



ELEVATING THE SPECTRUM  
FOR INDIVIDUALS WITH AUTISM

## Ascendigo COVID-19 Resources for Families

Resource	Description
<b>How to Support Kids During COVID-19</b>	
University of North Carolina Chapel Hill: <a href="#">Supporting Individuals With Autism Through Uncertain Times</a>	A comprehensive toolkit, full of strategies to help support individuals with autism during these times. Addresses many topics, from hand-washing and social distancing to engaging activities and other strategies to maintain engagement and regulation while at home
Autism Speaks: <a href="#">COVID-19 Information and Resources</a>	A variety of resources to help support individuals with autism understand and cope with the changes associated with COVID-19
National Association of School Psychologists (NASP): <a href="#">Helping Children Cope with Changes Resulting From COVID-19</a>	Tips and suggestions for parents regarding the current events. Also includes additional links to resources on coping strategies regarding these current events
Child Mind Institute: <a href="#">Talking to Kids About the Coronavirus</a>	A resource on how to talk to students about the virus
Autism Speaks: <a href="#">What Should the Autism Community Know About Coronavirus Outbreak?</a>	A resource on how parents can address COVID-19 concerns with their child
PBS: <a href="#">How to Talk to Your Kids about the Coronavirus</a>	There is an abundance of resources from PBS kids. Here is a great article for parents on how to talk to students about the virus with simple strategies to use
<b>Social Stories</b>	
Coronavirus <a href="#">Social Story</a>	A basic social story with pictures that describe the virus, best suited for early learners. This social story provides step by step ways to keep safe with clean hygiene practice and interaction with peers
<a href="#">Social Story</a>	A very basic social story for younger learners. It provides simple pictures and narration to help students understand why they do not have school
<a href="#">Coronavirus and My Life</a>	A one-page written social story with minimal visuals. May be best suited for older learners

The Autism Educator: <a href="#">What is the Coronavirus?</a>	A printable social story for young children regarding COVID-19 and school closure
Julia Cook: <a href="#">The Yucky Bug</a>	A video called <i>The Yucky Bug</i> , illustrated by students from an elementary school. The well-known author, Julia Cook, wrote this story with the help of some creative students
BrainPop: <a href="#">Coronavirus Video</a>	An educational video regarding the virus. This is a 4-minute video and may be most appropriate for our older learners
<b>Hand Washing Resources</b>	
The CDC's <a href="#">Handwashing: Clean Hands Save Lives</a>	A handwashing resource for parents to refer to
<a href="#">Teaching Hand Washing</a>	A video that describes how to teach hand washing to children
<b>Educational Resources</b>	
<a href="#">Online Educational Resources</a>	Another list of online resources offered for free during this time
<a href="#">School Closure Toolkit</a>	This is a perfect print-out you can use for your students that need ongoing consistency and positive reinforcement for follow through
<a href="#">Weekly Scheduling Template</a>	A template from Teachers Pay Teachers. You can print this template and write in plans by day to continue with a consistent and predictable routine
<b>Other Educational Websites</b>	
PBSkids.org	Highlightskids.com
SwitcherooZoo.com	Kids.NationalGeographic.com
Discoverykids.com	LittleGoldenBooks.com
KhanAcademy.org	StoryLineOnline.net
Readworks.org	<a href="https://a2pcovid.org/">https://a2pcovid.org/</a>
<b>Self-Care and Emotional Regulation Resources</b>	
<a href="#">HeadSpace</a>	A website (and app) that offers a variety of mindfulness practices and courses
<a href="#">InsightTimer</a>	Another website (and app) that offers a variety of mindfulness practices and courses

Financial Resources	
Resource and Description	Contact Information
<p><b>Coalition for Families Covering Garfield County</b> For Garfield County Residents with critical needs</p>	<p>Amanda Vaughn: 970-414-0054</p>
<p><b>Family Resource Center</b> For families with a child in the Roaring Fork School District</p>	<p>Anna Cole: 970-384-6160 <a href="https://www.rfsd.k12.co.us/family-services">https://www.rfsd.k12.co.us/family-services</a></p>
<p><b>Pitkin County Health &amp; Human Services</b> For Pitkin County Residents with critical needs such as rent, utilities, food, services, etc.</p>	<p><a href="http://www.pitkincounty.com/gethelp">www.pitkincounty.com/gethelp</a></p>
<p><b>*Valley Autism Assistance Fund:</b> For Garfield, Pitkin and Eagle County Residents in the RFV. Grants up to \$1,000 are available to those who demonstrate financial need and have an autism diagnosis</p>	<p>Email: <a href="mailto:info@rfautism.org">info@rfautism.org</a> for an application <a href="https://aspencommunityfoundation.org/apply/apply-grant-individuals-families/">https://aspencommunityfoundation.org/apply/apply-grant-individuals-families/</a></p>
<p><b>Important Phone Numbers:</b> Garfield County Human Services: 970-625-5282 Eagle County Human Services: 970-328-8888 Pitkin County Human Services: 970-429-3350</p>	

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