

ASD-related COVID-19 resources for families and professionals

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Resource kits compiled by other ASD/DD centers and organizations

- [Supporting Individuals with Autism Through Uncertain Times toolkit \(UNC\)](#)
- Guide for supporting behavior, routines, school, and many other topics (ECHO Autism) - <https://echoautism.org/parent-resources-during-covid-19/>
- Mental Health and Respite, Modifying Routines, Community Support and more (Autism Society) - www.autism-society.org/news/covid-19update
- Parenting Tips, Family Information on coping during a crisis and support for those with Autism (Thompson Center for Autism) - <https://thompsoncenter.missouri.edu/covid19/>
- [Autism Resources, news, what to know about COVID-19 outbreak \(Autism Speaks\)](#)
- [Online learning for kids with disabilities, free educational resources, learning activities, DIY and more \(Families Together, Inc. of Kansas\)](#)

Down Syndrome & COVID-19 information

- [Mass General Hospital fact sheet](#)
- [National Down Syndrome Society fact sheet](#)

Plain language information about COVID-19 for individuals with disabilities

- <https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>
- <https://www.youtube.com/watch?v=MJ8eeC-tVD4&feature=youtu.be>

Special Education, IEPs, and ADA resources

- [Special Education rights Q&A \(Department of Education\)](#)
- [Kansas State Department of Education](#)
- [Missouri Department of Elementary and Secondary Education](#)
- [Compilation of special education guidance \(Wright's Law\)](#)
- [National Center for Learning Disabilities resources](#)

Online behavioral, teaching and activity resources

- Children's Mercy Parenting videos: <https://www.childrensmercy.org/departments-and-clinics/developmental-and-behavioral-health/autism-clinic/family-training-opportunities/online-training-modules/>
- Help is in Your Hands (free naturalistic developmental-behavioral coaching videos for parents of young children): <https://helpisinyourhands.org/course>
- Exercise as a strategy to increase attention, improve self-control, decrease impulsive behavior - <https://www.autismspeaks.org/expert-opinion/can-exercise-improve-behavior-help-encouraging-child-who-has-autism>