



**YALE CHILD
STUDY CENTER**

Where discovery inspires care

Coping during the COVID-19 Pandemic:
Yale's Guide for Adults with
Autism Spectrum Disorder

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Hello,

The spread of the novel coronavirus has resulted in unprecedented changes to the daily lives of everyone. We realize these changes may be particularly challenging for individuals with autism spectrum disorder (ASD), who tend to benefit from structure and routines. As such, the McPartland Lab at the Yale Child Study Center has compiled resources for individuals with ASD. It is our hope that these resources will provide ideas and support adults as they develop new routines within their homes. We have included a variety of topics. Please remember to stay home and stay safe!

Best,

The McPartland Lab at the Yale Child Study Center

www.mcp-lab.org

Autism Organizations

The ARC

<https://www.thearcct.org/covid>

The Arc is the largest national community-based organization advocating for and with people with intellectual and developmental disabilities (I/DD) and serving them and their families. Their “Activities 4 U” and “Community Resources 4 U” links contain information on group exercise and relaxation classes and community resources.

ASRC (Autism Services & Resources Connecticut)

<https://www.ct-asrc.org/>

For over 20 years, ASRC has held to the ideal that everyone deserves to live their best life possible. This belief guides ASRC’s mission to provide lifelong access to opportunities for persons on the autism spectrum with the goal of being fully-included and participating members of their communities. Check out their monthly calendar for all of their programs.

Autism Society

<https://www.autism-society.org/>

The Autism Society of America has been improving the lives of all affected by autism for over 50 years and envisions a world where individuals and families living with autism are able to maximize their quality of life, are treated with the highest level of dignity, and live in a society in which their talents and skills are appreciated and valued. They provide advocacy, education, information and referral, support, and community at national, state and local levels through their strong nationwide network of Affiliates. The Autism Society has developed its own COVID-19 website (<https://www.autism-society.org/covid-19/>).

Autism Speaks

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

Autism Speaks is dedicated to promoting solutions, across the spectrum and throughout the life span, for the needs of individuals with autism and their families. They do this through advocacy and support; increasing understanding and acceptance of people with autism; and advancing research into causes and better interventions for autism spectrum disorder and related conditions.

Organizations Providing Employment and Transition Services

Benhaven

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

Benhaven's mission is to enable people with autism and pervasive developmental disorders to participate in community life, exercise productive control over their own lives, have meaningful relationships and associations, be gainfully employed, and experience happiness and personal satisfaction.

- Transition Programs: <https://www.benhaven.org/Programs/Transition/>
- Residential Services: <https://www.benhaven.org/Programs/Residential-Services/#adultservices>
- Career Development: <https://www.benhaven.org/Programs/Residential-Services/Career-Development/>

Chapel Haven

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

Chapel Haven provides lifelong individualized services for people with developmental and social disabilities, empowering them to live independent and self-determined lives.

Easterseals Connecticut

<http://www.hartford.easterseals.com>

Easterseals is carrying on and continuing their mission of providing exceptional services to ensure that all people with disabilities and their families have equal opportunities to live, learn, work, and play in their communities. Easterseals is following state and federal guidelines to continue to serve those in need of our services while keeping their staff safe.

Vista Life Innovations

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

Founded in 1989, Vista Life Innovations is a full-service organization supporting individuals with disabilities throughout the various stages of life. Vista is accredited by the National Commission for the Accreditation of Special Education Services (NCASES). Their services include gaining necessary skills to work, navigating change, and learning life skills.

Mental Health Support

Coping with Stress

- CDC's Mental Health & Coping with COVID-19
https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html
- Many Mindfulness & Calming apps offer free trials:
 - [Headspace.com](https://www.headspace.com)
 - [Calm.com](https://www.calm.com)
 - Calming music for anxiety: www.stronginstitute.com/calm-for-anxiety
 - Soothing audio bedtime stories to help kids sleep: www.moshisleep.com
 - Tracks to Relax - Free sleep meditations: www.trackstorelax.com/free-podcast.html
- Coronavirus Anxiety: Tara Brach on how to use mindfulness in a pandemic
<https://www.vox.com/future-perfect/2020/3/18/21181644/coronavirus-covid-19-mindfulness-meditation-anxiety>
- The American Psychological Association has put together many resources to help the community cope with the new challenges and disruptions from COVID-19. This includes information on:
 - Self-care: <https://www.apa.org/topics/covid-19/index#self-care>
 - Work and Telework: <https://www.apa.org/topics/covid-19/index#work>
 - Stress, Anxiety, and Grief: <https://www.apa.org/topics/covid-19/index#stress>
- APA Podcast: Coping with Stress During COVID-19
<https://www.apa.org/research/action/speaking-of-psychology/covid-19-mental-health>
In this podcast, Dr. Lynn Bufka offers tips for managing anxiety and coping with stress during the current pandemic.
- WHO: Coping with Stress
<https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf>
From the World Health Organization, an infographic with quick tips for managing stress.

Staying Connected to Combat Loneliness and Social Isolation

- How to Protect Your Mental Health During 'Social Distancing'
<https://www.talkspace.com/blog/coronavirus-social-isolation-working-from-home-tips-advice/>
- Autism Society of Minnesota's Guide to Managing Self-Quarantine and Social Distancing (created by autistic adults)
<https://ausm.org/images/docs/PandemicGuideforASDAdults2020.pdf>
- Supporting Individuals with Autism through Uncertain Times
<https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times>

Crisis Management

- Suicide Prevention Lifeline: 1-800-273-8255
<https://suicidepreventionlifeline.org/>
The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Call 1-800-273-8255 or visit their website to chat with a crisis counselor.
- Crisis Text Line: Text 'Home' to 741-741
<https://www.crisistextline.org/>
Crisis Text Line is free, 24/7 support for those in any type of crisis. Text 741-741 from anywhere in the US to text with a trained Crisis Counselor.

Lost Wages

Disability Insurance

If you are unable to work due to having or being exposed to the virus you may be able to file a disability insurance claim- which provides short term benefit payments to eligible workers.

- US Department of Labor, Disability Insurance
<https://www.dol.gov/general/topic/safety-health/disabilityins>

Paid/Unpaid Family Leave

If you are unable to work after caring for a sick loved one you may be eligible to apply for paid or unpaid family leave.

- Paid Family Leave in the States
<https://www.ncsl.org/research/labor-and-employment/paid-family-leave-in-the-states.aspx>
- Families First Coronavirus Response Act
<https://www.autism-society.org/covid-public-policy/>
 - Fact Sheet on Payments to Individuals: https://www.autism-society.org/wp-content/uploads/2020/03/Recovery-Rebates-Fact-Sheet_3-27-20.pdf
 - Fact Sheet on Paid Leave Rights: <https://www.dol.gov/agencies/whd/pandemic/ffcra-employee-paid-leave>

Unemployment Insurance

- US Department of Labor, How Do I File for Unemployment Insurance?
<https://www.dol.gov/general/topic/unemployment-insurance>
- Unemployment Insurance Relief During COVID-19 Outbreak
<https://www.dol.gov/coronavirus/unemployment-insurance>
- Applying for Unemployment
<https://www.usa.gov/unemployment>
- For more information about applying for unemployment benefits, workers' compensation, welfare or temporary assistance, and other programs and services that can help if you lose your job, visit [usa.gov/unemployment](https://www.usa.gov/unemployment).

Community Living Resources

HHS Administration for Community Living

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-disabilities.html>

Department of Labor: Preparing Workplaces for COVID-19

<https://www.dol.gov/newsroom/releases/osha/osha20200309>

Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities

https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fhcp%2Fguidance-prevent-spread.html

Food & Nutrition Resources

Supplemental Nutrition Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

FoodPantries.org

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

Feed America Food Banks

<https://www.feedingamerica.org/find-your-local-foodbank>

Resources for Higher Education Institutions

Federal Student Aid (FSA)-issued Coronavirus Information for Students, Borrowers, and Parents

<https://studentaid.gov/announcements-events/coronavirus>

Information for Accrediting Agencies Regarding Temporary Flexibilities Provided to Coronavirus-Impacted Institutions and Accrediting Agencies

<https://www2.ed.gov/about/offices/list/ope/20-007covid19accreditorsfromomb317s.pdf>

Census Bureau Statement on Modifying 2020 Census Operations to Make Sure College Students are Counted

<https://www.census.gov/newsroom/press-releases/2020/modifying-2020-operations-for-counting-college-students.html>

Employment/Training Opportunities

How to cope with disrupted personal routines during COVID-19

<https://www.autismspeaks.org/blog/how-cope-disrupted-personal-routines-during-covid-19>

Tips for autistic adults to help cope with disruptions in routines, mental health challenges, and other ways to practice self-care during this difficult time. Written by Brigid Rankowski, a disability advocate, educator and international speaker and author on autism spectrum disorders.

Working from home: Developing a new routine

<https://www.autismspeaks.org/blog/working-home-developing-new-routine>

The transition to remote work for many workers has presented many challenges. For some autistic employees this change can be even more difficult. Lydia Wayman, an autistic author, speaker, blogger and advocate, offers tips for adapting to a new work routine.

Support for Autistic Adults Dealing with COVID-19 Employment Changes

<https://www.autismspeaks.org/blog/support-autistic-adults-dealing-covid-19-employment->

[changes](#)

Tips for autistic workers who may be facing a job change or unemployment. Includes information on applying for unemployment, accessing other benefits, budgeting, focusing on mental health, and more.

Disability Rights

Disability Rights CT

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

Recreational and Educational Activities

12 Museum Virtual Tours

<https://www.msn.com/en-us/travel/travel-trivia/stuck-at-home-these-12-famous-museums-offer-virtual-tours-you-can-take-on-your-couch-video/ar-BB119nm6>

A list of 12 famous museums that offer virtual online tours.

AFSA Education Foundation

www.afsaef.org

The AFSA Education Foundation is a nonprofit focused on educating consumers of all ages on personal finance concepts and responsible money management. They offer a free personal finance course, MoneySKILL, that is accessible entirely online for students in middle school and above. The course is fully customizable and includes 37 modules available in English and Spanish that address topics such as budgeting, saving, investing, and more.

American Archive of Public Broadcasting

<https://americanarchive.org>

The American Archive of Public Broadcasting (AAPB) is a collaboration between the Library of Congress and the WGBH Educational Foundation to coordinate a national effort to preserve at-risk public media before its content is lost to posterity and provide a central web portal for access to the unique programming that public stations have aired over the past 70 years. To date, over 110,000 digital files of television and radio programming contributed by more than 130 public media organizations and archives across the United States have been preserved and made accessible for long-term preservation and access.

Astrostem

<http://www.astrostem.org>

Astrostem.org is an online education platform that includes astronomy lessons, astronomy applications, astronomy workshops, space games, current astronomy and space science news and allows users to produce their own content.

Audible

<https://stories.audible.com/start-listen>

Kids and kids at heart can stream hundreds of free audiobooks across 6 different languages.

Bunk History

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

Digital archive of a variety of media produced about current events, public history and government. Bunk shows connection both spatially and across historic eras.

CASY (Community Autism Socials at Yale)

<https://www.meetup.com/ProjectCASY/>

Autism community members: Fight COVID-19 with social distancing AND distance socializing! Just because we need to be physically separated doesn't mean we should stop socializing. In fact, we need to develop our distance socializing skills to maintain the ongoing physical separation needed to combat the spread of COVID-19. Otherwise, we risk isolation and loneliness.

Chrome Music Lab

<https://musiclab.chromeexperiments.com/>

Chrome Music Lab is a website that makes learning music more accessible through fun, hands-on experiments.

Coloring Nature

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

Coloring Nature is for children and adults. They have more than 675 FREE printable coloring pages. Their coloring categories include serious science: biomes, anatomy, animals, plants and more, plus some pure whimsy – just for fun.

Ecree

<https://www.ecree.com/>

Ecree provides unlimited, real-time, human quality feedback on the elements of foundational academy writing: argumentation, organization and analysis. Ecree provides the equivalent impact of an expert writing tutor.

Jackbox Games

<https://www.jackboxgames.com/>

Play party games with your friends online, such as YOU DON'T KNOW JACK, Quiplash, Fibbage, Trivia Murder Party, and more.

LZM Studio

www.lzmstudio.com and <https://www.youtube.com/lzmstudio>

Learn to draw with videos, handouts, and photos; great for ages 7 through adult learners! Free how to draw videos on both sites.

Metropolitan Opera House

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

Rebroadcasts of LIVE HD opera series. All “Nightly Met Opera Streams” will begin at 7:30pm EDT and will remain available via the homepage of metopera.org for 20 hours. The homepage link will open the performance on the Met Opera on Demand streaming service. The performance will also be viewable on all Met Opera on Demand apps.

Museum of Science Boston

<https://www.mos.org/MOSatHome>

Boston's Museum of Science is bringing new content online for free. It is a combination of mediums (podcast, video, printables, etc.). They have started with information about pandemics and viruses but have said that they intend to move as much of their regular information and programming online as possible!

National Museum of Natural History

<https://naturalhistory.si.edu/visit/virtual-tour>

The Smithsonian, National Museum of Natural History virtual tours allow visitors to take self-guided, room-by-room tours of select exhibits and areas within the museum from their desktop or mobile device. Visitors can also access select collections and research areas at their satellite support and research stations as well as past exhibits no longer on display.

Virtual Museum Tours

<https://www.timeout.com/travel/virtual-museum-tours>

Check out these virtual tours of museums from around the world. Take a trip through some of the world's greatest collections on these virtual museum and gallery tours.