

*IF YOU ARE IN CRISIS OR EXPERIENCING AN EMERGENCY, CONTACT 211 BIG BEND BY
DIALING 211 OR EMERGENCY SERVICES BY DIALING 911.*

National Disaster Distress Hotline: 1-800-985-5990; or text TalkWithUs to 66746

National Suicide Prevention Hotline: 1-800-273-TALK

COVID-19 Resources for Autism Spectrum Disorder (ASD)

Our staff is compiling this list of resources as they become available to reach you quickly as possible. This document will be continually updated and revised to become more user-friendly.

Please check back periodically for new updates by continuing to use this link:

https://docs.google.com/document/d/1EGpaaSc8_V-quwBCKXZsr7xUyuvTo-mHfAbMySJrqUE/edit?usp=sharing

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How-To Guide for Families

Calling all families and caregivers of young children with autism

**2nd and 4th Tuesday of each Month
1:00 - 2:30 PM EST**

Check out this free webinar from our colleagues at Autism Navigator. This webinar is for families of children 1 to 8 years of age who are concerned about their child's social communication development, challenging behavior, or possible autism, or anyone interested in learning more about autism.

Be sure to request your FREE code to the How-To Guide for Families course after attending the webinar.

Click here for more information and details on how to register:

<https://autismnavigator.com/webinar-autism-navigator-how-to-guide-for-families/>

Created by Florida State University Center for Autism and Related Disabilities (March 2020)

Tallahassee Location 1-800-769-7926

Panama City and Pensacola Locations 1-866-863-0138

www.fsucard.com | autism@med.fsu.edu

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Help for FSU CARD Clients

- [C-19 Needs Assessment Survey](#)
- [Client Update Information Form](#)
- [FSU CARD Staff Directory](#)
- [Visual Supports Request](#)
- [FSU CARD Facebook Page](#)

General Information “Hubs”

- <https://www.autismspeaks.org/covid-19-information-and-resources>
- <https://www.autism-society.org/covid-19/>
- <https://paautism.org/resource/coronavirus-resources/>
- <https://echoautism.org/parent-resources-during-covid-19/>
- <https://www.autism.org/covid-19-resources/>
- <https://asatonline.org/for-parents/becoming-a-savvy-consumer/covid-resources/>
- <https://www.facebook.com/OCALofficial>
- <https://fndusa.org/esedownload/covid19/>

Información en Español

- [Actividades en Casa](#)
- [Recursos en Casa](#)
- [Consejos para manejar a los niños durante el COVID-19 Los siguientes son algunos consejos que pueden ayudarlo a manejar a su hi](#)
- [Lista de verificación de regreso a la escuela](#)

Webinars and Trainings

- [Basic supports and strategies to get us through and keep us sane](#)

Social Stories

Printables

- [WHAT IS THE CORONAVIRUS? COVID-19 / CORONAVIRUS](#)
- [Plain Language Information on Coronavirus](#)
- [COVID-19 - Why Do I Have to Stay Home Story](#)
- [Why Can't I Go to School Social Story](#)
- [Big Ideas for Little Minds](#)
- [Wearing A Mask Story for Children](#)
- [Autism Little Learners](#)
- [The Germ That Wears a Crown \(story/coloring book\)](#)
- [COVID-19 Social Narrative by UCF CARD & USF CARD](#)

Videos

- [Let's Talk About The Coronavirus Whiteboard Social Narrative Video](#)
- [Explained to Kids: Why We Are Wearing Masks](#)
- [Coronavirus: How to Teach Kids About COVID-19 | BrainPOP](#)
- [We Wear Masks - A Social Story about the coronavirus](#)

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Routine and Structure

- [Routine Disruption](#)
- [How to cope with disrupted family routines during COVID-19](#)

COVID-19 Specific Visual Supports

- [Supporting Individuals with Autism through Uncertain Times](#)
- [A book for Children about COVID](#)
- [Dave the Dog book about COVID](#)
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Positive Behavior Intervention and Support

- [Getting Through the Day During School Shut Downs](#)
- [Positive Parenting & COVID-19: 10 Tips to Help Keep the Calm at Home](#)
- [Multiagency Network for Students with Emotional/Behavioral Disabilities](#)
- [Florida PBIS Project](#)

Back-to-School

- [Back-to-School Checklist for Academic Options](#)
- [AAP COVID-19 Planning Considerations: Guidance for School Re-entry](#)
- [CDC COVID-19 Community, Schools, Childcare: Plan, Prepare, Respond](#)
- [Autism Research Institute Preparing for Back-to-School During Covid-19](#)
- [COVID-19 Related Stories For Schools](#)
- [Autism Research Institute Back-to-School Webinar](#)
- [Planning for School Reentry](#)
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Home-Based Instruction

General

- [At-Home Resources for Families](#)
- [Students From Harvard, MIT, UC Berkeley Give Free Tutoring To K-12 Students](#)
- [FREE Online Educational Resources](#)
- [275+ Enrichment Activities for Children While Parents are Working Remotely](#)

Exceptional Student Education

- [Links to Pages Related to COVID-19 Information \(TATS\)](#)
- [Florida Diagnostic & Learning Resources System](#)
- [Tips for Families in Supporting Their Children with Disabilities in Virtual Formats](#)

Reading

- [Just Read, Florida!](#)
- [Fly Leaf Publishing Online Materials Portal for Students](#)
- [Audible just made hundreds of titles completely free](#)
- [Children's Book Authors Are Offering Free Online Videos](#)
- [Beat Boredom With a YouTube Channel Where Celebs Read Kids' Books Aloud](#)

Social Skills

- [Social Thinking - Free Stuff](#)

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Speech and Language

- [169+ Free Speech Therapy Digital Activities](#)

Health and Physical Education

- [Free PE on YouTube](#)
- [GoNoodle | Get Moving](#)
- [Cosmic Kids Yoga](#)
- [Koo Koo Kanga Roo](#)
- [Progressive Muscle Relaxation- for kids and adults!](#)

Music and Art

- [Fun Art Classes Your Kids Can Take for Free](#)
- [Jack Hartmann Kids Music and Learning](#)

Teachers

- [Providing Accommodations in a Virtual Environment](#)
- [BEESS Weekly Memo \(source for trainings and support\)](#)
- [Tips for Learning at Home](#)

AAC Users

- [Medical Communication Board](#)
- [AAC Social Stories](#)

Individual Assistance

- [FSU CARD Services](#)
- [Free ASD Family Consultations with Dr. Patrick J. Rydell of Autism On Call, LLC](#)

Financial Aid/ Medical

- [Financial Assistance Resources During COVID-19](#)
- [Leon County Resources for Financial and Miscellaneous Community Support](#)
- [Florida Agency for Persons with Disabilities](#)
- [Patient Advocate Foundation Covid Care](#)
- [Covid Care Planning](#)
- [Covid Planning Tip Sheet](#)
- [Capital Area Community Action Assistance](#)

COVID-19 Testing

- [Getting Tested for COVID-19 Social Story](#)
- [What If I Need to Be Tested for COVID-19?](#)

Mental Health

General

- [WHO gives advice on handling mental health toll from the coronavirus](#)
- [How to Stay Calm in the Midst of the Coronavirus Crisis](#)
- [Four Core Strategies for Managing Stress and Anxiety](#)
- [Mindset Shift During a Pandemic](#)
- [Taking Care of Your Mental Health in the Face of Uncertainty](#)
- [Taking Care of Your Behavioral Health During an Infectious Disease Outbreak](#)

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Kid-Friendly

- [Character Strong Free Digital Resources](#)
- [Plant Love Grow](#)
- [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease](#)
- [Helping Children Cope With Changes Resulting From COVID-19](#)
- [Helping children afraid of people wearing masks](#)
- [School Connect: EQ in your PJs](#)
- [Sensory Lifestyle: Evidence Based Play Ideas/Parenting Resources Baby-PreK](#)
- [Just For Children & Teens - Monique Burr Foundation](#)

ASD in the News

- [Temple Grandin's Advice to Help During Coronavirus Quarantine](#)
- [Social distancing 'not possible' for people with disabilities, raising challenges](#)
- [Managing my Quarantine Routine as an Adult on the Autism Spectrum](#)

Other Agency Updates

As the situation with the COVID-19 virus continues to evolve, CIL Disability Resource Center is committed to developing ways to provide services for people with disabilities in the safest, most efficient manner possible. We understand there are needs in our community that are not being met and we are working to close that gap.

CILDRC staff will be contacting all current and former consumers over the next days and weeks to check in, provide information and help connect resources so that people with disabilities can get what they need. We are keenly aware of the challenges faced by many who lack access to food, medications, medical equipment and other life sustaining necessities.

If your situation is such that you do not need assistance and you do not need to hear from us, please reply to info@cil-drc.org **"I AM OKAY."** Please include your name and phone number when you reply.

In the meantime, the CILDRC Staff will continue our current operating method of not meeting with consumers in our office. We will be managing day to day activities by appointment and remotely **during our normal business hours 8:00 am - 4:00 pm**. You can reach us by **calling 850-595-5566** or by **email info@cil-drc.org**.

We will do everything we can to assist individuals with urgent matters in a timely manner. **Thank you everyone** for helping our communities stay safe and healthy during these difficult times.



FSU CARD provides general information about autism as a service to the community. The information provided in this document is not a recommendation, referral, or endorsement of any resource, therapeutic method, or service provider and does not replace the advice of medical, legal, or educational professionals. FSU CARD has not validated and is not responsible for any information or services provided by third parties. You are urged to use independent judgment and request references when considering any resource associated with the provision of services related to autism.

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