**COVID-19 Integrated Support Options** 

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|  | Personal Strengths & Assets | Relationship Based Supports | Technology | Community Resources | Eligibility Based Supports |
| COVID-19  Support  Options | **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+Content/Coronavirus+(COVID-19)/E-Prep+checklist-+Final.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--+Unpaid+Caregivers+Attestation+Information.pdf) |