

## Resources for Individuals with Disabilities and their Families in the time of COVID-19

### Children specific:

New Jersey Department of Children and Families:

<https://www.nj.gov/dcf/coronavirus.html>

University of North Carolina online tool kit for working with children with autism:

[https://ed.unc.edu/2020/03/19/unc-team-creates-online-toolkit-for-those-supporting-individuals-with-autism-during-covid-19-epidemic/?fbclid=IwAR3\\_DXhYWGqf8N9vNKwfsBJQ7di6jJuhYMz5Ovy7t63XPJHQ7yP-yGINNA](https://ed.unc.edu/2020/03/19/unc-team-creates-online-toolkit-for-those-supporting-individuals-with-autism-during-covid-19-epidemic/?fbclid=IwAR3_DXhYWGqf8N9vNKwfsBJQ7di6jJuhYMz5Ovy7t63XPJHQ7yP-yGINNA)

Short reflection with practical advice on special needs parenting from another special needs parent (and combat veteran):

<https://humanparts.medium.com/special-needs-parenting-in-the-age-of-pandemic-e0c9320c5a58>

Young children might enjoy the “Caring for Each Other” resources available on the Sesame Street site:

[https://www.sesamestreet.org/caring?utm\\_source=SS.org%20Caring%20for%20Each%20Other%20Mission%20Section&utm\\_medium=homepage%20link&utm\\_campaign=Caring%20for%20Each%20Other](https://www.sesamestreet.org/caring?utm_source=SS.org%20Caring%20for%20Each%20Other%20Mission%20Section&utm_medium=homepage%20link&utm_campaign=Caring%20for%20Each%20Other)

Mount Sinai’s Icahn School of Medicine offers educational activities for children with autism:

<https://icahn.mssm.edu/research/seaver/resources/covid-19-autism-resources>

### Adult Specific

New Jersey Department of Human Services, Division of Developmental Disabilities:

<https://nj.gov/humanservices/ddd/resources/coronavirus.html>

### All Ages

New Jersey Council on Developmental Disabilities is making available small grants to any individuals with I/DD, their families and any qualified community-based organizations that provide supports to people with developmental disabilities, who are affected by the statewide Coronavirus response. Follow the link to more information:

[https://njcdd.org/emergency-funding-for-covid-19-pandemic/?fbclid=IwAR37QC8QWwDcUo - 4ixNORZdkNEKqsrLyY\\_Rw1ooX8v2AC\\_1CvWSJuQdS88](https://njcdd.org/emergency-funding-for-covid-19-pandemic/?fbclid=IwAR37QC8QWwDcUo - 4ixNORZdkNEKqsrLyY_Rw1ooX8v2AC_1CvWSJuQdS88)

Paul Aronsohn heads up the Office of the Ombudsman for Individuals with Intellectual or Developmental Disabilities and Their Families. He serves Governor Murphy's lead advocate and ally for New Jersey residents in need of critical services ranging from early childhood through adulthood. He can be emailed here: [Paul.Aronsohn@treas.nj.gov](mailto:Paul.Aronsohn@treas.nj.gov)

Helpful advice about hospitalization for any families with a loved one with a serious disability: From the Autism Science Foundation. "What to do if your family member with autism is hospitalized:"

[https://autismsciencefoundation.wordpress.com/2020/03/20/what-to-do-if-your-family-member-with-autism-is-diagnosed-with-coronavirus-and-hospitalized/?fbclid=IwAR2WVvK0nh9FeXOJgQMDJdSL7YZKmBxqdKUPJg-5eBG2Bpol52dAV0g\\_MqXQ](https://autismsciencefoundation.wordpress.com/2020/03/20/what-to-do-if-your-family-member-with-autism-is-diagnosed-with-coronavirus-and-hospitalized/?fbclid=IwAR2WVvK0nh9FeXOJgQMDJdSL7YZKmBxqdKUPJg-5eBG2Bpol52dAV0g_MqXQ)

Peer support is available for Caregivers of individuals with special needs (any age) by calling **MOM2MOM: 877-914-6662**. MOM2MOM is funded by DCF, located in the Rutgers National Call Center and part of Rutgers University Behavioral Healthcare. MOM2MOM has provided peer support for caregivers of individuals with special needs since 2010.

The National Alliance on Mental Illness (NAMI-NJ) offers resources, including a 24/7 Crisis Text line here:

<https://www.naminj.org/covid19/>

The National Institute on Mental Health offers COVID-19 coping tips on Instagram @NIMHgov

ARC of New Jersey resources:

<https://www.arcnj.org/information/covid-19-updates-information.html>

Boggs Center on Developmental Disabilities resources:

<https://rwjms.rutgers.edu/boggscenter/links/COVID-19Resources.html>

Autism specific resources are available through Autism New Jersey:

[https://www.autismnj.org/article/a-message-for-the-autism-community-about-covid-19/?fbclid=IwAR26wiRD6bhSIBTibLwplEoqdyVUJiGn\\_oscSSb6ehPEDwGpdXMxGWCfw0o](https://www.autismnj.org/article/a-message-for-the-autism-community-about-covid-19/?fbclid=IwAR26wiRD6bhSIBTibLwplEoqdyVUJiGn_oscSSb6ehPEDwGpdXMxGWCfw0o)

The National Council on Severe Autism has advice on managing challenging behavior, activities for families and more on their blog page:

<https://www.ncsautism.org/blog>

Autism Speaks:

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

Autism Society of America:

COVID-19 Toolkit: <https://www.autism-society.org/covid-19/?emci=ca471913-fd6d-ea11-a94c-00155d03b1e8&emdi=9a19c79f-5a70-ea11-a94c-00155d03b1e8&ceid=773077>

Community Health Law Project:

<http://www.chlp.org/>

Disability Rights:

<https://www.drnj.org/>

The disability focused legal practice of Hinkle, Prior and Fisher offers resources for the disability community here:

<https://hinkle1.com/hpf-covid-19-action-center/>

Office of Civil Rights Bulletin on Civil Rights Laws and HIPAA Flexibilities That Apply During the COVID-19 Emergency:

<https://www.hhs.gov/about/news/2020/03/28/ocr-issues-bulletin-on-civil-rights-laws-and-hipaa-flexibilities-that-apply-during-the-covid-19-emergency.html>

State BOE just released this update to special education

law: <https://nj.gov/education/sboe/meetings/agenda/2020/April/public/5d%20Item%20D%20Special%20Education.pdf>