdc.gov/coronavirus/2019-ncov/communication/toolkits/people-with-disabilities.html)
* [Vaccinations for Unpaid Caregivers](https://palms-awss3-repository.s3-us-west-2.amazonaws.com/Communications/ODP/2020/Vaccinations--%2BUnpaid%2BCaregivers%2BAttestation%2BInformation.pdf)
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