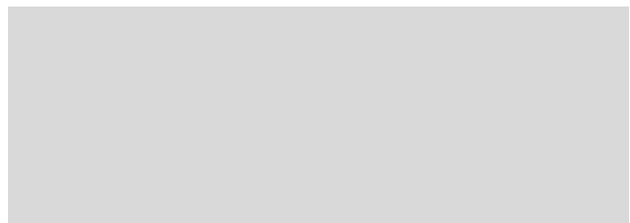


COVID-19 Family Resource Guide



Introduction

This guide is intended to offer resources and information to support families with children with special healthcare needs and/or disabilities who reside in Indiana. This guide is not extensive, and the information is current at the time of publication. Families may contact us directly at 844-323-4636 or by emailing info@fvindiana.org for further support.

General Information regarding COVID-19

Be sure to access information regarding the COVID-19 coronavirus from trusted sources. The following websites offer accurate, up-to-date information.

Centers for Disease Control and Prevention (CDC):

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

World Health Organization (WHO):

https://www.who.int/health-topics/coronavirus#tab=tab_1

American Academy of Pediatrics/Healthy Children:

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

Indiana-specific information

Daily updates, including statistics and guidance are available from the Indiana State Department of Health (ISDH) at this link:

<https://coronavirus.in.gov/>

Indiana has put together the COVID-19 RESOURCE GUIDE FOR HOOSIERS LOOKING FOR ASSISTANCE. This resource includes information on travel, unemployment, childcare assistance, SNAP, TANF, and Medicaid, WIC, housing, and more. Families may call 2-1-1 for local or state resources.

<https://coronavirus.in.gov/files/COVID-19%20Resource%20Guide%20for%20Hoosiers.pdf>

The Division of Disability and Rehabilitative Services (DDRS) has made temporary policy changes to the waiver programs administered by the Bureau of Developmental Disabilities Services (BDDS). These changes include the Family Supports Waiver and the Community Integration and Habilitation Waiver.

<https://www.in.gov/fssa/ddrs/5762.htm>

Explore a state-wide directory of services, programs and helpful articles for the disability community via FINDER:

<https://www.indianadisabilityresourcefinder.org/home>

The Central Indiana Community Foundation offers resources to the greater Indianapolis area, including food, financial, shelter, utilities, immigrant information, and more:

<https://www.cicf.org/covid-resources/>

Indiana Legal Services is addressing COVID-19 related issues, including (but not limited to) unemployment, housing, immigration, employee protections, LGBTQ issues, and more:

<https://www.indianalegalservices.org/node/1019>

Daily Life

List of grocery stores that accept EBT cards for delivery:

<https://foodstampsnow.com/list-of-grocery-stores-that-accept-ebt-online-for-delivery/>

These recorded webinars “Managing Life During the Pandemic” offer practical information for families featuring representatives from BDDS, Family Voices Indiana and The Arc of Indiana. Sponsored by the Indiana Family and Social Services Administration.

Part 1: <https://youtu.be/KJG8RVSyVrQ>

Part 2: <https://youtu.be/MIgbMX5gZFQ>

Plain language fact sheet on COVID-19:

<https://www.aahd.us/wp-content/uploads/2020/04/Plain-Language-Information-on-Coronavirus.pdf>

Education Resources

The Indiana Department of Education 2020 COVID-19 Remote Learning page is updated regularly and covers most subjects along with special education information and guidelines, social-emotional learning, and family resources. <https://www.doe.in.gov/covid-19/resources>

IN*SOURCE provides parents, families, individuals and service providers in the state of Indiana the information and training necessary to help assure effective educational programs and appropriate services for individuals with disabilities.

<http://insource.org/resources/coronavirus-outbreak-information/>

Kuder.org is currently offering free access to their system to support continuous learning. Access lesson plans, webinars, and much more:

<https://www.kuder.com/success-at-home/>

Financial Resources

Governor Holcomb issued an [executive order](#) prohibiting providers of essential utility services such as gas and electric, broadband, telecom, water and wastewater services from discontinuing service to any customer during the public health emergency. Customers should contact their utility company for financial assistance options.

Hoosiers may call 2-1-1 to connect with services in their local community. The call is free and available 24/7.

Search [FindHelp.org](#) by zip code for local resources.

Indiana CORONAVIRUS EVICTION & FORECLOSURE RESOURCE GUIDE:

<https://www.in.gov/ihcda/4464.htm>

The IRS has extended the deadline for filing and paying taxes until July 15, 2020:

<https://www.irs.gov/newsroom/payment-deadline-extended-to-july-15-2020>

The Social Security Commissioner offers guidance about COVID-19 Economic Impact Payment for SSI Beneficiaries in this 4/10/20 press release:
<https://www.ssa.gov/news/press/releases/2020/#4-2020-2>

Healthcare

Autism:

Autism Society of America COVID-19 page offers resources for the autism community by topic.

<https://www.autism-society.org/covid-19/>

Supporting Individuals with Autism through Uncertain Times is an online toolkit which includes social narratives and visual supports specifically targeted to children on the autism spectrum.

<https://www.aahd.us/wp-content/uploads/2020/04/Supporting-Individuals-with-Autism.pdf>

Down Syndrome:

<https://www.lumindidsc.org/t21covid/>

Epilepsy:

<https://www.epilepsy.com/article/2020/3/concerns-about-covid-19-coronavirus-and-epilepsy>

Spina Bifida:

<https://www.spinabifidaassociation.org/news/coronavirus2020/>

Complex Child Magazine (online magazine) is currently focusing on COVID-19 articles:

<https://complexchild.org/editions/covid-info/>

Gov. Holcomb's [executive order](#) gives Hoosiers with chronic health issues the ability to get a 90-day supply of their non-controlled prescriptions.

Caring for Children with Complex Medical Conditions During COVID-19 Recorded Webinar: <https://youtu.be/7XFfkLbUC00>

First Steps has updated their policies to offer families several choices in terms of service delivery for example, continuing services as is, putting services on hold for 14 days, offering home programs and tele-intervention services, including phone calls. Learn more:

<https://www.in.gov/fssa/ddrs/3399.htm>

What is Telehealth?

<https://www.healthychildren.org/English/family-life/health-management/Pages/Telehealth-Services-for-Children.aspx>

Videos for Learning about Telehealth visits:

<https://learntelehealth.org/telehealth-etiquette-series/>

Tips for Teletherapy:

<https://ecpcta.org/wp-content/uploads/sites/2810/2020/03/Tips-for-Families-Remote-Home-Visit-Flyer-pg2.pdf> (English)

Tips for Teletherapy in Spanish:

<https://ecpcta.org/wp-content/uploads/sites/2810/2020/03/TipsforFamiliesFlyerSPAg1.pdf>

*Parent Tip: If you are doing a telehealth call with a provider who does not regularly care for your child with special health care needs, be prepared that they do not know your child. Have your care binder or important medical information nearby so that you can easily share.

Mental Health

The National Federation of Families for Children’s Mental Health offers videos, toolkits, activities to use at home and more to support parents and caregivers:

<https://www.ffcmh.org/covid-19-resources-for-parents>

This article from Jelena Kecmanovic of Georgetown University offers science-based strategies for dealing with coronavirus anxiety.

<https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>

Active Minds offers digital community groups for support for young adults, parents, schools, and communities, and remote workers:

<https://www.activeminds.org/about-mental-health/be-there/coronavirus/>

Love is Louder is offering a free, confidential online chat with a trained counselor, as well as other tips for taking care of your mental health.

<https://www.loveislouder.org/> (And check out their digital concerts!)

The Salvation Army has launched a spiritual support hotline. Officers who are pastors and emotional-care personnel are available to listen 9am - 9pm (EST). English and Spanish. Call 844-458-HOPE

Child Mind offers daily Facebook chats, resources, and tips for families.

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

Parenting a child with existing healthcare needs can be especially stressful during a disease outbreak or pandemic. The Healthcare Toolbox can help:

<https://healthcaretoolbox.org/tools-and-resources/14-health-care-toolbox/tools-and-resources/602-covid19-children-and-families.html>

Immigrant

My Undocumented Life has a list of resources and news that can help undocumented and mixed-status families during the pandemic:

<https://mydocumentedlife.org/2020/03/30/resources-for-undocumented-immigrants-and-their-families-during-covid-19/>

Indiana Legal Services, Inc. operates the Immigrants' and Language Rights Center (ILRC) to reach vulnerable and underserved immigrant and limited English proficient populations within Indiana.

<https://www.indianalegalservices.org/ilrc>

Advocacy

Fact sheet | Safeguard Against Disability Discrimination During COVID-19 from the Center for Dignity in Healthcare

<https://www.ucucedd.org/wp-content/uploads/2020/04/Center-for-Dignity-in-Health-Care-fact-sheet-on-rights-for-people-with-disabilities.pdf>

HHS Office for Civil Rights in Action Bulletin 3.28.20:

<https://www.hhs.gov/sites/default/files/ocr-bulletin-3-28-20.pdf>

The COVID-19 Communication Rights Toolkit (1) explains your communication rights; (2) provides tips on advocating for them, and (3) has an accommodation request form the family can bring to the hospital.

<https://communicationfirst.org/covid-19/>

If you believe you have a family member with disabilities whose rights have been violated, you may file an official complaint or report a disability-related rights violation by contacting Indiana Disability Rights at 1-800-622-4865 or email info@indianadisabilityrights.org.

Advance Planning

Who speaks for us if we're unable to speak for ourselves? We can take the time to make sure they know what matters most to us. Have this conversation today.

<https://theconversationproject.org/starter-kits/> *(Spanish available)*

Learn more about the roles and responsibilities of a healthcare representative:

https://respectingchoices.org/wp-content/uploads/2020/03/Proactive_Care_Planning_for_COVID-19_A_Guide_for_Healthcare_Agents.pdf

Emergency Information Form to assure prompt and appropriate care:

<https://www.acep.org/by-medical-focus/pediatrics/medical-forms/emergency-information-form-for-children-with-special-health-care-needs/>

Family Fun

This site offers a link to more than 20 virtual field trips for your family to take, as well as activities, educational resources, and webcams.

<https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html>

Scroll through the [National Federation Home Resources Facebook page](#) for hundreds of ideas, activities, resources and information for families to use at home.

Storytime with famous actors:

<https://www.youtube.com/user/StorylineOnline>

Storytime from NASA astronauts in space:

<https://www.youtube.com/channel/UCpotjVqWv3KfGHjWztjPKgg>

For as long as schools are closed, kids everywhere can instantly stream via [Amazon Audible](#) an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids. All stories are free to stream on your desktop, laptop, phone, or tablet.

Great list of at-home recreational activities:

<https://www.recreationtherapy.com/tx/txdd.htm>

Dance:

<https://www.youtube.com/user/GoNoodleGames>

Play virtual board games:

<https://tabletopia.com/>

Explore Arts & Culture:

<https://artsandculture.google.com/>

Explore our Pinterest boards for therapy ideas, crafts, play, self-care, meal planning, and much more:

<https://www.pinterest.com/fvindiana/>

Check with your local library for programs that may be accessed online via your library card.

Please follow our blog for up-to-date information and further resources:

<http://fvindiana.blogspot.com/>

