



## **AUTISM SOCIETY** Central Virginia

### **COVID-19 Resource List**

Last updated on September 8, 2020

- **ASCV Fall Virtual Programming**

- Adult Social Group - Second and Fourth Mondays each month, 7-8pm
- Teen Social Groups - One Wednesday each month, 6-7pm (Middle School) and 7:15-8:15pm (High School)
- LEGO & Game Club - First and Third Saturday each month, 10-11:30am
- Caregivers of Young Children Support Group (Ages 0-10)- Second and Fourth Saturdays each month, 12:30-1:30pm
- Caregivers of Teens Support Group - One Tuesday each month, 6-7pm
- Caregivers of Adults Support Group - One Thursday each month, 7-8pm
- Grandparents Support Group - One Wednesday each month, 4-5pm
- Guys Group for Dads and Other Paternal Caregivers - one Wednesday each month, 6:30-7:30pm
- Sibshops - One Saturday of each month, 2-3:30pm
- Sibling Game Club - One Sunday of each month, 3-4pm

\*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.

- **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](mailto:info@ascv.org).**