



Allegheny County Department of Human Services Office of Intellectual Disability

Resources especially helpful during the COVID-19 response.

~Most of the resources in this document have been shared because of the COVID-19 response and some will be helpful after the crisis as well. ~Most are not disability or Allegheny County specific. ~Many listed especially for individuals with intellectual disability and/or autism will be helpful to all. ~Compiled from many sources by the Allegheny County Department of Human Services Office of Intellectual Disability (AC DHS OID). ~This is only a representation of resources. ~Inclusion does not imply special endorsement. ~Some have eligibility requirements.

No computer? Consider if the resource / support is available by phone – including landlines.

Prepare your favorite beverage and take some time to review the document and links.

Reach out to these helpers for any request



Contact 2-1-1 via phone, text your zip code to 898-211, or [click here](#) to search our database of services.

For those outside of Allegheny County consider your local 2-1-1 or PA Link to Community Care 1-800-753-8827



Visit the ACDHS OID, Resources for Persons with a Diagnosis of Intellectual Disability and/or Autism

<https://www.alleghenycounty.us/Human-Services/Programs-Services/Disabilities/Intellectual-Disability-Autism.aspx>

As always, there are resource lists helpful to everyone:

[Community and service systems](#)

Find a wide range of resources for supports, services and information.

[Free clothing, furniture and basic needs resources](#)



Resources for nutrition, pet food, internet access, utilities, phone, employment, clothing, furniture and more.

[Opportunities for social, recreation and lifelong learning](#)



Interested individuals can find many opportunities for fun and entertainment in Allegheny County.
This list tells you what's happening, where and when

The following are government related sources for information and support.

<p>Centers for Disease Control</p> <p>CDC</p>	<p>Coronavirus.gov Centers for Disease Control Centers for Disease Control: People Who Are at Higher Risk for Severe Illness Centers for Disease Control: ASL Videos on COVID-19</p> 
<p>Administrati on for Community Living</p>	<p>Administration for Community Living (ACL): COVID-19 Webpage ACL: Q&A for Older Adults and People with Chronic Health Conditions National Institutes of Health</p> 
<p>PA Office of Attorney General</p>	<p>THE PA CARE PACKAGE Pennsylvania Office of Attorney General https://palegalaid.net/sites/default/files/2020-04/PA-CARE-PACKAGE-flyer.pdf</p> <p>Unemployment Rights and Resources – COVID-19 https://www.attorneygeneral.gov/wp-content/uploads/2020/04/Unemployment-Rights-and-Resources-%E2%80%93-COVID-19.pdf</p>
<p>Social Security and IRS and CARES Act information</p>	<p>Supplemental Security Income Recipients Will Receive Automatic COVID-19 Economic Impact Payments SSI Recipients with Dependent Children Should Still Go To IRS.gov to Provide Their Information For more information and a print version of the April 15th news release visit https://www.ssa.gov/news/press/releases/2020/#4-2020-3</p>



Impact on the Disability Community – Coronavirus Aid, Relief and Economic Security (CARES) Act and Family First Response Act, www.nationaldisabilityinstitute.org, Information includes details about One-Time Cash Payments

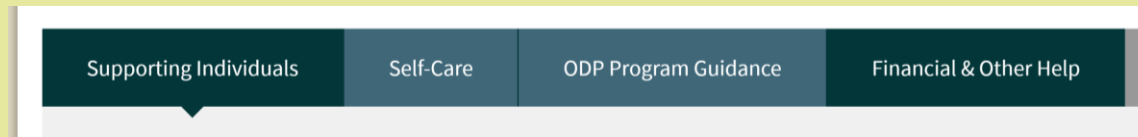
IRS Stimulus Payments, "[Get My Payment](#)" enables taxpayers to get the status of their payment. Individuals can also use this portal to provide bank information to receive their payment via direct deposit

PA ODP
Office of
Developmental
Programs



ODP has created a [Coronavirus \(COVID-19\) Updates webpage](#) at www.myodp.org for stakeholders to stay up to date with updates and resources from ODP. There are recorded webinars at this link. If you create an account on www.odp.org you can receive correspondence from ODP that includes updates and invitations to webinars.

ASERT
Autism
Services,
Education,
Resources,
and Training
Collaborative



ASERT is a statewide initiative funded by ODP. ASERT has put together some resources for those with autism and those who care for people with autism relating to the current Coronavirus outbreak. While the resources were created especially for this audience, all may find them helpful. Find them [here](#) on the PA Autism.org site. You can also sign up for a weekly emailed update.

Some resources include

[Wearing a Mask Social Story](#): This resource provides a visual guide for individuals with autism about wearing a mask while going out in the community.

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

Supporting Individuals: Talking About Coronavirus, Managing Changes and Activities to Stay Engaged
Self-care



While these resources are offered especially for people with autism and their supporters they will be helpful to many others.

HCQU
Health Care
Quality Unit

AID in PA



[AID in PA \(https://www.myodp.org/mod/book/view.php?id=25106&chapterid=110\)](https://www.myodp.org/mod/book/view.php?id=25106&chapterid=110) is a resource collection for Pennsylvanians in the autism and intellectual disability communities. A joint effort between ASERT (<https://paautism.org/resource/coronavirus-resources/>) and the statewide HCQUs (<https://www.myodp.org/mod/page/view.php?id=7699>), this site is designed to connect individuals with disabilities, families, professionals, and community members with resources that can best serve them in emergency situations. Current resources focus on the ongoing COVID-19 crisis; however, this site can be adapted to other challenges facing the community.

Videos and resources for direct support professionals, individuals, and families will be available on topics like emergency preparation, handling life's stressors, being flexible and navigating new routines, infection control, etc. This is another tool for your toolbox so check the site out daily and share the relevant content with your colleagues, the individuals you support and their supporters.

One feature is *Tips of the Week*, [Click here to view the full video catalog!](#)

KEPRO
HCQU





<https://hcqu.kepro.com/>

[Coronavirus \(COVID-19\) Information and Resources](#) - A 'Coronavirus (COVID-19)' section was added to the Resources/Informational Materials page of this website. Pertinent and useful resources will be added to this section as they become available.



Includes a Coronavirus Test Rehearsal Guide, Reducing the Spread of Infection Rehearsal Guide and documents addressing Fear-Anxiety, How to Talk about COVID-19 with Self-advocates, Infection Control Factsheet and Remaining Connected and Overcoming Boredom.





<p>PA Family Network</p>  <p>Charting the LifeCourse™</p> <p>SAPNA The Self Advocacy Power Network for All</p>	<p><u>The PA Family Network (https://www.visionforequality.org/pa-family-network/)</u> was created under the leadership of Vision for Equality and is supported by ODP as part of Pennsylvania’s Community of Practice: Supporting Families Throughout the Lifespan.</p> <p>They provide information, connections and support through our Family Advisors and networking opportunities. They support families’ needs using the “Charting the LifeCourse Tools”</p> <p><u>Join PA Family Network for their Family Forum every Wednesday at 7pm through May 6, 2020 Click here for more information</u></p> <p>Charting the LifeCourse Tools include the Integrated Supports Star.</p> <p><u>Using the Integrated Supports Star to Problem Solve</u>: With COVID-19 leading to so many changes in our lives today, many people are using the Integrated Supports Star to think of how to respond personally and how to guide others with different types of resources. (<u>https://paautism.org/integrated-supports-star/</u>)</p> <p><u>SAPNA: Join for weekly updates for people who receive services from the PA Office of Developmental Programs</u>: This call is for self-advocates. After each update, you can ask questions and talk with others.</p> <p>SAPNA is a project of ODP, PA Department of Human Services and managed by Self Advocates United as 1.</p> 
<p>PA Department of Human Services DHS</p> <p>PA Department of Health</p>	 <p>Coronavirus (COVID-19), Get the latest information <u>https://www.dhs.pa.gov/Pages/default.aspx</u></p>  <p><u>https://www.health.pa.gov/Pages/default.aspx</u> <u>https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx</u> Call 1-877-PA-HEALTH (1-877-724-3258)</p>



<p>PA State Police</p>	<p>Coronavirus-Related Scams: The Pennsylvania State Police reminds residents to remain vigilant against scams attempting to take advantage of the Coronavirus pandemic.</p>
<p>Allegheny County Department of Human Services AC DHS</p> <p>Allegheny County Health Department ACHD</p>	<p>Whether in an emergency or due to a long-term concern, AC DHS has programs and services to help. https://www.alleghenycounty.us/human-services/index.aspx</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p>https://www.alleghenycounty.us/Health-Department/Resources/COVID-19/COVID-19.aspx</p> <p>The Health Department is the lead agency providing response to the COVID-19 pandemic. This page contains information on the virus, its impact in Allegheny County, information and guidance from the department and its partners, and resources for residents and specific groups. This page will be continually updated as new information is received. Updates will also be provided through Allegheny Alerts (free subscription required) and the department’s Facebook and Twitter pages.</p> <p>For Foreign Language information on COVID-19, click here</p> <p>For the Daily Updates in ASL, click here</p> <p>For information on Operational Changes for Allegheny County due to COVID-19, click here.</p>

Organizations with websites rich in resources



<https://www.jfcspgh.org/coronavirus/>

Virtual support groups, workshops and events

Includes Teen drop in, Support Group for Essential Workers, Mindfulness & Medication for Stress Management and Older Adult Support Group

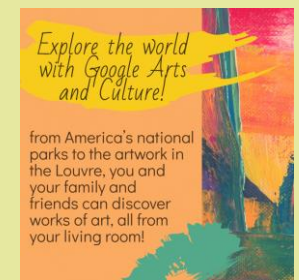


Food Assistance
Income and Employment Assistance
Housing & Utilities
Health and Safety
Resources for Children, Elderly, Veterans
Resources for parents with kids at home stay entertained
Mental health resources

Keeping Connected while Staying Apart
by Temple Collaborative on Community Inclusion

<http://www.tucollaborative.org/keeping-connected-while-staying-apart/>

visit the webpage or click on the pictures below





Care for your Coronavirus Anxiety

Resources for anxiety and your mental health in a global climate of uncertainty.

A PROJECT BY *shine*

Resources for anxiety and your mental health in a global climate of uncertainty.

- Ask an Expert
- Meditations
- Isolation
- Financial Fears
- Anxiety
- Xenophobia
- For Parents
- Support

MyODP News Online

<https://www.myodp.org/mod/book/view.php?id=25106&chapterid=46>

includes many resources for family and professional caregivers including:

Are you remembering to take care of yourself so you can continue to support others? Take a look at this graphic and remember to check off as many of these boxes as you can every day.

[Read Full Article](#)



These days, it is hard to think on the bright side and easy for us to get lost in the confusion of what has become our new realities. Gratitude is a concept that can help us all feel grounded and focused on all for which we are thankful! So, for today, we wanted to provide a simple [resource](#) that

**COVID-19
Explanation: Plain
Language Video
and Captioned**

Supporting Caregivers



It is important to take the time to check in with caregivers who are experiencing changes to theirs and their loved one's daily lives. For those of us who



Take care of **YOURSELF**

Drink a glass of water	Take a break from the news	Call or video chat a friend
Focus on breathing for 30 seconds	Take a relaxing shower or bath	Write down what you are feeling
Get a night with 7-9 hours of sleep	Skip alcohol or tobacco products	Take an hour for a hobby you love
Get some fresh air while practicing safe distancing	Avoid screen time before bed	Reflect on 3 things that make you happy

we find useful for keeping us focused on what we are grateful for each day.

[Read Full Article](#)



Oregon's Office of Developmental Disabilities Services recently released a plain language and captioned video providing information to keep you and your loved ones protected from getting ill.

[Read Full Article](#)

support individuals where a caregiver is actively involved, you may be the one person asking them: How are you? How can we be helpful? What do we need to know about the changes that have occurred and how they are affecting yours and your loved ones' life?

[Read Full Article](#)



- Connect with other readers through our "[Stay In & Read](#)" challenge or join CLP's first [virtual Book Club](#).
- Get the hang of CLP's eResources—books, movies, music and more—with these [helpful tutorials](#)
- Introduce kids to [virtual storytimes](#), [songs and rhymes](#) and [Teenspace activities](#) on our social media.
- Share [technology tips](#) or [resources for urgent needs](#) with a neighbor or loved one. Keep your mind and hands busy—[get crafty](#) with (virtual) friends or [explore your family tree](#).
- Browse the [online resources](#) available to job hunters, small businesses and nonprofits.
- Carnegie eLibrary, <https://elibrary.einetwork.net/>
- Carnegie Library stream and download, <https://www.carnegielibrary.org/>



CONNECTING COMMUNITIES

<https://aclalibraries.org/>

Allegheny Library Associations virtual programs, <https://aclalibraries.org/virtual-programming/>

Library Updates, <https://aclalibraries.org/library-finder/>



In addition to reviewing consider using the links below or searching key words when using this document.



[Resources related to supporting individuals with intellectual disability and/or autism, their families and the people that support them](#)

[Resources related to supporting individuals with specific communication needs, their families and the people that support them](#)

[Basic Needs](#)

nutrition/food, meals, meals for children, diapers, pet food, utilities, internet, rent, mortgage, employment, unemployment, childcare, transportation, legal, children and families

[Find support and connection](#)

support groups, caregivers, mental health, emotional support, helplines, self-advocates, family support centers, youth, seniors, religion/spirituality

[Keep busy](#)

virtual asset district, games, storytime for all ages, zoos, aquariums, outdoor spaces, amusement parks, arts & culture, museums, music & theater, medication, activities, art, arts & crafts, exercise, dance, science, cooking, adult learning

[Education](#)

students learning from home, resources for parents and caregivers & educators
PaTTAN, LTF 3, PEAL, WQED

Resources related to supporting individuals with intellectual disability and/or autism and other disabilities.

Information for families and people that support individuals with disabilities go to [Find support / Caregiving](#)



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

Supporting Individuals and then Talking About Coronavirus.



www.myodp.org

[Coronavirus \(COVID-19\) Updates webpage](#)



[Explaining Social Distancing](#)

[Department of Human Services Emphasizes Importance of Support for People with Disabilities During COVID-19](#)

[Emergency](#): The Department of Human Services (DHS) hosted a virtual press briefing to raise awareness of the challenges faced by people with disabilities during the public-health emergency and share information about the department's efforts to support this vulnerable population throughout the COVID-19 crisis.



For people with intellectual
and developmental disabilities

<https://thearc.org/covid/> includes:

Plain Language Materials

[Plain Language Booklet on Coronavirus](#) – created by the Self Advocacy Resource and Technical Assistance Center

[Información de COVID-19 Por y Para Personas con Discapacidades](#)

[Important Things to Know About COVID-19](#) – created by the Lurie Institute for Disability Policy

[Coronavirus: What Is It and What Can I Do?](#) – created by The Arc Maryland

[Coronavirus Prevention Flyer](#) – created by the New Jersey Self-Advocacy Project

Green Mountain Self Advocates: [Plain Language Fact Sheet on COVID-19](#)

[Q&A on COVID-19 and Down Syndrome \(abbreviated\)](#) and [Q&A on COVID-19 and Down Syndrome \(extended\)](#)

Lurie Institute for Disability Policy: [Important Things to Know about COVID-19](#)

UNC Child Development Institute: [Supporting Individuals with Autism through Uncertain Times](#)

Spina Bifida Association: [Coronavirus \(COVID-19\): What People with Spina Bifida Need to Know](#)

[Wheelchair and Assistive Technology Users Precautions for COVID-19](#)



<https://techowlpa.org/>

TechOWL PA is Pennsylvania's Assistive Technology Act Program. Includes information and resources as part of a COVID-19 response. 1-800-204-7428 or TechOWL@temple.edu
Free Special Phone Program <https://techowlpa.org/service/tddp/>

Resources related to supporting individuals with specific communication needs, their families and the people that support them



“The Office of Developmental Programs (ODP), Special Populations Unit is pleased to share the Tool Kit for Communication and COVID-19. It is important that everyone has access to information on the novel Coronavirus and what is happening in their community. Effective communication is essential for sharing symptoms people may be having, as well as for complying with medical treatment. The Coronavirus has many people feeling anxious and scared, too; it is important for everyone to have equal access for communicating those feelings.”

Find the full announcement and Tool Kit here:
[20-043: Coronavirus Disease 2019 \(COVID-19\) and Communication Attachment: COVID-19 Communication Toolkit](#)

[ASL Video Series](#): Caring for Someone at Home Who May Have COVID-19

ASL COVID 19 ASL video series <https://www.youtube.com/playlist?list=PLvpr9iOILTQatwnqm61jqFrfsUB4RKh6J>



New York Deaf-Blind Collaborative Tip Sheet: [Providing Access through Sign Language & Text for Low Vision & Tactile Communicators During the Coronavirus Pandemic](#)

[Communication supports for children and adults with complex communication needs during the COVID-19 pandemic](#): This website provides information about communication supports for children and adults with complex communication needs during the COVID-19 pandemic

UPMC Frequently Asked Questions About Coronavirus translated into several languages, <https://www.upmc.com/coronavirus/faq>

Basic Needs

The United Way helpline, 2-1-1. Dial 2-1-1, text your zip code to 898-211 or visit www.pa211sw.org .

Nutrition / food

[Map of Free Food Distribution Sites in Allegheny County](#)

“This map displays locations of free resource distribution sites in the region. Click on locations to view specific information about each, like pick-up times, which may vary. Please note that many sites have eligibility requirements (age, level of need) so contact the distribution site first if you have questions. More information about the map and links to additional resources can be found by clicking on the icons in the top right of the map. All efforts are being made to keep the map as current as possible, but there may be inaccuracies due to quickly changing site availability.”

Greater Pittsburgh Community Food Bank COVID-19 distribution and updates <https://www.pittsburghfoodbank.org/>



MilitaryShare

12:00 p.m. - 5:00 p.m.
Veterans Leadership Program
2934 Smallman Street
Pittsburgh, PA 15201

Register on-site during the event.
Fight Hunger, Feed Hope

Nearly 26 percent of Pennsylvania households receiving food assistance have at least one person who has served or is currently serving in the military. MilitaryShare, a program of Greater Pittsburgh Community Food Bank, is designed to provide nutritious foods for veterans and military families.

Each eligible and registered family will receive items such as fresh fruits and vegetables, meat, dairy items and pantry staples based on the Food Bank's available inventory.

The Emergency Food Assistance Program is operated in accordance with United States Department of Agriculture (USDA) policy, which prohibits discrimination on the basis of race, color, national origin, sex, age or disability. Eligibility is based upon the income guidelines listed below.

Total Household Income:

Household Size	Annual	Monthly
1	\$18,735	\$1,561
2	\$25,365	\$2,114
3	\$31,995	\$2,666
4	\$38,625	\$3,219

Per additional person:
Add \$4,630 per year or \$383 per month



March	April	May	June	July	August	September	October	November	December
9	13	11	8	13	10	14	12	9	14

For more information, call Veterans Leadership Program at 412-481-8200



Free Food for Seniors

You may qualify for a free monthly box of food through the Food Bank's Senior Box Program.

To be eligible, you must:

- Be 60 years of age or older
- Provide a valid ID and proof of income upon registration
- Meet the income guidelines

Family Size	Annual Income	Monthly Income
1	\$16,237	\$1,354
2	\$21,983	\$1,832
3	\$27,729	\$2,311

What's in the box?

- Four cans of vegetables
- Two cans of fruit
- Two bottled juice
- One peanut butter or beans
- Two boxes of cereal or one bag of oats
- 2lbs of pasta or rice
- Two containers of shelf-stable milk
- One instant milk (six-times a year)
- One meat
- One block of cheese

Greater Pittsburgh Community Food Bank CSFP logo

Non-discrimination statement and full income guidelines are on the other side. Please turn over.



Includes...

The Emergency Food Assistance Program (TEFAP), TEFAP is a Federal program that helps supplement the diets of low-income Americans, including elderly people, by providing them with emergency food and nutrition assistance at no cost

Commodity Supplemental Food Program (CSFP), CSFP provides commodity food packages for low-income pregnant and breastfeeding women, other new mothers up to one year postpartum, infants, children up to their sixth birthday, and elderly persons at least 60 years of age who meet income eligibility requirements.

<https://www.feedingpa.org/find-assistance/>






Meals

COVID-19 Food Distribution Information for School Communities

This map is updated daily and is not exhaustive. Contact your school or district for more information and to confirm the availability of food.

<https://www.education.pa.gov/Schools/safeschools/emergencyplanning/COVID-19/Meals4Kids/Pages/default.aspx>



	<p>Pittsburgh Public School grab-and-go meals. City website is being updated regularly. https://www.pghschools.org/Page/5356</p> <p>Southwest PA Meals on Wheels. The Meals On Wheels program is designed to help individuals who are home bound or are unable to prepare their own nutritious meals regularly. http://mealsonwheelssouthwestpa.com/About.asp</p>  <p>412 Food Rescue connects leftover food to people in need. https://412foodrescue.org/ 412 Food Rescue is providing community food distributions. https://www.facebook.com/412FoodRescue/</p>  <p>Sheetz is offering free kids meals while supplies last. See the website for location information. https://www.sheetz.com/news/kidzmeals</p>
<p>Diapers</p> 	<p>If you need diapers, the Western Pennsylvania Diaper Bank distributes diapers to families in need through social service agency partners. https://www.wpadiaperbank.org/agency-partners/</p>
<p>Pet food</p>	 <p>Humane Animal Rescue Pet Helpline & Resources Medical and Food assistance https://www.humaneanimalrescue.org/programs-services/pet-helpline-resources/</p> <p>Pet Food Resources https://www.pghdogs.com/help-for-pet-owners/pet-food-pantries</p> 
<p>Utilities</p>	<p>Regional Housing Legal Services, Utility Assistance for those Affected by the Corona Virus www.rhls.org/utility-assistance-for-those-affected-by-the-corona-virus/</p>



<p>Internet</p>	<p>Duquesne Light is waiving customers' late fees until at least May 1.</p> <p>Comcast is adjusting its Internet Essentials Program to meet the needs of low-income residents while dealing with the crisis.</p> <p>Click Here for a complete list of free and low cost internet resources https://www.digitalinclusion.org/free-low-cost-internet-plans/</p>
<p>Rent Mortgage</p>	<p>Beginning Monday, March 23, the URA will be offering a Housing Stabilization Program, in partnership with Urban League of Greater Pittsburgh, that will assist households who are struggling with rent payments due to COVID-19-related losses in work and wages. City of Pittsburgh residents can call the Urban League at 412.227.4164. Read details of the program here.</p> <p>The PA Housing Alliance is keeping an updated list of housing resources that includes mortgage loss mitigation and financial bridge loans, among other information.</p> <p>HACP (Housing Authority City of Pittsburgh) has instituted a number of operational changes to help ensure the safety of residents, staff and the general public in response to the COVID-19 pandemic. This includes the immediate suspension of rent-related evictions. https://hacp.org/covid-19/</p> <p>RHLS (Regional Housing Legal Services) has prepared basic summaries of the protections available to tenants, homeowners and utility ratepayers. They include: RHLS Coronavirus: Protections for Homeowners www.rhls.org/coronavirus-protections-for-homeowners/, RHLS (Regional Housing Legal Services) Coronavirus: Protections for All Pennsylvania Renters www.rhls.org/corona-virus-can-i-stay-in-my-home-if-i-cant-pay/ and Coronavirus: Federal Protections for Renters www.rhls.org/coronavirus-federal-protections-for-renters/</p>
<p>Employment Unemployment</p>	<p>Emergency Paid Sick Leave Act and Emergency Family and Medical Leave Expansion Act, both part of the Families First Coronavirus Response Act (FFCRA). https://www.dol.gov/agencies/whd/ffcra</p>



	<p>Disaster Unemployment Assistance https://www.disasterassistance.gov/get-assistance/forms-of-assistance/4466</p> <p>Office of Unemployment Compensation Website information for Pennsylvania employees impacted by COVID-19</p>
<p>Financial assistance</p>	<p>PHFA, PA Housing Finance Agency, Helpful Resources for People Impacted by the Coronavirus A list of resources follows for use by consumers and businesses impacted by the coronavirus pandemic. PHFA will expand this list over time, so please check back often. www.phfa.org/news/coronavirus.aspx</p> <p>The City of Pittsburgh’s Financial Empowerment Center (FEC) is offering its free, one-on-one, professional financial counseling virutally. The FEC helps clients take control of their debt, deal with debt collectors, improve their credit, create a budget, save, connect to safe and affordable financial products, and much more.</p>
<p>Childcare</p>	<p>Covid-19 and Child Care in Pennsylvania</p>
<p>Transportation</p>	<p>Port Authority Transit (PAT)- Allegheny. Reduced schedules as of 3/25/20: https://www.portauthority.org/inside-Port-Authority/rider-info/coronavirus/modifiedschedules/</p> <p>Access-Allegheny: Reduced staffing as of 4/2/20 https://myaccessride.com/</p> <p>Port Authority reimbursement for riders with passes who must stay at home due to COVID-19. Riders can call the authority at 412-442-2000, visit the website at portauthority.org.</p>
<p>Legal</p>	<p>PALawHelp www.PALawHelp.org Information and links to additional information regarding the evolving situation surrounding the Coronavirus (COVID-19).</p>



<p>Children and families</p>	<p>Allegheny County Family Centers & Partners</p> <p>M-T-W-Th-F - 9 am - Morning Stretch @RyanArtsCenter</p> <p>M - 6 pm - Story Time @highlandsfamilycenter</p> <p>T-W-Th - 10 am - Story Time @RyanArtsCenter</p> <p>T - 11 am - Story Time @AIUSteelValleyFC</p> <p>T - 1 pm - Kids Junkyard Crafts @AIUEastAlleghenyFamilyCenter</p> <p>T - 7 pm - Bedtime Story @AIUSteelValleyFC</p> <p>Th - 11 am - Story Time @AIUSteelValleyFC</p> <p>T - 7 pm - Bedtime Story @AIUSteelValleyFC</p> <p>Find these and more activities @alleghenycountyfamilysupport</p>	<p><u>Allegheny County Family Support Network</u></p> <p>Allegheny County Family Centers are still providing what services they can during the COVID-19 pandemic.</p> <p>Please contact your local center for details.</p> <p><i>Call 2-1-1 to find your local center</i></p> <p>Check out the online activities and story times from local family centers and partners! Steel Valley Family Center AIU Highlands Family Center AIU East Allegheny Family Center Ryan Arts Center & Sto-Rox Library</p>	
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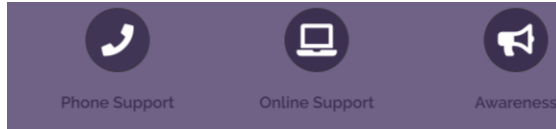
<p>Find support and connection</p> <p>Find additional resources in the other sections of this document</p>	<p><i>Sit out on a porch or balcony and wave or say hello to neighbor.</i></p> <p><i>Have a picnic in the yard, on the porch or balcony.</i></p> <p><i>Use technology to have family/friend get together or meals.</i></p> <p><i>Write letters.</i></p> <p><i>Send text messages and emails.</i></p>
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<p>Support groups</p>	<p>ASERT, https://paautism.org/support-groups/ a statewide interactive map to find support groups and meet up groups for persons with disability, families and the others who support them</p> <p>Refer to https://www.jfcspgh.org/coronavirus/</p>
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<p>Caregivers</p>	<p>https://hopegrows.net/ Hope Grows is a non-profit organization providing an environment that allows the caregiver to receive counseling, support, and much-needed short breaks.</p> <p>THINK caregiver is Hope Grows' virtual support program...</p>
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COVID-19 (Coronavirus) Resources & Tips for Family Caregivers, <https://hopegrows.net/programs#Covid19>



The University of Pittsburgh's National Center on Family Support held a webinar geared towards family caregivers of someone with a disability or chronic illness discussing caregiving during the time of COVID-19. Panelists include Dr. Gregory Cherpes, ODP Medical Director and Nancy Murray, The Arc of Greater Pittsburgh President.

The link to the webinar directly on YouTube is here: <https://youtu.be/DkIMmsp6Ggg>

Mental health

NAMI* Keystone Pennsylvania, Coronavirus (COVID-19) Information and Resources including support lines and virtual support groups *National Alliance on Mental Illness

www.namikeystonepa.org/coronavirus/?eType=EmailBlastContent&eld=a77bc128-5776-439c-baa7-a90e8f3930b2

Greater Pennsylvania Chapter Virtual Support Groups

Caring for a loved one during the COVID-19 (coronavirus) outbreak can add stress for dementia caregivers. The Alzheimer's Association Greater Pennsylvania Chapter recognizes this challenge and has created a new way to provide caregivers the support and resources they need.

The chapter is currently offering VIRTUAL SUPPORT GROUPS for caregivers to connect with others, give and share support, and obtain information without leaving home. *Zoom users can participate via computer or phone.*

Register for a virtual support group today by clicking a link below or calling 610-272-3900. Space is limited.

- Tuesday, April 7, 2020 2:00-3:30 PM Register
- Wednesday, April 8, 2020 6:00-7:30 PM Register
- Tuesday, April 14, 2020 2:00-3:30 PM Register
- Wednesday, April 15, 2020 6:00-7:30 PM Register
- Tuesday, April 21, 2020 2:00-3:30 PM Register
- Wednesday, April 22, 2020 6:00-7:30 PM Register

Virtual Support Group

(Feeling stressed and anxious, Join the Conversation)

Every Wednesday 6PM-7PM

For more info, Please contact Heather McLean at hmclean@mhaswpa.com or (724) 433-1359 for the Zoom link and password.

(This is not a clinical/therapeutic group, but here to offer social support.)

MHA
Mental Health America
of Southwestern PA





Emotional support

[Care for your Coronavirus Anxiety](#): Resources for anxiety and your mental health in a global climate of uncertainty.

[Mental Health America](#): To aid individuals and communities during this time, MHA has compiled a range of resources and information.

[Supporting Kids During the COVID-19 Crisis](#) (Child Mind Institute)

Helplines

Statewide Support & Referral Helpline

- Culturally competent
- Skilled at assisting those with ID/A
- Use principles of trauma-informed care to listen, assess needs, triage calls, and provide appropriate referral

The toll-free, round-the-clock support line is officially operational. The number to call is 1-855-284-2494. For TTY, dial 724-631-5600.

Are you feeling lonely? Are you feeling anxious?

The **Statewide Support & Referral Helpline** is staffed by skilled and compassionate staff that are available 24/7 to respond to those struggling with anxiety and other challenging emotions due to the COVID-19 emergency. Staff at the Helpline refer callers to community-based resources that can further help to meet individual needs.

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Text HELLO to 741741
Free, 24/7, Confidential



1-800-273-TALK (8255)
suicidepreventionlifeline.org

National Suicide Prevention Lifeline: 1-800-273-8255 (TALK)



Crisis Text Line: "PA" to 741741

Veteran Crisis Line: 1-800-273-TALK (8255)



	<p>Disaster Distress Helpline: 1-800-985-5990</p> <p>Get Help Now Substance Abuse Hotline: 1-800-662-4357</p> <p>Pennsylvania Sexual Assault Helpline: 1-888-772-7227</p> <p>National Domestic Violence Helpline: 1-800-799-7233</p> <p>National Council for Behavioral Health, www.thenationalcouncil.org/</p>
<p>Self-Advocates</p>	<p>.SAPNA: Join for weekly updates for people who receive services from the PA Office of Developmental Programs: This call is for self-advocates. After each update, you can ask questions and talk with others.</p>
<p>Family support centers</p>	<div style="display: flex; justify-content: space-around;"> <div data-bbox="373 613 814 1182"> <p>Allegheny County Family Centers & Partners</p> <ul style="list-style-type: none"> M-T-W-Th-F - 9 am - Morning Stretch @RyanArtsCenter M - 6 pm - Story Time @HighlandsFamilyCenter T-W-Th - 10 am - Story Time @RyanArtsCenter T - 11 am - Story Time @AIUSteelValleyFC T - 1 pm - Kids Junkyard Crafts @AIUEastAlleghenyFamilyCenter T - 7 pm - Bedtime Story @AIUSteelValleyFC Th - 11 am - Story Time @AIUSteelValleyFC T - 7 pm - Bedtime Story @AIUSteelValleyFC <p>Find these and more activities @alleghenycountyfamilysupport</p> </div> <div data-bbox="978 613 1705 1172" style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;"><u>Allegheny County Family Support Network</u></p> <div style="background-color: #0056b3; color: white; padding: 5px; text-align: center; margin: 10px 0;"> <p>Allegheny County Family Centers are still providing what services they can during the COVID-19 pandemic.</p> <p>Please contact your local center for details.</p> </div> <p style="text-align: center;"><i>Call 2-1-1 to find your local center</i></p> <p>Check out the online activities and story times from local family centers and partners! Steel Valley Family Center AIU Highlands Family Center AIU East Allegheny Family Center Ryan Arts Center & Sto-Rox Library</p> </div> </div>
<p>Youth</p>	<p><u>Youth Virtual Drop-In Meeting:</u> Youth MOVE PA is excited to host a series of Youth Virtual Drop-In Meetings that are all about getting some social interaction, even if you can't go out and do normal activities like school, sports, going to the game store, or hanging out with our friends. The age range for these chats is from 14 to 29 years old.</p> <p><i>Youth MOVE PA (https://www.pmhca.org/Youth-MOVE) are people between the ages of 16 to 29 with lived experience in the areas of social services such as:juvenile justice, mental health, child welfare, foster care, and drug and alcohol services.</i></p>



<p>Seniors</p> 	<p>The Pennsylvania Department of Aging has launched an online COVID-19 resource guide to help older adults easily find useful information related to their health, safety and well-being. The guide is housed on the department’s website under “COVID-19 Resource Guide for Older Adults” and provides older adults, their families and caregivers with information on a variety of subjects, including meals, prescriptions, protective services, scams, and how to stay active and connected.</p> <p>Lifetime Connections Without Walls by Family Eldercare - Telephone activities program providing opportunities for older adults to connect with others in their community and across the country using a telephone conference call system.</p> <p>Well Connected by Covia – Connects individuals to virtual classes, conversations, and activities by phone. Programs available in English and Spanish o Referral: (877) 797-7299 (English) (877) 400-5867 (Spanish)</p> <p>Friendship Line by Institute on Aging - The Friendship Line is both a crisis intervention hotline and a warmline for non-emergency emotional support calls. It is a 24-hour toll-free line and the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. o Toll-Free Line: (800) 971-0016</p>
<p>LGBTQ Resources</p> 	<p>Allegheny County Department of Human Services, “DHS, along with other community organizations, supports persons who identify as LGBTQ and their allies. Find resources specifically selected for this purpose here.” https://www.alleghenycounty.us/Human-Services/Resources/LGBTQ.aspx</p> <p>Includes Employment, Health, Housing and Homelessness, LGBTQ Resources, Older Adults, People of Color, Transgender Resources and Youth</p>
<p>Faith Religion Spirituality</p>	<p>While buildings may be closed faith-based organizations leaders are often available by phone or remotely to offer support. Many congregations are live streaming services and other events / offerings. For those without computers call the faith based organization to ask about joining in by phone.</p> <p>For example: ❖ LIST: Places of worship in Western Pa. offering livestreamed services</p>



<https://www.wtae.com/article/list-western-pennsylvania-livestream-easter-passover-services/32110617>

- ❖ East Liberty Presbyterian Church (ELPC) is offering services, Sunday school for adults and children, prayer times and more remotely. <http://cathedralofhope.org/>
- ❖ Catholic Diocese of Pittsburgh is streaming services and prayer. <https://diopitt.org/>
- ❖ Rodef Shalom livestreamed services, Zoom congregational events and more [here](#). <https://www.rodefshalom.org/>
- ❖ St. James AME Church online prayer meeting, bible study, Sunday worship services and more. <https://www.stjamesamepg.org/>
- ❖ Do an internet search for your faith or faith-based organization, remote services.

Keep busy




The Virtual Asset District. <https://www.radworkshere.org/pages/virtual-asset-district>

Check back often to find updates to opportunities to be engaged, entertained, and educated, virtually. Some examples: ACLA Libraries, Attack Theatre, Cello Diary, Carnegie Library of Pittsburgh, Carnegie Museums, Children's Museum/MuseumLab, City Theatre Company, Contemporary Craft, Holocaust Center of Pittsburgh, Kelly Strayhorn Theater, Mattress Factory, National Aviary. Phipps Conservatory & Botanical Gardens. Pittsburgh Ballet Theatre. Pittsburgh Opera. Pittsburgh Public Theater. Pittsburgh Symphony Orchestra, Pittsburgh Zoo & PPG Aquarium, Senator John Heinz History Center, The Frick Pittsburgh and The Tull Family Theater



Over 30 travel and learning opportunities for all ages

[Includes museums, field trips, a farm tour, animal cameras and a zoo website](#)

<p>Parks at Home</p> 	<p>Virtual programming and activities... https://www.alleghenycounty.us/special-events/parks-at-home.aspx Downloadable activities, videos for activities at home, virtual hikes (Includes Park Ranger Braden hiking Boyce Park and identifying different things in nature and a virtual hike of the Nature Access Trail with Katie from North Park's Latodami Nature Center), meditation (Learn to meditate at home with this beginners video to meditation from instructor Kimberly).</p>
<p>Games</p>	<p>Learning Games For Kids: These online learning games and songs for kids are fun, teach important skills for preschool and elementary school kids and they're free.</p> <p>Play virtual board games with friends here</p>
<p>Storytime for all ages</p>	<p>Storyline Online: stream videos featuring celebrated actors reading children's books alongside creatively produced illustrations. Readers include Viola Davis, Chris Pine, Lily Tomlin, Kevin Costner, Annette Bening, James Earl Jones, Betty White and dozens more.</p> <p>Children's Authors Doing Online Read Alouds & Activities</p> <p>Children's Stories in Spanish</p> <p>Weekly Storytime with Dolly Parton: In this series, Dolly reads select Imagination Library books, all carefully chosen for their appropriate content at this moment in time.</p> <p>Listen to free audio books on Audible.</p> <p>Free online Audiobooks</p>



Join us for stories, sing-alongs and fun activities you can do from home each Wednesday! Join us each Wednesday at 10:30 a.m. or 1 p.m. for a 15-minute Story Time and receive a link to a fun activity that you can complete at home.

https://www.phipps.conservatory.org/calendar/detail/virtual-story-time?utm_source=Tree+Free+E-mail&utm_campaign

Zoos and Aquariums

[San Diego Zoo](#)

[Monterey Bay Aquarium](#)

[Georgia Aquarium Webcams](#)

[Zoo Atlanta Panda Cam](#)

[Houston Zoo Animal Cams](#)

[Zoo School Live](#): Hosted by Elmwood Park Zoo every day at 11 am.

[These zoos and aquariums are live-streaming animals for people to enjoy during coronavirus isolation](#)



Travel

[Northern Lights Live Cam](#): Located at the Churchill Northern Studies Center in Churchill, Manitoba, this live cam is located directly underneath the aurora oval--one of the best places on earth to watch the aurora borealis, the spectacular atmospheric phenomenon better known as the Northern Lights.

[Google Earth National Park Tours](#) – “Visit” national parks across the country and talk about which ones older adults have been to. What did they see? Who were they with?

Hawaii with [Google Earth](#).



	<p>a tour of Ancient Egypt</p>
<p>Amusement parks</p>	<p>You can virtually ride these eight roller coasters, and you always get the front seat: You can go on virtual roller coaster rides of some of the fastest, steepest, and most famous coasters in the world.</p> <p>Virtual Disney World: Virtually experience Walt Disney World attractions, shows, hotels, monorails, trains, boats, park areas, and more within an interactive 360° video environment.</p>
<p>Arts and Culture</p>	<p> Pittsburgh Trust Arts: Creative Connections Activities include theater arts, music, movement and visual arts.</p> <p>Have a museum you've always wanted to visit? Or one you'd like to go back to? Check out Google Arts and Culture https://artsandculture.google.com/</p> 
<p>Museums</p>	<p>Brandywine River Museum, Chadds Ford, PA Click here to explore Brandywine exhibits and activities</p> <p>National Museum of American Jewish History, Philadelphia, PA Click here for tour of NMAJH</p> <p>Whitney Museum of Art, New York, NY Click here for audio guides of their exhibitions</p> <p>Smithsonian National Museum of Natural History, Washington D.C Click here to tour Museum of Natural History</p>



	<p>The British Museum, London U.K Click here to tour the British Museum</p> <p>The Louvre, Paris, France Click here to tour the Louvre</p> <p>Boston Children’s Museum</p> <p>US Space and Rocket Museum</p> <p>12 Famous Museums Offer Virtual Tours You Can Take on Your Couch</p> <p>PA museums that offer virtual tours</p>
<p>Music and theater</p>	<p>WYEP http://wyep.org/listen</p> <p>National Theatre at Home will release a new performance each Thursday at 7pm, available to stream for a week. Click here to stream One Man, Two Guvnors starring James Cordon at 7pm tonight!</p> <p>Theatre Horizon at Home Activities Click here to view Theatre Horizon activities</p> <p>Philadelphia Orchestra Concerts Click here to stream orchestra concerts</p> <p>Kennedy Center Digital Stage Click here to stream concerts at the Kennedy Center</p> <p>Kelly-Strayhorn Theater Global Stream: https://kelly-strayhorn.org/</p> <p>Andrew Lloyd Webber Musicals, stream free, https://www.timeout.com/news/andrew-lloyd-webbers-biggest-musicals-are-streaming-free-on-youtube-for-a-limited-time-041520</p>
<p>Meditation</p>	<p>Refer to JFCS, ASERT and Care for your COVID 19 anxiety in this document</p>



Pittsburgh
Parks
Conservancy

Mindful Moments

Discover ways to connect to nature and find moments of peace and relaxation, especially during times of uncertainty. These exercises can be completed anywhere—from your window, while looking at a beautiful image of nature, in your yard, on your porch, on a walk in your neighborhood, or in a park nearby.

[Learn more about Mindful Moments](#)

Activities

[Arts and Crafts on Education.com](#): Arts and crafts can be as simple as getting out a coloring book, or drawing pictures with crayons and paper. If you’re feeling more creative, check out some of this website for great ideas.

Art

Arts/Crafts

Here is [link](#) for free online “boredom-busting” activities for kids of all ages including virtual tours, online learning, music, arts and culture, and literature.

Click [here](#) for fun activities for teens including reading, math, cooking, music, sports, and life skills.

[Homemade Playdough Recipes](#): Keep individuals active and engaged, while also limiting access to other people.

[Highlights Kids](#): The place for children of all ages to play games and discover new jokes, surveys, answers to science questions, and fun crafts and recipes from *Highlights*.


[Cool Math](#): Love math? Hate math? Need homework help? This site's for you!

[The Old Farmer's Almanac](#): Here are free stories and cool activities to explore. Did you know: Happy people are healthier people? Learn something new and have fun!



Adventure Aquarium Interactive Activities [Click here to view activities](#)

[10 University Art Classes You Can Take For Free Online](#)




Exercise	Special Olympics Commit to Fit Workout Classes Click here to workout with Special Olympics
Yoga	<p>EA Zoom Workout sessions https://www.youtube.com/playlist?list=PLJpNr2FkMW3Fwr_DlhPc0x5jNePxFJTaw&fbclid=IwAR2D-wVlbmb2JVbL9BVWvF-vf7f3tCwtC526IQ7lud8H9CFrmg5iYWQeYCw</p> <p>Fitness classes online: https://www.goodhousekeeping.com/health/fitness/a31792038/coronavirus-live-stream-workout-classes/</p> <p>Get fit with online YMCA classes here, http://ymca360.org</p> <p>Planet Fitness is streaming live, at-home workouts daily at 7 pm. Facebook Live</p>  <p>The Open Up team has been working hard to bring plans for accessible virtual practice to life. View the digital book here or visit openuppittsburgh.com</p>
Dance	<p>Dance Workshops with Alvin Ailey Click here to dance with Alvin Ailey</p> <p>BalletX Live Stream Dance Classes Click here to dance with BalletX</p>
Science	<p>Academy of Natural Sciences Interactive Activities Click here to view activities</p> <p>Explore the wonders of space with NASA here</p> <p>Discover Astronomy with NASA</p>



	<p>Franklin Institute #SparkofScience Series Click here to view #SparkofScience</p> <p>Mars</p> <div style="text-align: center;">   </div>
<p>Cooking</p>	<p>Free Digital Cooking Classes For Kids Every Week Day: Delish's editorial director Joanna Saltz and her kids will be going live on Instagram every weekday at 1pm EST to share cook-along videos for you and your little ones.</p>
<p>Adult learning</p>	<p>Learn a new language https://www.duolingo.com/</p> <p>Here are 450 Ivy League courses you can take online right now for free: Class Central has made a collection of all these, which you can explore.</p>
<p>Education Students learning from home</p>	
<p>PaTTAN Pennsylvania</p>	<p>Supports for Families, Students, and Educators https://www.pattan.net/Home/Mini-Slideshow-With-Image/COVID-19-Resources-1</p>



<p>Training and Technical Assistance Network</p>	<p>Parent Information: https://www.pattan.net/parent-information/ Includes the document: School Closures Due to Coronavirus/COVID-19: FAQs for Families of Students with Disabilities</p>
<p>Local Task Force on the Right to Education</p>	<p>Find many current resources about special education. http://www.ltf3.org/COVID-19 The LTF is meeting monthly via zoom and has a parent hotline. Learn more on the webpage http://www.ltf3.org/node/1</p>
<p>PEAL Center</p>	<p>The PEAL Center helps families and individuals with disabilities and special health care needs using a variety of strategies across PEAL Projects. https://pealcenter.org/peals-covid-19-resource-page/ “We are gathering and organizing information and no-cost resources to post on our website so that they are easily accessible to families. This page will be updated frequently to reflect the most current information and with additional resources.” https://pealcenter.org/webinars/ PEAL is also hosting a series of webinars to cover helpful information while students are learning at home and virtually. These will be posted for viewing along with resources here.</p>
	<p>Special Education During COVID-19: This resource, developed by ASERT, provides information about Special Education laws and how they apply to school shutdowns and homeschooling as a result of COVID-19.</p>
<p>WQED</p>	<p>Corona Virus (COVID-19) Resources: Resources for Parents and Caregivers Resources for Educators General resources</p>