

## **COVID-19 and IDD Resources**

### **COVID-19 Guidance – End of Life in NYS**

<https://molst.org/covid-19-guidance/>

Patients with advanced medical conditions and frailty, and individuals who are immunocompromised are at the highest risk. The fatality rate estimate currently is twenty times worse than the flu. Patients with advanced medical conditions and frailty are appropriate for MOLST and should be offered a MOLST discussion. Now is the time to be sure the individual's health care proxy is current and accessible in the medical record.

### **NTG: Q&A on Down syndrome and COVID-19**

<https://www.the-ntg.org/projects>

The Q&A has two versions, one a brief series of content answers, and another longer version covering numerous questions that have arisen. The Q&A is directed toward families and others concerned with impact of COVID-19 upon persons of all ages with Down syndrome.

### **National Down Syndrome Society**

<https://www.ndss.org/covid-19-fact-sheet/>

### **National Alliance for Direct Support Professionals (NADSP)**

<https://nadsp.org/covid-19resources/>

The National Alliance for Direct Support Professionals (NADSP) has put together a free toolkit of webinars and resources for Direct Support Professionals (DSPs) who are on the front lines.

### **Let's Talk About the Coronavirus (COVID-19) Video (3.5 min)**

<https://www.youtube.com/watch?v=xkZ23tDzN4c&feature=youtu.be>

The video uses a drawn Whiteboard technique to tell a social narrative. It was developed by the University of Miami-Nova Southeastern University Center for Autism and Related Disabilities (UM-NSU CARD).

### **The Arc COVID-19 Resource Page**

[https://thearc.org/covid/?utm\\_source=cc&utm\\_medium=email&utm\\_campaign=development](https://thearc.org/covid/?utm_source=cc&utm_medium=email&utm_campaign=development)

### **CDC American Sign Language COVID-19 Informational Videos**

<https://www.youtube.com/playlist?list=PLvvp9iOILTQatwnqm61jqFrsfUB4RKh6J>

Eleven videos, created by the CDC, featuring a certified Deaf interpreter deal with managing COVID-19 at home, symptoms of the virus, prevention tips, risk factors, and what older adults need to know about COVID-19. Videos include closed captions.

### **Mental Health and COVID-19 resources:**

<https://mhanational.org/covid19>

**How to Stay Healthy from COVID-19** (plain language):

<https://scdd.ca.gov/wp-content/uploads/sites/33/2020/03/2020-3-17-v2-Eng-COVID-19.pdf>

**Cómo Mantenerse Saludable de COVID-19** (Lenguaje sencillo):

<https://scdd.ca.gov/wp-content/uploads/sites/33/2020/03/2020-3-17-v2-Spn-COVID-19.pdf>

### **COVID-19 Public Health Webinar Series**

Join AUCD for this 4-part webinar series, as we review what we currently know on disability inclusion as it relates to this emerging issue. Each session will be 75-minutes.

#### **Session 1: Advice from Medical Providers**

Wednesday, April 15, 2020, 4:00pm - 5:30pm ET

[https://www.aucd.org/template/event.cfm?event\\_id=8644](https://www.aucd.org/template/event.cfm?event_id=8644)

Hear from experts on steps to prevent COVID-19 for people across the lifespan who have a disability. Discussion will include staying safe and receiving community-based services and supports, as well as tips for wellness and what to do in case someone with a disability becomes ill. Register today!

#### **Session 2: Advice from Family Members and Caregivers on Dealing with COVID-19**

Wednesday, April 22, 2020, 4:00pm - 5:30pm ET

[https://www.aucd.org/template/event.cfm?event\\_id=8645](https://www.aucd.org/template/event.cfm?event_id=8645)

Learn tips and strategies from caregivers and family members on how to organize daily life of caring for someone who has ID/DD and planning what to do if you get sick. Hear thoughts on balancing needs of taking care of children/adults with disability with caregiver's needs. Ideas on how to help address/relieve anxiety, stay calm and carry on will be shared.

#### **Session 3: Advice from People who have a Disability on Dealing with COVID-19**

Wednesday, April 29, 2020, 4:00pm - 5:30pm ET

[https://www.aucd.org/template/event.cfm?event\\_id=8646](https://www.aucd.org/template/event.cfm?event_id=8646)

Hear from self-advocates and allies on how to deal with COVID-19 as they share tips and strategies on hand washing, mental health, nutrition, and exercise. Steps on how to work with personal care attendants and direct support providers will be reviewed. Be safe in your relationships - what does social distancing mean in your friendships and relationships.

#### **Session 4: Advice on Your Questions**

Thursday, April 30, 2020, 4:00pm - 5:30pm ET

[https://www.aucd.org/template/event.cfm?event\\_id=8648](https://www.aucd.org/template/event.cfm?event_id=8648)

Join this webinar for an Open Question and Answer Session, with a panel of representatives from the medical field, self-advocates, caregivers and federal partners.