

# COVID-19 Additional Resources for People with Disabilities

Updated: 4.17.2020

## General

- Oregon Health Authority COVID-19 webpage:  
<https://govstatus.egov.com/OR-OHA-COVID-19>
  - Updated health and medical-related information
  - Guidance for People with Disabilities, Older Adults and Underlying Health Conditions: <https://govstatus.egov.com/OR-OHA-COVID-19>.
  - Guidance in other languages, as well as other resources for people with disabilities can also be on the OHA COVID-19 website: <https://govstatus.egov.com/OR-OHA-COVID-19>, under the 'Resources for the Community' section, in the 'Individuals and Families' tab. Please share this document widely! Significant input to this guidance was provided by the DEMAC.
- Oregon Governor's COVID-19 webpage: <https://govstatus.egov.com/or-covid-19>.
  - For **non**-health and medical information
- For local resources, always call 211 (TTY: call 711) or text your ZIP code to 898211
- Oregon Department of Human Services COVID-19 webpage:  
<https://govstatus.egov.com/or-dhs-covid-19>
- OHSU People with Disabilities Resource Page:  
<https://www.ohsu.edu/university-center-excellence-development-disability/covid-19-resources-people-disabilities>
- Administration for Community Living (ACL) Resource Page:  
<https://acl.gov/COVID-19>

- National Disability Institute:  
<https://www.nationaldisabilityinstitute.org/webinars/coronavirus-listening-sessions/>
- Disability Rights Oregon: [https://droregon.org/covid-19-resources/?utm\\_source=Subscribers&utm\\_campaign=0d3ee0bfbe-EMAIL\\_CAMPAIGN\\_2020\\_03\\_25\\_10\\_02&utm\\_medium=email&utm\\_term=0\\_c02ce10229-0d3ee0bfbe-317526737&mc\\_cid=0d3ee0bfbe&mc\\_eid=bb21d7c2d9](https://droregon.org/covid-19-resources/?utm_source=Subscribers&utm_campaign=0d3ee0bfbe-EMAIL_CAMPAIGN_2020_03_25_10_02&utm_medium=email&utm_term=0_c02ce10229-0d3ee0bfbe-317526737&mc_cid=0d3ee0bfbe&mc_eid=bb21d7c2d9)
- Supporting Communication with Patients who have COVID-19:  
<https://www.patientprovidercommunication.org/supporting-communication-covid-19.htm>
- International Disability Alliance:  
<http://www.internationaldisabilityalliance.org/content/covid-19-and-disability-movement>
- Self Advocacy Resource and Technical Assistance Center (SARTAC)
  - Plain Language Booklet
  - <https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Informationon-Coronavirus.pdf>
  - Spanish: <https://selfadvocacyinfo.org/resource/plain-language-information-on-covid-19-spanish-version/>
- The **Partnership for Inclusive Disaster Strategies** has issued a Community-Wide Resource list at <https://docs.google.com/document/d/1-53u6OnvUCB00aWs8ys8RRDbfQLN-9zmZzzYPHF7bHU/edit>. This list is frequently updated.
- Oregon Department of Education has resources to support distance Learning for All: <https://www.oregon.gov/ode/educator-resources/standards/Pages/Distance-Learning-for-All.aspx>
  - Special Education Guidelines:  
<https://www.oregon.gov/ode/students-and->

[family/healthsafety/Documents/Oregon%27s%20Extended%20School%20Closure%20Special%20Education%20Guidance,%20Distance%20Learning%20for%20All.pdf](https://www.oregon.gov/health/Documents/Oregon%27s%20Extended%20School%20Closure%20Special%20Education%20Guidance,%20Distance%20Learning%20for%20All.pdf)

- Resources for People with Disabilities on COVID-19
  - <https://www.aahd.us/covid-19/>

## **DeafBlind**

- DeafBlind Interpreting National Training & Resource Center. How to engage safely: <https://docs.google.com/document/d/e/2PACX-1vShOEOdt2vyJfMkBgDzXgpBXzdYHi73l-wdJ3lQiaBG1TOSbYnPRPu8zUvj9-nHfMGmkA5LB9kHlqtJ/pub>
- National Deaf Center: <https://www.nationaldeafcenter.org/covid-19-information>

## **Deaf & hard of hearing**

- Free VRI access at COVID-19 test sites for the Deaf community: <https://www.linguabee.com/covid19>
- FCC Gives Video Relay Service Providers Flexibility To Hire Additional ASL Interpreters During Pandemic: <https://docs.fcc.gov/public/attachments/DOC-363518A1.pdf>
- CSD: <https://www.csd.org/coronavirus#aslvids>
- Association of Medical Professionals with Hearing Losses (AMPHL): <https://www.amphl.org/blog/2020/3/15/covid-19-resource-list>

## **Blind & low vision**

- National Federation for the Blind: <https://www.nfb.org/resources/covid-19-resources>

## Older Adults

- CDC Guidance for Older Adults: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>
- AARP: <https://www.aarp.org/health/>
- Aging and Disability Resource Connection (ADRC) of Oregon: <https://www.adrcoforegon.org/consite/index.php>

## Trauma Informed Care & Mental Health

- Lines for Life and the Senior Loneliness Line (Oregon-wide): 503-200-1633
- National Alliance on Mental Health (NAMI)
  - COVID-19 Resource and Information Guide <https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US>
  - Updates on the Coronavirus: <https://nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus>
- Mental Health America: <https://mhanational.org/covid19>
- Substance Abuse and Mental Health Services Administration: <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
- Trauma Informed Oregon
  - Community Incident Response: <https://traumainformedoregon.org/community-incident-response/>
  - Considerations for COVID 19, Trauma Informed Response: <https://traumainformedoregon.org/wp-content/uploads/2020/03/Considerations-for-COVID-19-Trauma-Informed-Response.pdf>
- Mental health services by county in Oregon: [https://www.oregon.gov/oha/HSD/AMH/Pages/CMH-Programs.aspx?wp1476=p:2#g\\_458e8c81\\_b567\\_4db6\\_976a\\_f7c51069962d](https://www.oregon.gov/oha/HSD/AMH/Pages/CMH-Programs.aspx?wp1476=p:2#g_458e8c81_b567_4db6_976a_f7c51069962d)

## Specific for the LGBTQ+ Community

- **TrevorLifeline:** An LGBTQ–specific crisis intervention and suicide prevention phone service conducted by The Trevor Project, available 24 hours a day, 7 days a week: **1–866–488–7386**  
<https://www.thetrevorproject.org/get-help-now/>
- **SAGE LGBT Elder Hotline:** A 24–hour hotline dedicated to LGBTQ older people needing support or dealing with crisis: **877–360–5428**  
<https://www.sageusa.org/>
- **Trans Lifeline:** a peer support service line for transgender people in crisis, run by trans–identified individuals: **877–565–8860**  
<https://www.translifeline.org/hotline>

## Alzheimer’s

- Alzheimer’s Foundation of America: <https://alzfdn.org/addressing-coronavirus-impact-families-affected-alzheimers-disease/?eType=EmailBlastContent&eId=ed2c8935-b8d6-404a-97d1-cf9d7eada13d>

## Arthritis

- Arthritis Foundation: <https://www.arthritis.org/about-us/news-and-updates/coronavirus-and-arthritis-what-you-need-to-know>

## Families with Children with Special Healthcare Needs

- Parent and Caregiver Guide to Helping Families Cope with COVID-19: <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>
- OHSU Facebook page: <https://www.facebook.com/OregonF2FHIC>.

## Respite and Caregiving Resources

- National Respite Network: <https://archrespite.org/Covid-19-Respite-Resources>
- Aging and Disability Resource Connection (ADRC) of Oregon: <https://www.adrcoforegon.org/consite/index.php>

## HIV

- End HIV Oregon  
<https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/HIVSTDVIRALHEPATITIS/HIVCARETREATMENT/CAREASSIST/Documents/FAQ-covid-19-and-hiv.pdf>
  - Spanish  
<https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/HIVSTDVIRALHEPATITIS/HIVCARETREATMENT/CAREASSIST/Documents/FAQ-covid-19-and-hiv%20SP.pdf>

## Spinal Cord Injuries, Brain Injuries, MS

- Shepard Rehab: <https://news.shepherd.org/qa-coronavirus-disease-2019-covid-19/>
- Multiple Sclerosis Association of America: [http://support.mymsaa.org/site/MessageViewer?em\\_id=49946.0&dlv\\_id=91648](http://support.mymsaa.org/site/MessageViewer?em_id=49946.0&dlv_id=91648)
- National MS Society: [http://www.nationalmssociety.org/What-you-need-to-know-about-Coronavirus-\(COVID-19\)](http://www.nationalmssociety.org/What-you-need-to-know-about-Coronavirus-(COVID-19))

## **Lupus**

- Lupus Foundation of America
  - Coronavirus and Lupus: <https://www.lupus.org/resources/coronavirus-and-lupus#>
  - Coronavirus Stress and Mental Health <https://www.lupus.org/resources/coronavirus-stress-and-mental-health>

## **Kidney Disease**

- National Kidney Foundation: <https://www.kidney.org/covid-19>