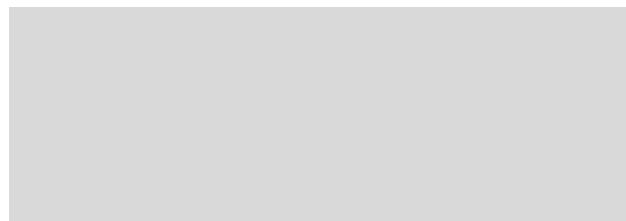


COVID-19 Family Resource Guide



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@inf2f.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/COVID-19/Pages/2019-Novel-Coronavirus.aspx>

Indiana-specific information

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

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

Families in need may call 2-1-1 for information on local and/or state resources.

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

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

Part 1: <https://www.youtube.com/watch?v=KJG8RVSyVrQ>

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

Financial Resources

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.

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/s/1914/20/interior.aspx?sid=1914&gid=2&pgid=588>

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/>

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

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/>

*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 resources and tips for families.

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

Immigrant

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

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.

Family Fun

Storytime with famous actors:

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

Storytime from NASA astronauts in space:

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

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/INFamily2Family/_created/

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

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