



COVID-19: Resources for Families

Center for Autism Research at CHOP

Social Work Support - get specific information about how to understand and access individual, public, and private resources

Next Steps Workshops - virtual sessions coming soon

CAR Autism Roadmap - an online network of community and broader resources and information about autism across the lifespan, and in all avenues of life

Website: centerforautismresearch.org/resources

Direct Contact Information:

Susannah Horner, LCSW

Phone: 267-426-4910

Email: HornerS@email.chop.edu

Children's Hospital of Philadelphia

Navigating COVID-19: Resources for Parents

- What to expect when coming to see us, in the hospital, in our care network, or as a new patient
- Why It's Important to Be Up-to-Date on Vaccines & Why Well-Child Visits Matter
- Video Visit Support: information about your MyCHOP and/or Urgent Care video visits
- Helping Your Child Understand:
 - COVID-19
 - Drive-Through Testing
 - Why is My Doctor is Wearing a Mask?
- Coping with Uncertainty:
 - Feeling Safe During a Crisis
 - Social Distancing Support
 - Practice Self Compassion
 - Therapeutic Breathing
 - Guided Relaxation Exercises
 - Take a Mindfulness Walk
- Other resources such as, where to get local food and housing help, how to make face masks, and tips for staying fit.
- Health Tip of the Week: <https://www.chop.edu/publications/health-tip-week>

Website: <https://www.chop.edu/navigating-covid-19-resources-parents>

Community Resource Connect

Community services to support your family that are searchable by zip code. Provides access to resources including:

- Emergency Hotlines for Immediate Assistance
- Food/Meals
- Public Benefits/SNAP
- COVID-19 Information
- Health Insurance
- Mental Health Resources
- Unemployment and Financial Help
- Safety Resources
- Utilities, Phone, Internet
- Transportation (Philadelphia)
- Housing Needs
- Resources for Babies/Young Kids
- Educational Resources for Families
- Information for Immigrants
- Resources for Healthcare Workers and Essential Workers

Website: <https://communityresourceconnects.org/>



PEAL Center

PEAL works with families, youth, and young adults with disabilities and special health care needs to help them understand their rights and advocate for themselves. PEAL's services are provided at no charge to families as they are funded by donations and federal, state, and private grants. In response to COVID-19, PEAL is gathering no-cost resources for families, including:

- Online Educational Resources, such as:
 - Virtual IEP Meeting Tip Sheets
 - Accessible Remote Learning - How to Provide Essential Learning Supports from Anywhere
 - Sample Schedules
- Taking care of yourself and your family:
 - Talking to Children About COVID-19: A Parent Resource
 - Taking Care of Your Mental Health in the Face of Uncertainty
 - Supporting Kids During the COVID-19 Crisis
 - Supporting Teenagers and Young Adults During the Coronavirus Crisis
- Health Care:
 - National Alliance on Mental Health Information and Resource on COVID-19
 - Telemedicine Resources: An Introduction to Health Care through Medicine
 - COVID-19 Pediatric Healthcare Resources by Category
- US Government Updates & PA Government Updates, including county-specific information

Website: <https://pealcenter.org/peals-covid-19-resource-page/>

Autism Speaks

Autism Response Team (ART): an information line from the autism community that can speak with you and share resources to support your family based on your individual situation. Resources include:

- Video: Staying Safe During Re-Opening
- Basic Resources: online video learning, webinars, social distancing guidelines, WHO Guidelines, etc.
- Parent Training and Support Resources
- Teaching Stories and Visual Supports
- Education Resources
- Behavioral Resources
- Stress and Mental Health Resources

Website: <https://www.autismspeaks.org/covid-19-information-and-resources-families>



ASERT (Autism Services, Education, Resources and Training)

ASERT is a partnership of medical centers, centers of autism research and services, universities, and other providers involved in the treatment and care of individuals with autism and their families.

Coronavirus (COVID-19) Health and Safety Guide

- What is Coronavirus?
- Responding to COVID-19 in Pennsylvania - Government Guide
- Resources and Information:
 - Supporting Individuals - social stories, managing changes, school resources, etc.
 - Self-Care - physical and mental health resources
 - Office of Developmental Programs (ODP) Program Guidance
 - Financial and Other Help - internet access, food & lunches, unemployment benefits, etc.
- Health Care Quality Units
- Downloadable Social Stories covering: Coronavirus, Handwashing, and Social Distancing

Website: <https://paautism.org/resource/coronavirus-resources/>

AID in PA

AID in PA is a resource collection for Pennsylvanians in the autism and intellectual disability communities to help during emergency situations. Resources include:

- Hand Washing: Tips and Tools
- Safety While Completing Errands
- Navigating Telehealth
- Staying Connected While Socially Distancing
- Coping with Coronavirus

Website:
<https://aidinpa.org/>

IMPORTANT PHONE RESOURCES:

Greater Philadelphia Coronavirus Helpline:
1-800-722-7112

National Suicide Prevention Lifeline:
1-800-273-TALK

Nacional de Prevencion del Suicidio:
1-888-628-9454

Crisis Text Line: Text "PA" to 741-741

Veteran Crisis Line: 1-800-273-TALK

Disaster Distress Helpline:
1-800-985-5990

Get Help Now Hotline (for substance use disorders):

1-800-662-4357

Pennsylvania Sexual Assault Helpline:
1-888-772-7227

National Domestic Violence Helpline:
1-800-799-7233

Autism New Jersey

Autism New Jersey is a nonprofit agency committed to ensuring safe and fulfilling lives for individuals with autism and their families. They have created a resource page entitled **COVID-19 and Autism in NJ**, which includes:

- State Agency Updates
- Service Delivery
- Tips for Families
- Employment & Financial Concerns

Website:
<https://www.autismnj.org/article/covid-19-and-autism-in-nj/>