



AUTISM SOCIETY
Central Virginia

COVID-19 Resource List

Last updated on April 27, 2020

- **ASCV Virtual Programming**

- Teen Social Groups - Every Tuesday, 1:30-2:30pm (Middle School) and 3-4pm (High School)
- Adult Social Group - Second and Fourth Monday of each month, 7-8pm
- LEGO & Game Club - Every other Thursday, 10-11:30am or 3-4:30pm (depending on the week; check [calendar](#) for details)
- “Let’s Get Moving” - Every other Thursday, 10-10:30am (ages 3-6) and 10:45-11:15am (ages 7-10)
- Caregivers of Young Children Support Group - Every Wednesday, 12:30-1:30pm
- Caregivers of Teens Support Group - Every other Thursday, 2-3pm
- Caregivers of Adults Support Group - Every other Wednesday, 4-5pm
- Sibshops - Second and Fourth Saturdays of each month, 10-11:30am

*Please visit our [ASCV Program Calendar](#) for more information and to register. If you have suggestions for programming that would be beneficial for you and/or your family, please click [here](#) to take our survey.

- **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](#)

- **Talking About Coronavirus with Your Family**

- [My COVID-19 Social Story from VCU-ACE](#)
- [COVID-19 Social Story from the Autism Educator](#)
- [COVID-19 Comic Strip from VCU-ACE](#)
- [Mindheart COVIBOOK](#)
- [Brainpop Video about Coronavirus](#)
- [How To Video: Dealing with Changes from VCU-ACE](#)
- [How To Video: Handwashing for Individuals with Autism from VCU-ACE](#)
- [“What Should I Do if I Get Sick” Video from VCU-ACE](#)
- [Talking with Your Kids about Coronavirus](#)

- **Coping with Coronavirus**
 - [Supporting Individuals with Autism During Uncertain Times Toolkit](#)
 - [Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 \(COVID-19\)](#)
 - [Supporting Kids Through the Coronavirus](#)
 - [Supporting Teenagers and Young Adults During COVID-19](#)
 - [Self-Care in the Time of Coronavirus](#)

- **Mental Health Resources**
 - [NAMI - Mental Health Coping Strategies During Coronavirus](#)
 - [Mental Health Considerations During COVID-19 Outbreak](#)
 - [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 4/22/20
 - [Impact of Coronavirus on Medicaid and Waivers from The Arc of Virginia](#)
 - [DMAS Medicaid Member Information](#)
 - [DBHDS Q&A for Providers](#) - Updated 3/25/20
 - [Impact of Unemployment Benefits on SSA and Medicaid Waivers](#) from Virginia Association of Community Rehabilitation Programs (vaACCSES)

- **Healthcare**
 - [Healthcare Resource Guide - 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 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](#)
- [National Technical Assistance Center on Transition - At Home Instructional Resources](#)

General Learning Resources

- [VDOE's Training and Technical Assistance Center at VCU - Virtual Learning Resource List](#)
 - [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/>
 - **Internet**
 - [Comcast Support During COVID-19](#)

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.