

Resources for Parents and Families of a Child who Experiences Disability as we Navigate the Novel Coronavirus (COVID-19)

DEVELOPED BY:



The world is responding to an unprecedented public health crisis, the 2019 Novel Coronavirus (COVID-19). In response to this crisis, Governor Kate Brown, has closed schools for students in Oregon. While this closure presents significant challenges, it is the best way to flatten the curve, slow the rate of transmission, and protect the lives of Oregonians.

We understand that the current situation raises some questions and want to assure you that there is an entire community of people who are navigating this with you and seeking to provide you information, resources, and support. You are not alone and we will get through this together.

Table of Contents

This resource guide is broken into resources related to the following categories:

[Meals](#)

[Childcare and Respite Care](#)

[Health and Safety](#)

[Mental Health](#)

[Recreation](#)

[Continued Learning](#)

[Coronavirus Specific Resources](#)

Meals

Resource	How/Why It's Helpful	Link or Contact Information
Your local school district	Part of the Governor's announcement for school closure included a mandate that school systems plan for the continued distribution of meals throughout the closure.	GreatSchools Listing of All Oregon School Districts ODE's Oregon School Directory
Supplemental Nutrition Assistance Program	The Supplemental Nutrition Assistance Program provides nutrition	Eligibility Guidance

Resource	How/Why It's Helpful	Link or Contact Information
(SNAP) Benefits	Benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency.	Online application for SNAP benefits
Oregon Food Bank	The Oregon Food Bank works to eliminate hunger and its root causes... because no one should be hungry. To do this, they distribute food through a Statewide Network of 21 Regional Food Banks and approximately 1,200 food assistance sites serving all of Oregon and Clark County, Washington.	Oregon Food Bank Website Oregon Food Bank Phone Number: 503-439-6510
Community Action	Community Action will provide emergency food boxes to anyone in Washington County. Food boxes are available Monday - Friday, 5:30 pm - 9 pm and weekends, 9 am - 9 pm.	Food Help Website Call 503-640-3263 to schedule a pickup.
211info	211info is a nonprofit organization funded by state and municipal contracts, foundations, United Ways, donations and community partners in Oregon and Southwest Washington. 211info empowers Oregon and Southwest Washington communities by helping people identify, navigate and connect with the local resources they need. They may be able to help with food, shelter, clothes, child care, utilities, and more.	211info Website Contact 211info: <ul style="list-style-type: none"> ● Call 211 or 1-866-698-6155 ● Text your zip code to 898211 (TXT211) ● Email help@211info.org Help in English and Spanish available.
Women, Infants, and Children (WIC)	The Oregon WIC Program promotes the health and improved nutritional status of Oregon's families by providing nutrition education, breastfeeding promotion, and supplemental nutritious foods. There are WIC offices in every Oregon county.	Find your local WIC office here or call 211info.

Financial Help

Resource	How/Why It's Helpful	Link or Contact Information
Temporary Assistance for Needy Families (TANF)	The TANF program provides cash assistance to low-income families with children. If your income has changed due to COVID-19, your family may qualify.	The application is available online in English , Spanish , Russian and Vietnamese
Oregon Employment Department	Eligibility for unemployment benefits and paid sick leave have changed as a result of COVID-19 in Oregon. You may be eligible for benefits if you are unable to work while schools are closed, you are laid off, or you get sick.	Informational Handout File for Unemployment

Childcare and Respite Care

Resource	How/Why It's Helpful	Link or Contact Information
Your typical childcare provider	Currently, there is no statewide closure of childcare homes and facilities in Oregon. Check with your childcare provider whether that provider is open. <i>If possible, keep children at home to help stop transmission of the virus, and to save available daycare slots for families who need them.</i>	Varied
Child Care Assistance / Employment -Related Day Care (ERDC)	The Employment-Related Day Care program (ERDC) helps eligible low-income families pay for childcare while they are working. ERDC is a subsidy program, meaning eligible families still pay part of the child care cost. Income limits for EDRC have been raised as a result of COVID-19 so more people can qualify.	Apply online View temporary income limits due to COVID-19

Developmental Disabilities Services

Resource	How/Why It's Helpful	Link or Contact Information
Office of Developmental Disabilities Services (ODDS) Policy Changes	ODDS has implemented a variety of temporary policy changes for children receiving Developmental Disabilities services. These changes are designed to ensure children remain healthy, safe, and well-supported at home while schools are closed and providers are unavailable due to COVID-19.	ODDS COVID-19 Page Contact Information for Community Developmental Disabilities Program (CDDP)

Health and Safety

Resource	How/Why It's Helpful	Link or Contact Information
Oregon Health Authority (OHA)	The Oregon Health Authority has provided this informational web page on recent rule filings, medical transport announcements, forms, administrative rule books, and supplemental guidelines.	Transportation to medical appointments
OHSU Family-to-Family Health Information Center	Raising a child is challenging enough-without throwing in extra difficulties from special health needs. This resource seeks to provide help.	Website Phone: 855-323-6744 (English) 503-931-8930 (Spanish) Email: contact@familytofamily.org

Internet Access

Resource	How/Why It's Helpful	Link or Contact Information
Private Internet Service Providers	Some private companies are offering free hardware installation and free Internet access temporarily to help you stay connected to family, friends, and information.	<ul style="list-style-type: none"> Spectrum: 60 days free: https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-

Resource	How/Why It's Helpful	Link or Contact Information
		<p>K12-and-college-student-households-and-more</p> <ul style="list-style-type: none"> Comcast: 60 days free (Internet Essentials, normal price \$9.95/month). Also giving free use of their hotspots (Xfinity): https://www.portlandoregon.gov/oct/article/709742 Ashland area, free for students: http://www.ashlandfiber.net/sign-up/ City of Eugene free hotspots: https://www.eugene-or.gov/1554/Wi-Fi-Hotspots AT&T hotspots open to the public: https://www.att.com/support/article/wireless/KM1103818/

Mental Health

Resource	How/Why It's Helpful	Link or Contact Information
Crisis Lines, Warmlines, and Suicide Prevention / Lifelines	Emotions like fear, sadness, anger, frustration and anxiety are natural responses to the COVID-19 outbreak. Many of us will experience some or all of these emotions and others as we cope with the novel Coronavirus. It is important to remember that everyone reacts differently to stressful situations, and that you are never alone. These resources can	<ul style="list-style-type: none"> Call 911 or your local crisis line National Suicide Prevention Lifeline at 1-800-273-TALK En español: 1-888-628-9454 Crisis Text Line (text "HOME" to 741741) The Teen Line: 1-310-855-HOPE (4673)

Resource	How/Why It's Helpful	Link or Contact Information
	help.	<ul style="list-style-type: none"> • National Youth Crisis Hotline: 1-800-448-4663 • Find Crisis Services in Your County • Substance use help: 1-800-662-HELP (4357) • For Peers: warmline.org links to warmlines in every state or chat Lifeline Crisis Chat or Crisis Text Line • For Youth: Oregon Youthline or call 877-968-8491 or text “teen2teen” to 839863 • For LGBTQIA+ Youth: The Trevor Project website or call (866) 488-7386 for a 24-hour toll-free suicide hotline or Trans Lifeline at 1-877-565-8860 • For Native Youth: WeRNative, You are Not Alone Network <p>Additional Mental Health Resources are available on ODE's COVID-19 website.</p>
The Center for Disease Control (CDC)	The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. The CDC has provided these resources to assist with communicating about the virus to your children.	Managing Stress and Anxiety Helping Children Cope with Emergencies Talking with children about Coronavirus Disease 2019
Zero to Three	Recommendations on self-care and your children during quarantine at home.	Young Children at Home During the COVID-19 Outbreak: The Importance of Self-Care

Resource	How/Why It's Helpful	Link or Contact Information
The National Child Traumatic Stress Network	NCTSN has provided this comprehensive list with recommendations on readiness, response, and helping children cope.	Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019
Mental Health Technology Transfer Center Network (MHTTC)	The MHTTC has provided a collection of resources regarding mental health during a crisis. They have also provided a Youtube Webinar which focuses on understanding the importance of risk communication to mitigate mental health problems during disasters, review the phases of disaster as it pertains to mental health, and provide an overview of risk and protective factors for individuals and communities faced with disaster.	Responding to Public Health Emergencies (resource collection) Psychosocial Impacts of Disaster: Assisting Community Leaders (Northwest MHTTC webinar)
The Substance Abuse and Mental Health Services Administration (SAMHSA)	SAMHSA has four PDFs containing tips for Behavioral health during social distancing, quarantine, and isolation.	Taking Care of Your Behavioral Health During an Infectious Disease Outbreak: Tips for Social Distancing, Quarantine, and Isolation English Spanish Coping with Stress During Infectious Disease Outbreaks English Spanish Preventing and Managing Stress: Tips for Disaster Responders English Spanish Talking with Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks English Spanish
Parent Warmline at Reach Out Oregon	Reach Out Oregon provides a supportive community where you will find inspiration, compassion, and	Website Parent Warmline:

Resource	How/Why It's Helpful	Link or Contact Information
	support. Reach Out Oregon is affiliated with the Oregon Family Support Network.	1-833-REACH-OR 1-833-732-2467 Typical hours for the warmline are Tuesdays and Thursdays from 3-7pm except on holidays.
Manuela Molina	Manuela Molina has authored COVIBOOK as a way for children to discuss the full range of emotions arising from the current situation. It is not a source of scientific information, but rather a tool to help children process their feelings.	COVID-19 Social Stories in 17 different languages for kids under the age of 7

Recreation

Resource	How/Why It's Helpful	Link or Contact Information
Entertain Kids on a Dime	A list of ideas for keeping children entertained, including “glow in the dark bowling,” “creating nature art,” and “making a comic.”	100 Activities to Do At Home During School Closures
The Atlantic Journal - Constitution	For parents looking to keep kids engaged, entertained and educated amid coronavirus, author and illustrator Mo Willems is here to help at 1 p.m. each day, by hosting a daily livestream doodle session.	Author and illustrator Mo Willems will host daily livestream “Lunch Doodles” for kids home from school at 10 am PST
Psychology Today	Psychology Today has provided tips for structuring student’s days to reduce anxiety and promote healthy coping mechanisms.	COVID-19 Response: What to do while the kids are home?
Business Insider	Business Insider has listed 8 easy science experiments you can do from the comfort of your own home, such as “Tornado in a Bottle,” and “Rainbow in a Glass.”	8 simple science experiments you can do at home

Continued Learning

Resource	How/Why It's Helpful	Link or Contact Information
Your local school district	School districts will be providing Distance Learning for All during the extended school closure. Your district should be able to provide you additional information about how that will be provided within your local context.	GreatSchools Listing of All Oregon School Districts ODE's Oregon School Directory
Khan Academy	Khan Academy is a free resource that can be utilized by families, teachers, and students to help support remote learning during school closures.	Khan Academy
Scholastic	Scholastic Learn at Home has provided day by day projects to keep kids reading, thinking, and growing. Everyday includes four separate learning experiences built around a story or video.	Scholastic Learn at Home
TEDEd - Lessons Worth Sharing	TedEd offers a vast library of educational videos on everything from "Think like a Coder" to "Viking Runes."	TED-Ed
Google Arts & Culture	Google Arts & Culture are providing free "virtual tours" to a variety of museums around the world.	Google Arts & Culture- Virtual Museum Tours Around the World
Code at Home	Code at Home has easy to access lessons that teach children the basics of coding.	Code at Home
Skype a Scientist	Skype a Scientist allows students to interact with real scientists in a variety of fields.	Skype a Scientist
National Oceanic and Atmospheric Association (NOAA)	NOAA Ocean Explorer provides a large collection of lessons, short activities, and a vast library of amazing underwater dive videos to spark interest in ocean science.	NOAA Ocean Explorer

Coronavirus Specific Resources

Resource	How/Why It's Helpful	Link or Contact Information
National Public Radio (NPR)	A comic intended to provide children with easy to understand information on what the Coronavirus is, how to prevent it, and why we are taking preventative measures.	Just for Kids: A Comic Explaining the New Coronavirus
Center for Disease Control (CDC)	The CDC has provided information on identifying symptoms and preventing COVID19 in children, and how to prepare for an outbreak.	Coronavirus (COVID19) and Children Preparing for an Outbreak: FAQs for Individuals and Families
School Closures	School Closures has provided a list of resources for families that include updates on school closures, meal locations, psychological support, and other guidance for students at home.	Information for Families During COVID-19 School Closures
Ariadne Labs	Information and guidelines for Social Distancing during COVID-19.	Social-Distancing
POWtoons by ODDS	These YouTube videos provide information designed to be accessible formats to individuals who experience intellectual and developmental disabilities.	Video on Stay Home, Stay Safe Executive Order Video on COVID-19