



AUTISM SOCIETY Central Virginia

COVID-19 Resource List

Last updated on October 1, 2020

● **ASCV Fall Virtual Programming**

We are currently offering a wide range of virtual programs including social and recreational activities; support groups for individuals with autism, family members, and caregivers; and educational workshops. Please visit our [ASCV Program Calendar](#) for more information and to register.

● **Back to School Resources**

- [Back to School Planning Guide from PEATC](#)
- [COVID-19 Related Social Stories for School](#)
- [What Did My School do in Spring 2020 and How Does that Affect my Child's IEP? From PEATC](#)
- [Tips for Families in Supporting Their Children with Disabilities in Virtual Formats](#)
- [A Parent's Guide to Virtual Learning: 4 Actions to Improve Your Child's Experience With Online Learning](#)

● **Voting Information**

- [Voter Registration](#)
- [Your Vote Counts: A Self-Advocate's Guide to Voting in the U.S.](#)
- [Virginia Department of Elections Citizen Portal](#) - Find your polling place to vote on election day and/or obtain a mail-in ballot
- [Autism Society of America's Election Center](#)
- [Candidate's History on Disability Policy](#)
- [Voting Accommodations](#)

● **Archived Webinars**

- [ASCV Speaker Series - "Supporting Your Family During Coronavirus - A Q&A with Dr. Temple Grandin"](#)
- [ASCV Speaker Series - "Relentless - A Conversation with Anthony Ianni"](#)
- [ASCV Speaker Series - Life, Animated](#)
- [ASCV Speaker Series - Promoting Internet Safety](#)
- [ASCV Workshop - "Navigating Telehealth Autism Services"](#)
- [ASCV Workshop - "Self-Compassion in Parenting"](#)
- [VCU-ACE Lunch & Learn Series](#)
- [UVA STAR Webinar Series](#)

- ["Impact of Coronavirus on Medicaid and Waivers" from the Arc of Virginia](#)
- **Coronavirus (COVID-19) Information**
 - [Autism Society of America Toolkit](#)
 - [Centers for Disease Control and Prevention](#)
 - [World Health Organization](#)
 - [USA Hello - Coronavirus Information with 45 Language Options](#)
- **Coronavirus Social Stories**
 - [My COVID-19 Social Story from VCU-ACE](#)
 - [COVID-19 Social Story from the Autism Educator](#)
 - [COVID-19 Comic Strip from VCU-ACE](#)
 - [Wearing Masks from Autism Society of America](#)
 - Nasal COVID-19 Tests from Autism Society of America
 - [Drive-Up Nasal Test](#)
 - [In-Person Test](#)
 - Oral COVID-19 Tests from Autism Society of America
 - [Drive-Up Oral Test](#)
 - [In-Person Test](#)
 - Saliva COVID-19 Tests from Autism Society of America
 - [Drive-Up Saliva Test](#)
 - [In-Person Test](#)
 - [Summer Play from Autism Society of America](#)
- **Talking About Coronavirus with Your Family**
 - [Talking with Your Kids about Coronavirus from the Fred Rogers Center](#)
 - [Helping Individuals with Autism Wear Masks](#)
 - [Autism and Fear Wearing Masks](#)
 - ["What Should I Do if I Get Sick" Video from VCU-ACE](#)
 - [COVID-19 Coloring Book from Children's Hospital of Richmond at VCU](#)
 - [COVIBOOK from Mindheart](#)
 - [Coronavirus Videos from Brainpop](#)
 - [COVID-19 Time Capsule Activity](#)
- **Coping with Coronavirus**
 - [Supporting Individuals with Autism During Uncertain Times Toolkit from UNC Frank Porter Graham Child Development Institute Autism Team](#)
 - [Ten Ways Children With Language Disorders Can Maintain Both Physical Distance and Social Connection During the Coronavirus Pandemic from ASHA](#)
 - [Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 \(COVID-19\) from the National Child Traumatic Stress Network](#)
 - [COVID-19 & Early Childhood from VCU-ACE](#)
 - [Supporting Kids Through the Coronavirus from the Child Mind Institute](#)
 - [Supporting Teenagers and Young Adults During COVID-19 from the Child Mind Institute](#)
 - [Self-Care in the Time of Coronavirus from the Child Mind Institute](#)

- **Mental Health Resources**
 - [Mental Health Coping Strategies During Coronavirus from NAMI](#)
 - [Mental Health Considerations During COVID-19 Outbreak from the World Health Organization](#)
 - [Seven Science-Based Strategies to Cope with Coronavirus Anxiety](#)
 - [The Difference Between Worry, Stress & Anxiety - Tips for Dealing with All of Them](#)
 - [Tips for Emotional Resilience During the Coronavirus Crisis](#)
 - [Anxiety is Also Contagious - How to Calm Down](#)

- **Advocacy**
 - [State Advocacy Toolkit from the Autism Society of America](#)

- **Information About Disability Services**
 - [Waivers: Q&As for Individuals and Families from The ARC of Virginia](#) - Updated 8/22/20
 - [Impact of Coronavirus on Medicaid and Waivers from The Arc of Virginia](#)
 - [DMAS Medicaid Member Information](#)
 - [Q&A for Providers from DBHDS](#) - Updated 4/27/20
 - [Impact of Unemployment Benefits on SSA and Medicaid Waivers from Virginia Association of Community Rehabilitation Programs \(vaACCSES\)](#)

- **Healthcare**
 - [Healthcare Resource Guide from Representative Spanberger's Office](#)

- **At Home – Schedules & Routines**
 - [Start-Up Guide for Schooling at Home](#)
 - [Daily Schedule from Busy Toddler](#) (not just for toddlers!)
 - [Sample at-home learning schedule from Kiwi Co](#)
 - [Sample schedules for preschool-12th grade from Khan Academy](#)

- **Educational Resources**
 - [Virginia's Return to School Plan from the VDOE](#)
 - [Helping Families of Students with Disabilities Understand the Reopening Guidance for Virginia Schools from PEATC](#)
 - [Key Considerations for Special Educators and the Infants, Children, and Youth they Serve as Schools Reopen from the Council for Exceptional Children](#)
 - [Virginia Department of Education: Frequently Asked Questions](#)
 - [Questions & Answers About Educational Services During COVID-19](#)
 - [Supplemental Fact Sheet - Addressing the Risk of COVID-19 in Preschool, Elementary and Secondary Schools While Serving Children with Disabilities](#)
 - [The Parent Educational Advocacy Training Center \(PEATC\)](#)
 - [IEPs During the COVID-19 Pandemic from PEATC](#)
 - [Questions on Providing Special Education Services to Virginia's Children with Disabilities During the COVID-19 Outbreak from PEATC](#)
 - [At Home Instructional Resources from the National Technical Assistance Center on Transition](#)

General Learning Resources

- [Virtual Learning Resource List from VDOE's Training and Technical Assistance Center at VCU](#)
- [Kiwi Co](#)
- [Minecraft Education Edition](#)
- [Scholastic](#)
- [PBS Kids](#)
- [ReadWorks](#)

- **Accessibility**
 - **Food Access**
 - School Breakfast and Lunches
 - [School Meal Finder](#)
 - Call 2-1-1 or visit [2-1-1virginia](#)
 - For regional food assistance, visit <https://vafoodbanks.org/>
 - **Utilities**
 - [Comcast Support During COVID-19](#)
 - [Dominion EnergyShare Program](#)

We will continue to update this list as additional resources become available. If there are specific topics you would like to see incorporated and/or if you would like to share resources you have found helpful, please email us at info@ascv.org.