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At Home Teaching Support
General School-Age
Dear parents with school-aged children

You might be inclined to create a minute by minute schedule for your kids. You have high hopes of hours of learning, including online activities, science experiments, and book reports. You’ll limit technology until everything is done! But here’s the thing...

Our kids are just as scared, as we are right now. Our kids not only can hear everything that is going on around them, but they feel our constant tension and anxiety. They have never experienced anything like this before. Although the idea of being off of school for 4 weeks sounds awesome, they are probably picturing a fun time like summer break, not the reality of being trapped at home and not seeing their friends.

Over the coming weeks, you will see an increase in behavioral issues with your kids. Whether it’s anxiety, or anger, or protest that they can’t do things normally - it will happen. You’ll see more meltdowns, tantrums, and oppositional behavior in the coming weeks. This is normal and expected under these circumstances.

What kids need right now is to feel comforted and loved, to feel like it’s all going to be ok. And that might mean that you tear up your perfect schedule and love on your kids a bit more. Play outside and go on walks. Bake cookies and paint pictures. Play board games and watch movies. Do a science experiment together or find virtual field trips of the zoo. Start a book and read together as a family. Snuggle under warm blankets and do nothing.

Don’t worry about them regressing in school. Every single kid is in this boat, and they all will be ok. When we are back in the classroom, we will all course correct, and meet them where they are. Teachers are experts at this! Don’t pick fights with your kids, because they don’t want to do math. Don’t scream at your kids for not following the schedule. Don’t mandate 2 hours of learning time, if they are resisting it.

If I can leave you with one thing, it’s this: at the end of all of this, your kids’ mental health will be more important, than their academic skills. And how they felt during this time, will stay with them long after the memory, of what they did during those 4 weeks is long gone. So keep that in mind, every single day.

Stay safe. FAU CARD STAFF
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before 9:00am</td>
<td>Wake up</td>
<td>Eat breakfast, make your bed, get dressed, put PJ’s in laundry</td>
</tr>
<tr>
<td>9:00-10:00</td>
<td>Morning walk</td>
<td>Family walk with the dog Yoga if it’s raining</td>
</tr>
<tr>
<td>10:00-11:00</td>
<td>Academic time</td>
<td>NO ELECTRONICS Soduku books, flash cards, study guide, Journal</td>
</tr>
<tr>
<td>11:00-12:00</td>
<td>Creative time</td>
<td>Legos, magnatiles, drawing, crafting, play music, cook or bake, etc</td>
</tr>
<tr>
<td>12:00</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>12:30PM</td>
<td>Chore time</td>
<td>A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets</td>
</tr>
<tr>
<td>1:00-2:30</td>
<td>Quiet time</td>
<td>Reading, puzzles, nap</td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>Academic time</td>
<td>ELECTRONICS OK Ipad games, Prodigy, Educational show</td>
</tr>
<tr>
<td>4:00-5:00</td>
<td>Afternoon fresh air</td>
<td>Bikes; Walk the dog, play outside</td>
</tr>
<tr>
<td>5:00-6:00</td>
<td>Dinner</td>
<td></td>
</tr>
<tr>
<td>6:00-8:00</td>
<td>Free TV time</td>
<td>Kid showers x3</td>
</tr>
<tr>
<td>8:00</td>
<td>Bedtime</td>
<td>All kids</td>
</tr>
<tr>
<td>9:00PM</td>
<td>Bedtime</td>
<td>All kids who follow the daily schedule &amp; don’t fight</td>
</tr>
</tbody>
</table>
Our Home School Schedule

1. take a walk
2. binder
3. take break
4. chores
5. lunch
6. story time
7. computer
8. play outside
9. dinner
10. shower
11. bedtime story
Virtual Field Trips

Arconic’s Advanced Manufacturing Hub
https://www.manufactureyourfuture.com/VirtualFieldTrip/US

Boeing & Discovery Education
https://www.boeingfutureu.com/

Boston Children’s Museum
https://www.bostonchildrensmuseum.org/museum-virtual-tour

Discovery Education
https://www.discoveryeducation.com/learn/tundra-connections/

Farm Tour 360
https://www.farmfood360.ca

Great Wall of China
https://www.thechinaguide.com/destination/great-wall-of-china

Houston Zoo
https://www.houstonzoo.org/explore/webcams/

Louvre
Virtual Field Trips

Mammoth Hot Springs Trails
https://www.nps.gov/thingstodo/yell-mammoth-hot-springs-trails.htm

MARS
https://accessmars.withgoogle.com/

Monterey Bay Aquarium
https://www.montereybayaquarium.org/animals/live-cams

Mud Volcano
https://www.nps.gov/thingstodo/yell-mud-volcano-trails.htm

San Diego Zoo
https://kids.sandiegozoo.org/

Soar With Wings
https://www.soarwithwings.com/videos/virtual-field-trip

Yellowstone National Park
https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm

Zoo Atlanta
https://zooatlanta.org/panda-cam/
Virtual Field Trips

Georgia Aquarium

https://www.ozolio.com/explore/HQK00000499

National Parks

https://social.diply.com/121060/you-can-virtually-tour-a-whole-bunch-of-national-parks-from-your?f-bclid=IwAR0j5zBGxUR7d-Rkb3dMd_sHQnmkHMI0xr2PjgVLg-1qT1jMtVOK78aBchA

Family Powered Steam - Virtual Dissections and Labs

https://www.steampoweredfamily.com/education/virtual-dissections-labs/?fbclid=IwAR2ZNk_zjJ-d_2mftdfZqPIEKYhzSEGEkjLKpUwrfN00nrtLap1cvffzKuxo
Learning Websites

Fun Brain
www.funbrain.com

Into The Book
https://reading.ecb.org

Nat Geo For Kids
www.kids.nationalgeographic.com

PBS Kids
www.pbs.org

Star Fall
www.starfall.com

Storyline Online
www.storylineonline.net

Suessville
www.seussville.com

Scholastic Free Learn at Home
https://classroommagazines.scholastic.com/support/learnathome.html

Makers Station
https://drive.google.com/file/d/1T4CZCt8hJqYLVT5ZY5pR7SqHLWDWaaUO/view

Switchero Zoo
https://www.switchzoo.com

GoNoodle
https://www.gonoodle.com/

Have Fun Teaching
https://www.havefunteaching.com/resources/relief-packs

School of Rock Videos
https://www.youtube.com/user/SchoolhouseRockTV1/
Other Resources

**Control Alt Achieve**
This link provides a run down of different Google extensions that are available to support struggling learners. These can be used at any grade level.

[https://www.controlaltachieve.com/2016/10/special-needs-extensions.html](https://www.controlaltachieve.com/2016/10/special-needs-extensions.html)

**TATS Family Involvement Links**
Below is the link to the Family Involvement section which has information and activities that parents/families can do with their children. We will be updating it frequently as more resources become available. We may also be emailing relevant resources directly.

[https://tats.ucf.edu/family-involvement/](https://tats.ucf.edu/family-involvement/)

**Screen Free Activities**
Children with autism need lots of opportunities to interact with people, as opposed to technology. This link provides parents 20 screen-free activities that can be done with their child indoors, while social distancing, due to Covid-19.

[https://savedyouaspot.com/2020/03/12/20-screen-free-things-to-do-with-your-kids-indoors-when-school-is-closed/?fbclid=IwAR1Gz-cAD0hWWTJHAD2RY8aTKjnWhGlzNWaREql858ujd21Q8A80Gvt8ZLw](https://savedyouaspot.com/2020/03/12/20-screen-free-things-to-do-with-your-kids-indoors-when-school-is-closed/?fbclid=IwAR1Gz-cAD0hWWTJHAD2RY8aTKjnWhGlzNWaREql858ujd21Q8A80Gvt8ZLw)

**Virtual School Sites**
This site offers a collection of sites to live webcams, virtual tour and trips, and other fun educational sites for parents.

[https://virtualschoolactivities.com/](https://virtualschoolactivities.com/)

**FAU Libraries is happy to share our new Homeschooling LibGuide**
This is a nice guide, of many free resources for parents homeschooling. This site provides parental resources, covering topics from art to social work, with a section for parents with children with special needs.

[https://libguides.fau.edu/homeschool](https://libguides.fau.edu/homeschool)
Pre-K through Elementary
Collect all of the following items in a bag or basket. Check the boxes as you find each one.

- A toy with wheels
- Something that is very soft
- Something round
- A photo of someone you love
- A toy smaller than your hand
- A book with numbers in it
- 2 Legos that are different
- A toy that has different colors
- A movie that has an S in the title
- Something you can see yourself in, NOT a mirror

Scavenger
Scavenger

Collect all of the following items in a bag or basket. Check the boxes as you find each one.

- A flower 🌸
- Something that is heavy 🐘
- Something that is NOT heavy 🐘
- Something that is brown 🐘
- Something that starts with the letter M 🦅
- Something you love ❤️ to play 🎮 with.
- A piece of trash you can recycle 📮
- A stick that is longer than your hand 🍃
- 3 flowers with different colors 🌼
- A rock with spots 🌼 on it.
- 4 leaves that look different 🍃
Learning A-Z
Learning A-Z is a free educational technology resource for educators to assist with the teaching of concepts across all subject areas. Go to learninga-z.com Click on products and then select Reading A-Z. If you click the Free Trial it will allow to set-up a 90-day account where you can access over 2,000+ different books.

https://www.learninga-z.com

Raz-Kids
This site provides educators a digital resource that provides a library of differentiated books students can use to practice reading wherever they are (Internet connection required).

https://www.raz-kids.com

Headsprout
This resource provides an online K–5 reading program that adapts to the needs of the individual student. It is self-paced, which makes it ideal for at-home practice.

https://www.headsprout.com/

Internet4Classrooms.com
This site provides a variety of activities and ideas at different educational levels.

https://www.internet4classrooms.com/

iPAD
The link below includes a variety of iPad apps that have be organized based on disability:

https://www.educatorstechnology.com/2016/01/a-handly-chart-featuring-over-30-ipad.html

Scholastic questions stems: 2nd grade Level
This site includes great question stems that can be used by parents while reading with their children. These stems are designed to address higher order thinking skills. This link is for questions at a second grade level.


Scholastic questions stems: 3rd Grade Level
This link includes great question stems, that can be used by parents, while reading with their children. These stems are designed to address higher order thinking skills. This link is for questions, at a third grade level.


Early Start Denver Model Parent Training
Great resource for parents of very young children newly diagnosis with ASD.

https://helpisinyourhands.org/course
**Sesame Street in Communities**  
This is an excellent resource for parents on many different topics.  
https://sesamestreetincommunities.org/topics/school-readiness

**Florida Office of Early Learning**  
This site provides Florida standards for PreK along with many resources especially under the Family Resources Section.  
http://flbt5.floridaearlylearning.com/
Middle School
Florida Department of Education Middle School Resources for Distance Learning
Florida Department of Education provides a multitude of resources to assist in teaching your child, at the elementary, middle and high school level. This link provides resources for middle school students.

http://www.fldoe.org/em-response/resources-families.stml#middle

Age of Learning
This site offers free home access to ABCmouse, a learning resource for ages 2 to 8; Adventure Academy, for students ages 8 to 13; and ReadingIQ, a digital library and literacy platform is available for children 12 and under.

http://www.ageoflearning.com

TGR EDU
Use these interactive resources, designed for grades 6-12, to develop problem-solving and decision-making skills with real-world applications in college access and STEM learning.

http://tgreduexplore.org/curriculum?mkt_tok=eyJpIjoiWXpKa05XVTFNREJsTWpjeSIsInQiOiJUV01qTkd1V1-wvRUt3NVRFQnJtT2Q1ZDRKeiliZXmITTVY2aHBYmwwNWFHVmOBUpa25tb3d0ZFlqcjI1NTm01eW9tbHNY-WU5xZUtC71N4NythbFZ0MjJzdXF1cWQ5XC9yNlwvaEpNTG9wd3ZFdEdrREhvQXNFRE43NGZyK2IRZCJ9

Civic Learning: National Constitution Center
The National Constitution Center team is supporting remote learning with free lectures and civil dialogue sessions on the Constitution that students across America can access online. Beginning March 23, we will offer daily live constitutional conversations for middle school, high school, and college students, available through Zoom, and accessible on home computer, laptop, or phone.


Math Nation
The Lastinger Center at University of Florida is opening up digital access to Math Nation to any district in the country free of charge through August 31, 2020

https://mathnation.com/learnmore/

North American Scholastic Esports Federation
North American Scholastic Esports Federation launched free daily “Community Club” sessions for students. These are interactive online gatherings to provide activities, socialization (without physical contact), development of game skills, and insights into the careers and lives of professionals working in the esports industry.

http://www.esportsfed.org/learning/curriculum/
Scholastic
Scholastic created free resources to provide all students with 20 days worth of instructional materials.

www.scholastic.com/learnathome

Imagine Learning
Imagine Learning offers online language development lessons for K-8 students, including Math and Literacy Programs, geared towards keeping students, parents and educators engaged in academics and language development during this time.

https://www.imaginelearning.com/at-home

Supporting Students with Disabilities
U.S. Department of Education (DOE)
The Department stands ready to offer guidance, technical assistance, and information on any available flexibility, within the confines of the law, to ensure that all students, including students with disabilities, continue receiving excellent education during this difficult time.

For guidance on providing distance learning in compliance with federal law
https://www2.ed.gov/about/offices/list/ocr/frontpage/faq/rr/policyguidance/Supple%20Fact%20Sheet%203.21.20%20FINAL.pdf?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=

For FAQ's on providing services to children with disabilities during COVID-19
High School
FL Department of Education High School Resources for Distance Learning
Florida Department of Education provides a multitude of resources to assist in teaching your child, at the elementary, middle and high school level. This link provides resources for high school students.

http://www.fldoe.org/em-response/resources-families.stml#high

ACT Information
ACT has rescheduled its April 4 national test date to June 13 across the U.S. in response to concerns about the spread of the coronavirus (COVID-19). All students registered for the April 4 test date will receive an email from ACT in the next few days informing them of the postponement and instructions for free rescheduling to June 13 or a future national test date.


SAT Information
In response to the rapidly evolving situation around the coronavirus (COVID-19), College Board is canceling the May 2, 2020 SAT and SAT Subject Test administration. Makeup exams for the March 14 administration (scheduled for March 28) are also canceled. Students who already registered for May, whose March test centers were closed, or who do not receive March scores because of any irregularities will receive refunds. In the coming days, College Board will share additional information and details directly with registered students and test centers.

http://pages.collegeboard.org/natural-disasters

Advanced Placement Program (AP)
The College Board is continuing to administer AP testing for high schoolers nationwide and is shifting all testing to remote, online exams. They are also offering online AP Review sessions for students starting on Wednesday, March 25th that can be accessed here.

https://apstudents.collegeboard.org/coronavirus-updates#free-ap-classes

TGR EDU
Use these interactive resources, designed for grades 6-12, to develop problem-solving and decision-making skills with real-world applications in college access and STEM learning.

http://tgreduexplore.org/curriculum?mkt_tok=eyJpIjoiWXpljoiWxpKa05XVTFNREJStWpjeSIsInQiOiJUV01qTkd1VI-wvRU3NVRFQnJtT2Q1ZDRKeiBlZmxITVY2aHBYTmwwNWFHVmQ3SUwEVUpna25tb3d0ZFhqciJNTm01eW9tbINY-WU5xZUtTW1N4NythbFZ0MjJzdXF1cWQ5XC9yNiwyEpNTG9wd3ZFdEhREhvQXNFRE43NGZyK2lRZCJ9
Foundation for Economic Education (FEE)
FEE has a plethora of resources available online for free to teach economics to students at home through our free online courses as well as our educational videos.
https://fee.org/shows

Citizens' High School (CHS)
CHS is making their technology and expertise available for rapid deployment to all colleagues in secondary education, including public, private, independent, charters and co-ops.
https://www.citizenshighschool.com/coronavirus

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http://www.esportsfed.org/learning/curriculum/

Supporting Students with Disabilities
U.S. Department of Education (DOE)
The Department stands ready to offer guidance, technical assistance, and information on any available flexibility, within the confines of the law, to ensure that all students, including students with disabilities, continue receiving excellent education during this difficult time.
https://www2.ed.gov/about/offices/list/ocr/frontpage/faq/rr/policyguidance/SupplementalFactSheet2020 FINAL.pdf

College Resources
Embry-Riddle
Embry-Riddle, Aeronautical University is offering free online course offerings on topics ranging from aeronautics and meteorology, to computer applications, history and more. No-cost options are available for the general public as well as Embry-Riddle employees.
https://worldwide.erau.edu/colleges/catalog
Ivy League Courses Online
Brown, Harvard, Cornell, Princeton, Dartmouth, Yale, Columbia universities, and the University of Pennsylvania are offering over 400 online courses ranging in categories from Computer Science, Humanities, Business to Engineering, Math and many more.
https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/

Civic Learning: National Constitution Center
The National Constitution Center team is supporting remote learning with free lectures and civil dialogue sessions on the Constitution that students across America can access online. Beginning March 23, we will offer daily live constitutional conversations for middle school, high school, and college students, available through Zoom, and accessible on home computer, laptop, or phone.

Wolfram’s breakthrough algorithms
Compute expert-level answers using Wolfram’s breakthrough algorithms, knowledgebase and AI technology
https://www.wolframalpha.com

Desmos
Graph functions, plot data, evaluate equations, explore transformations, and much more – for free!
https://www.desmos.com
County Specific Resources
All Counties
We are here for you!

CARD Websites

Florida Atlantic University
www.autism.fau.edu

Florida State University
https://fsucard.com

University of Central Florida
www.ucf-card.org

University of Florida at Gainesville
www.card.ufl.edu

University of Florida at Jacksonville
https://hscj.ufl.edu/pediatrics/autism/

University of Miami
www.umcard.org

University of South Florida
http://card-usf.fmhi.usf.edu
Grocery Delivery Services

AmazonFresh
https://www.amazon.com/alm/storefront?almBrandId=QW1hem9uIEZyZXNo

Boxed
https://www.boxed.com/

Brandless
https://brandless.com/

Costco
https://www.costco.com/grocery-household.html

FreshDirect
https://www.freshdirect.com/index.jsp?serviceType=HOME

Hungryroot
https://www.hungryroot.com/

Instacart
https://www.instacart.com/

Peopod
https://www.peapod.com/

Shipt
https://www.shipt.com

211
Find local services and get help today.
https://211palmbeach.org

Comcast Free WiFi
Company Opens Xfinity WiFi Network Nationally for Free, Offers Unlimited Data for Free, Confirms Its Commitment to Connecting Low-Income Families. Link gives you more information on this resource.
https://corporate.comcast.com/covid-19

United Way Economic Relief Fund
Website to make donations to the economic relief fund that will be used to assist families in need.
https://www.unitedwayslc.org/emergency-relief

Reemployment Assistance
If your employment has been negatively impacted as a result of COVID-19 in Florida, you may be eligible to receive Reemployment Assistance.
http://www.floridajobs.org/
Indian River County
**Treasure Coast Food Bank**
The Treasure Coast Food Bank is a hunger relief organization on Florida's Treasure Coast. It provides direct services and outreach programs to help support children, seniors, and families in need in Indian River, St. Lucie, Martin, and Okeechobee counties

[https://stophunger.org](https://stophunger.org)

**United Way of Indian River County**
United Way of Indian River County has launched the COVID-19 Community Response Fund, an emergency fund to aid in recovery efforts to support those in Indian River County who have been affected by this crisis.


**Department of Health Indian River County**

**Do you think you may have Coronavirus?**
Start by calling Cleveland Clinic Indian River Hospital at 772-226-4846.

**HOTLINE OPEN (772) 226-4000**
The Indian River County Emergency Information Center Hotline has been activated to take calls regarding COVID-19 (Coronavirus). open from 8 am - 5 pm. 7 days a week.

**Schools Provide Meals to Students**
The School District of Indian River County’s Mobile Cafe’s will also be serving breakfast and lunch at the following locations. Please visit [IndianRiverSchools.org](http://IndianRiverSchools.org) for the Mobile Cafe schedule and routes, serving the north, central, and south areas of Indian River County. Meals will be distributed to any child 18 years and younger. Per USDA requirements, the child must be present in order to receive a meal package. Parents and children are asked to practice social distancing during this process.

- Grace Meadows, Fellsmere
- Whispering Pines, Fellsmere
- Sonrise I and II
- Sebastian Public Library, Sebastian
- Pelican Isle, Sebastian
- Barber St Sports Complex, Sebastian
- Pelican Island Elementary, Sebastian
- Grace Groves, Vero Beach
- Orangewood Park Apartments, Vero Beach
- Grace Pines, Vero Beach
- Victory Park Apartments, Vero Beach
- Gifford Youth Achievement Center, Vero Beach
- Hibiscus House, Vero Beach
- Pemberly Palms, Vero Beach
- Walmart, Vero Beach
- Indian River Mall, Sears Parking Lot
- Grace Woods - West, Vero Beach
- Waterside, Vero Beach
- Preserves at Oslo, Vero Beach
- Indian River Academy, Vero Beach
Martin County School District
The department provides the following services: Family planning/birth control, HIV/AIDS primary care and services, Communicable disease services, Sexually transmitted disease (STD) services, Immunizations, School health services, WIC nutrition program, Office of Vital Statistics (birth and death certificates), Environmental health services, Community health improvement and outreach, Public health preparedness and response, and County Human Services assistance program.

https://www.martinschools.org/

The District will move to a digital instruction plan on March 30, 2020. Students who are in need of a laptop device to participate in digital learning may obtain a device from their school according to this link to schedule:

https://drive.google.com/file/d/1qSsY1LsH1Bj2IY0CK9BNg5nsK5Bp1KWZ/view

Martin County Municipality
https://www.martin.fl.us/

Sign up for emergency alerts COVID-19
https://www.martin.fl.us/Coronavirus

Martin County Library
https://www.martin.fl.us/Libraries

Health Department
http://martin.floridahealth.gov/

The Arts Council of Martin County: Offering information on small business grants
https://www.martinarts.org/resources/coronaviruscovid-19-resources-for-arts-organizations-artists.html

Martin Health Systems/Cleveland Clinic
Offering remote drive through CV-19 testing, if you suspect you have CV-19.

United Way Martin County: COVID-19 Resource Center
https://www.unitedwaymartin.org/COVID-19

Business Development Board of Martin County
https://bdbmc.org/
Tykes & Teens
Tykes and Teens can assist with a variety of challenges, whether your child has suffered abuse, the loss of a family member or friend, or other trauma, or simply needs guidance coping with daily challenges at home or school, they can help.

http://www.tykesandteens.org

Treasure Coast Food Bank
The Treasure Coast Food Bank is a hunger relief organization on Florida's Treasure Coast. It provides direct services and outreach programs to help support children, seniors, and families in need in Indian River, St. Lucie, Martin, and Okeechobee counties.

https://stophunger.org

ARC of Martin
The ARC of Martin County has partnered with an innovative company called AnswersNow.com. Answers now with ARC of Martin are offering free online ABA and Telehealth support to parents.

They are offering to parents, for a limited time a tool with an ability to cancel any time.

https://welcome.getanswersnow.com/keith/?utm_source=email&utm_campaign=florida

Parent Support University:
https://welcome.getanswersnow.com/keith/?utm_source=email&utm_campaign=florida

To learn more about how to access these services contact:
https://getanswersnow.com or email us at info@arcmc.org
Okeechobee County
Resources

Okeechobee School District:
District Updates
http://okee.k12.fl.us/coronavirus-information-for-okeechobee-county-schools-families

At-Home Learning Plan
https://docs.google.com/document/d/1h5v5nwl3olAFLpoD1_kCScGAI7ioG2smq5HEaYMBloPY/edit

FAQs Regarding the Impact of COVID-19 For Students and Families

Okeechobee County Municipality
https://www.co.okeechobee.fl.us/services/covid-19

Raulerson Hospital
Coronavirus resource hub
https://raulersonhospital.com/covid-19/index.dot

Okeechobee County Health Department
The department provides the following services: Family planning/birth control, HIV/AIDS primary care and services, Communicable disease services, Sexually transmitted disease (STD) services, Immunizations, School health services, WIC nutrition program, Office of Vital Statistics (birth and death certificates), Environmental health services, Community health improvement and outreach, Public health preparedness and response, and County Human Services assistance program.
http://okeechobee.floridahealth.gov/

United Way
Resources for Hendry, Lee, Glades & Okeechobee Counties.

Okeereads
Okeechobee County Schools is providing Footsteps2Brilliance a comprehensive literacy app, to the parents of all pre-k - 2nd grade children who live in Okeechobee County, FL. This engaging app will help you prepare your child for school.
https://okeereads.com/
Palm Beach County
Food Services

Palm Beach Food Pantries, bills paid

Palm Beach County Food Bank
The Palm Beach Food Bank is a hunger relief organization for Palm Beach County. It provides direct services and outreach programs to help support children, seniors, and families in need in Palm Beach County.
https://www.pbcfoodbank.org

Palm Beach Food Pantries by area
https://www.foodpantries.org/ci/fl-west_palm_beach

St Ann’s Place Food Pantry
Bagged meals will be distributed from 9 a.m. to 11 a.m. and are FREE to anyone regardless of financial need.
https://www.stannplace.org/

Palm Beach County Schools Food Service/ Grab & Go Meals:
Breakfast, lunch & dinner ‘Grab and Go’ box meals will be distributed from 11 a.m. to 1 p.m. and are FREE to anyone under 18 years of age (ESE students under 22 years).
https://www.palmbeachschools.org/news/what_s_new/feeding_sites_open_during_school_closure

Community Partners of South Florida
Community Partners of Palm Beach targets three strategic areas: health, housing, & community.
https://www.cp-cto.org

Palm Beach County - Ask a Librarian
https://askalibrarian.org/local.php?LibraryName=Palm%20Beach%20County%20Library%20System&DepartmentNumber=22876

Palm Beach County Court System
https://15thcircuit.com

Palm Beach County - Sheriff’s Office with County Orders
http://www.pbso.org/news/corona-virus-information/

Palm Beach County - Medical Society
https://www.pbcms.org/covid-19-physician-resources
Palm Beach County Resources
Resources for Palm Beach County on CV-19.
http://discover.pbc.gov/Pages/COVID19.aspx

Financial Resources
Neighbors Helping Neighbors
United Way Grants and resources information.
https://unitedwaypbc.org/nonprofit-resources

Serving Our Seniors
To provide financial relief from high-energy costs to prevent service disconnection for seniors 62 and older in crisis. The assistance is limited to a one-time payment not to exceed $600. Call 561-804-4970
http://www.wpb.org

City of Lake Park Small Business loans
Small business loans available for those impacted by CV-19.
https://www.lakeparkflorida.gov/content/small-business-association-makes-disaster-loans-available-impacted-businesses

Housing Assistance
COVID-19 Rental Eviction Protection Program
To assist eligible City of West Palm Beach households with temporary rental assistance due to loss of income as a direct result of COVID-19.
www.wpb.org/housing

Eviction Prevention Program
Palm Beach County Human Services To assist individuals or families who require temporary rental assistance in order to avoid displacement.
http://discover.pbcgov.org/communityservices/Pages/default.aspx

Utility Assistance
The Low-Income Home Energy Assistance Program
To provide financial relief from high-energy costs to prevent service disconnection for families in crisis.
http://discover.pbcgov.org/communityservices/communityaction/Pages/Utility-Assistance.aspx
**School District of Palm Beach Distance Learning Information and Resources for Parents and Students:**
This page on the School District of Palm Beach website provides parents a wealth of information, instructional resources, and how to access instructional supports and technology, through the School District of Palm Beach, for your child.

[https://www.palmbeachschools.org/students_parents/digital_learning](https://www.palmbeachschools.org/students_parents/digital_learning)

**School District or Palm Beach Student Parent Health Services and Information on Covid-19**
This page on the School District of Palm Beach website provides parents a wealth of information, and resources on the Covid-19 virus, how to keep your child and family safe, along with district, state and national resources and updates.

[https://www.palmbeachschools.org/students_parents/health_services/coronavirus_disease_2019__covid_19](https://www.palmbeachschools.org/students_parents/health_services/coronavirus_disease_2019__covid_19)

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### Support Groups for Managing and Coping with the Anxiety and Fear Due to the Corona Virus

<table>
<thead>
<tr>
<th>Group</th>
<th>Time</th>
<th>Facilitator</th>
<th>Join Zoom Meeting Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elementary Age Group (3rd-5th Grade)</td>
<td>Mon &amp; Wed 3:00 - 3:45</td>
<td>Jenna Lazar, MSW</td>
<td><a href="https://us04web.zoom.us/j/88269749857?pwd=Q0xKcEMqVnJyN2lZZ2hUMl9vWEtRdz09">Join Meeting</a> Password: 359320</td>
</tr>
<tr>
<td>Middle School Age Group (6th-9th Grade)</td>
<td>Tues &amp; Thurs 1:00 - 1:45</td>
<td>Jenna Lazar, MSW</td>
<td><a href="https://us04web.zoom.us/j/88269749857?pwd=Q0xKcEMqVnJyN2lZZ2hUMl9vWEtRdz09">Join Meeting</a> Password: 359320</td>
</tr>
<tr>
<td>High School Age Group (10th-12th Grade)</td>
<td>Mon &amp; Wed 4:00 - 4:45</td>
<td>Ariel Mantzoor, MSW</td>
<td><a href="https://us04web.zoom.us/j/88269749857?pwd=Q0xKcEMqVnJyN2lZZ2hUMl9vWEtRdz09">Join Meeting</a> Password: 359320</td>
</tr>
<tr>
<td>Adults</td>
<td>Tues &amp; Thurs 1:00 - 1:45</td>
<td>Elissa Love, MSW</td>
<td><a href="https://us04web.zoom.us/j/88269749857?pwd=Q0xKcEMqVnJyN2lZZ2hUMl9vWEtRdz09">Join Meeting</a> Password: 359320</td>
</tr>
<tr>
<td>Parents</td>
<td>Mon &amp; Wed 1:00 - 1:45</td>
<td>Tzippi Rosen, LCSW</td>
<td><a href="https://us04web.zoom.us/j/88269749857?pwd=Q0xKcEMqVnJyN2lZZ2hUMl9vWEtRdz09">Join Meeting</a> Password: 359320</td>
</tr>
</tbody>
</table>

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Ruth & Norman Rales Jewish Family Services provides:
- Food & Financial Assistance
- Senior Services
- Counseling & Mental Health Services
- Career & Employment Service
- Family & Children's Services
- Volunteer Opportunities
St. Lucie County
**Treasure Coast Food Bank**
This website provides direct services and outreach programs to help support children, seniors, and families in need in Indian River, St. Lucie, Martin, and Okeechobee counties.
[https://stophunger.org](https://stophunger.org)

**St Lucie School District Updates**
Updates on school closings and district related resources to use for distance learning.
[https://www.stlucie.k12.fl.us/](https://www.stlucie.k12.fl.us/)

**Instructional Continuity Plan**
District’s document on continuity.
[https://www.stlucie.k12.fl.us/Curriculum/Instructional-Continuity-Plan.pdf](https://www.stlucie.k12.fl.us/Curriculum/Instructional-Continuity-Plan.pdf)

**Supporting Social/Emotional Needs of Students**
Document with resources to support students’ social and emotional needs. Basic info and website resources are included in the document.
[https://www.stlucie.k12.fl.us/seasonal/SupportingStudents.pdf](https://www.stlucie.k12.fl.us/seasonal/SupportingStudents.pdf)

**Extended Spring Break Resources**
Resources to use to get students online and in the learning mode as they experience distance learning, some for the first time. Activities and resources are arranged by grade level from VPK to Grade 12.
[https://www.stlucie.k12.fl.us/seasonal/extended-spring-break/](https://www.stlucie.k12.fl.us/seasonal/extended-spring-break/)

**Free Meals for Students**
A district document showing where all the free meals sites are that are sponsored by the SLC School District.
[https://www.stlucie.k12.fl.us/blog/free-meals-for-children-starting-on-march-23rd/](https://www.stlucie.k12.fl.us/blog/free-meals-for-children-starting-on-march-23rd/)

**Boys and Girls Club – SLC Bag Meal flyer**
Resource showing all the free meal locations in St Lucie County.

**Hotlines and Resources - St. Lucie County**
A comprehensive list of resources within St Lucie County gathered and posted by the St Lucie School District to make ease of access more fluid for parents.
[https://www.stlucie.k12.fl.us/coronavirus-hotlines-and-resources/](https://www.stlucie.k12.fl.us/coronavirus-hotlines-and-resources/)
CoVid-19 Testing Sites
The list of testing sites that are available on the Treasure Coast.

St. Lucie County Municipality
St Lucie County Government updates link. Includes county government closings.
https://www.stlucieco.gov/departments-services/a-z/public-safety/covid-19

City of PSL
Updates link for the mayor’s messages, citywide closings, and updates on the virus.
https://www.cityofpsl.com

List of supplies and Senior Hours
A list of stores with senior shopping hours observed as well as a list of supplies families may need to gather.
https://www.cityofpsl.com/home/showdocument?id=8828

St. Lucie Sheriff
Virus updates and Sheriff Mascara’s press conference update links.
https://www.stluciesheriff.com

Cleveland Clinic Tradition Hospital
Virus updates and testing hours and process is listed here.

St. Lucie County Health Department
Public health updates on the virus. How many cases and deaths are reported on the website, as well as, a list families can do to attempt to keep themselves safe from contracting the virus.
http://stlucie.floridahealth.gov/

Children’s Services Council Covid-19 Grant
Coronavirus (COVID-19) Relief & Recovery application process:
https://www.cscslc.org/257/COVID-19-Grant?utm_source=Children%27s+Services+Council+Newsletter&utm_campaign=6ce54d5926-EMAIL_CAMPAIGN_2020_01_21_07_16_COPY_01&utm_medium=email&utm_term=0_01cb1bb9d9-6ce54d5926-112514813

Children’s Services Council – St. Lucie County Resource List
List of resources available within SLC including the grant for families and how to apply.
https://www.cscslc.org/256/COVID-19?utm_source=Children%27s+Services+Council+Newsletter&utm_campaign=6ce54d5926-EMAIL_CAMPAIGN_2020_01_21_07_16_COPY_01&utm_medium=email&utm_term=0_01cb1bb9d9-6ce54d5926-112514813
Florida Department of Education Resources

http://www.fldoe.org/academics/exceptional-student-edu/
General ASD Resources
All children and young adults require support from caregivers during times of stress and uncertainty, such as those we are facing now, with the spread of the coronavirus (COVID-19). Coping with the unknown and navigating school closures, abrupt changes in routines, loss of connections with teachers and friends, and fear around contracting the virus are burdens for all. Caregivers play an important role, in helping children and young adults understand the changes, and process their related feelings. Individuals with autism may need additional support to process the news and adapt, to the many changes. This population may face additional challenges related to comprehension, communication, difficulty understanding abstract language, an insistence on sameness, and a greater likelihood of anxiety and depression — all of which may be exacerbated during this stressful period.

The following 7 support strategies are designed to meet the unique needs of individuals with autism during this period of uncertainty. In addition, examples and ready-made resources are included to help caregivers implement these strategies quickly and easily. These materials purposely represent a variety of styles, designs, complexity to model the range of what may be most meaningful across ages and skills, and to demonstrate what can be generated with few materials by busy caregivers. Specific adaptations and additions may be necessary, to best meet the varied needs of individual children and young adults.

These strategies are intended to be a menu or toolkit of ideas that may be helpful. Caregivers may take one idea at a time, and find a way to make it work for their child(ren), with autism and their family. Caregivers may want to start with a strategy they have used in the past, or perhaps find a tool to address the issue that is creating the most immediate stress. Consider involving the individual with autism, in the decision-making process about what tools would be most helpful.

**Strategies to Support Individuals with ASD through Uncertain Times**

1. Support understanding
2. Offer opportunities for expression
3. Prioritize coping and calming skills
4. Maintain routines
5. Build new routines
6. Foster connections (from a distance)
7. Be aware of changing behaviors
Suggested Citation:
https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times

Supporting Individuals with Autism through Uncertain Times Full Packet
The Supporting Individuals with Autism through Uncertain Times Full Packet contains all of the content, strategies, and resources related to supporting individuals with ASD.

Supporting Individuals with Autism through Uncertain Times Article Only
The Supporting Individuals with Autism through Uncertain Times Article Only contains all of the content and strategies related to supporting individuals with ASD. This content is adapted from Hume, Regan, Megronigle, & Rhinehalt, 2016.
https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times

The Autism Society of America Promise During COVID-19
The Autism Society of America promises to remain committed to improving the lives of all affected by autism across the spectrum and throughout the lifespan, and will focus on providing information, resources, and advocacy efforts to address these urgent needs. The autism community faces extraordinary challenges during the COVID-19 crisis. We are proud to launch a comprehensive toolkit on our website, which provides COVID-19 information and resources by topic, including Mental Health & Respite, Modifying Routines, Lifestyle Supports, and much more.
https://www.autism-society.org/covid-19/
General Covid-19 Resources
Please remember to refer to government websites for specific information regarding the COVID-19.

**Florida Department of Education**

http://www.fldoe.org/em-response/index.stml

**Department of Health**

http://www.floridahealth.gov/diseases-and-conditions/COVID-19/index.html?fbclid=IwAR2GJMFNt-XuJRofl7rn0lHZGldXSQ0B7U3B2w3JjRhWrqJbpGEL1JD_EWc

**Center for Disease Control**


**QUESTIONS ABOUT COVID-19?**

If you have any medical questions about COVID-19, please contact the Florida Department of Health’s COVID-19 Hotline (open 24/7) by phone at 1 (866) 779-6121 or by email COVID-19@fl-health.gov. For the latest information and recommendations from the CDC to prevent the spread of COVID-19, please visit: www.cdc.gov/coronavirus
The COVID-19 pandemic has created challenges for families across the country. As more and more schools close, requiring school-age children to remain at home in an effort to promote self-distancing, parents are looking for ways to maintain their responsibilities while supporting the educational needs and development of those in their care. Many schools have provided distance-learning programs and resources to help students continue their education while at home. Parents are encouraged to check the information provided by local school districts to determine what steps should be taken to stay on top of their children’s education.

For those parents who are looking for extra information, activities, programs, and social-emotional learning (SEL) resources, we have prepared a list of programs and courses available from online sources. Some of these recommendations are paid programs for those parents looking to invest in more long-term support.

- **Scholastic Learn At Home Program**: An activity portal of free daily courses for kids  
  [https://classroommagazines.scholastic.com/support/learnathome.html](https://classroommagazines.scholastic.com/support/learnathome.html)

- **Mystery Science**: Free Science lessons for students in kindergarten to 5th grade  
  [https://mysteryscience.com/school-closure-planning](https://mysteryscience.com/school-closure-planning)

- **Hippocampus.org**: 7,000 free videos across 13 subject areas  
  [https://hippocampus.org/](https://hippocampus.org/)

- **Mindfulness Resources for Teens**: Techniques for developing the skills to be present and aware every day  
  [http://mindfulnessforteens.com/resources/resources-for-mindfulness/](http://mindfulnessforteens.com/resources/resources-for-mindfulness/)

- **15 Mindfulness and Relaxation Apps for Kids with Anxiety**: Technological solutions that support addressing and overcoming stress and anxiety  

- **Emotional ABCs**: Social-emotional learning resources and programs  
  [https://www.emotionalabcs.com](https://www.emotionalabcs.com)

- **GoNoodle**: Movement and mindfulness videos created by child development experts  
  [https://www.gonoodle.com/](https://www.gonoodle.com/)

*Article written by Health Advocate*
• 30 Emotional Health Activities: A month-long calendar of daily activities that’s free to download and use
  https://www.teacherspayteachers.com/Product/30-Things-We-Can-Do-For-Our-Emotional-Health-SEL-Resource-Sheet-Spanish Too-5328991

• Online Museum Tours: Free virtual trips to famous artworks and artifacts from around the globe

• Free Art Lessons: YouTube-based art classes starting
  https://www.youtube.com/channel/UC2nzX48Ucr1MIEpq0fCOJ6A/about

• TED Talks: Educational discussions organized by topic of interest
  https://docs.google.com/document/d/1luZad8RFMU8cFwCMLMeTvTbo1R3c7mdAo1MzyZNOOBpY/
  preview?fbclid=IwAR1QyrrcZRRgRfreFaet58n_fbjCCHRRZPw3Ekigt_Nti1z7BJ6gChsSq#

Find continually updated information and resources on the EAP+Work/Life member website.
www.HealthAdvocate.com/members
Resources

Palm Beach County Resources
http://discover.pbcgov.org/Pages/COVID19.aspx

Florida Department of Education
https://floridahealthcovid19.gov/

Florida's COVID-19 Case Dashboard
https://fdoh.maps.arcgis.com/home/index.html

Healthy Mother’s Healthy Babies emergency pantry for infants
https://www.hmhbpbc.org/pantry

FDDC guide for adults with developmental disabilities

Autism Speaks: COVID-19 Information and Resources

Coronavirus in PA
https://paautism.org/resource/coronavirus-resources/

For families with young children:
Talking to Kids about Coronavirus from Child Mind Institute

Supporting Young Children Isolated Due to Coronavirus (COVID-19) from ZERO TO THREE

Five Tips to Make the Most of Video Chats from ZERO TO THREE
https://www.zerotothree.org/resources/2535-five-tips-to-make-the-most-of-video-chats

Why Are People Wearing Face Masks? from ZERO TO THREE

Just For Kids: A Comic Exploring the New Coronavirus from NPR
Mental Health
It’s a new world. Mental health clinicians are doing their best to help clients - new ones, too - cope via telehealth visits and appointments by phone.

Here are some tips our clinicians are using that you might find helpful in your clinical sessions:

- Encourage clients to set up an online support group with family and friends.
- Encourage them to think of others who are particularly vulnerable and reach out to them routinely.
- Ask them to double check if they have enough medication on hand. If they don’t, ask them to call their prescription provider to see about getting an emergency shipment.
- Inquire about their eating, sleeping and exercise habits. Remind them that it’s important to take care of these aspects of life in order to think clearly, solve problems and manage emotions.
- With so many people now working from home, work-life balance can get, well, out of balance. Remind clients to think about this so that they don’t spend too many hours at work as a way of avoiding life in the time of coronavirus.
- Encourage clients to start a new hobby if they can. Alternatively, encourage them to pick up a hobby that they might have put on hold in the past. New and different activities can engage the mind and the creative spirit while keeping one’s mind off the news.
- Remind them that we’re all in this together ... and that we will get through it together.

Resources

DCF’s Substance Abuse and Mental Health webpage. Under the title Find Local Services by county you can click on a drop-down menu and select the county of residence this will take you to a page with resources such as the managing entity, the CAT team, FACT team and mobile response team.


The Calm App is a good meditation and relaxation app for families. I will look into other apps for scheduling and de-escalation.

https://www.calm.com

The Sanford Harmony program is another free and fantastic Social emotional learning program that is useful in de-escalating and problem solving

https://www.sanfordharmony.org/
Dillon A. Steinman, LMHC-SN
500 S. Australian Avenue, Suite 639
West Palm Beach, FL 33401
(561) 236-0854
Behavior Modification, Individual Counseling, Adolescent/Youth Counseling
3/17/20 Existing clients

Dr Denny Cecil-Van Den Heuvel, LMHC, LMFT-SN
2324 South Congress Road, Suite 1F
Palm Springs, FL 33406
(561) 670-8187
Individual Counseling, Adolescent/Youth Counseling
3/17/20 using VSEE (VSee Clinic is a simple, secure way for you to hold a telehealth consultation with your provider from anywhere. See Clinic allows HIPAA-compliant chat and video calls. It’s encrypted, so your patient health data is secure) for existing clients. New patients must call first and sign forms.

Chrysalis Health-SN
230 S Dixie Highway, Suite 102
Lake Worth, FL 33460
(561) 533-6640
Case/Care Management, Therapeutic Group Homes, Clinical Psychiatric Evaluation, Psychiatric Case Management, Psychiatric Day Treatment
3/17/20 Telehealth

Brian Schaflin, LCSW, PA-SN
7100 West Camino Real #302
Boca Raton, FL 33433
(561) 843-0152
Adolescent/Youth Counseling
3/17/20 still open, normal office hours

Center for Child Counseling-SN
5205 Greenwood Avenue
West Palm Beach, FL 33407
(561) 244-9499
Family Counseling, Individual Counseling, Adolescent/Youth Counseling
3/17/20 currently has waitlist

Cheryl Stern-SN
12777 West Forest Hill Boulevard, #1501
Wellington, FL 33414
(561) 793-3512
Adolescent/Youth Counseling
Right now only taking current patient using Face time.

Chrysalis Health-SN
230 S Dixie Highway, Suite 102
Lake Worth, FL 33460
(561) 533-6640
Case/Care Management, Therapeutic Group Homes, Clinical Psychiatric Evaluation, Psychiatric Case Management, Psychiatric Day Treatment
3/17/20 Telehealth

Whole Health Psychological Center-SN
1920 Palm Beach Lakes Boulevard, #211
West Palm Beach, FL 33409
(561) 721-6400
Conjoint Counseling, Family Counseling, Child Guidance, Psychological Assessment
3/18/20 Telehealth

211 provider listings confirmed telehealth
Ali Cunningham Abbott, PhD, LMHC, QS
alicunninghamlmhc@gmail.com
Associate Professor
Academic Program Coordinator (APC)
Practicum & Internship Coordinator
Clinical Mental Health Counseling

Palm Beach Behavioral Health & Wellness
Alison B. Bourdeau, Ph.D., RMFTI
345 Jupiter Lakes Blvd Suite 302A
Jupiter, FL 33458
561-429-2397
www.pbbhw.com
Zoom/phone

211 provider listings confirmed telehealth
Social Stories
Coronavirus is an unexpected problem

Tiny germs and viruses make us sick. These germs and viruses can be on handles, tables, tablets, pencils, cups, toys or even pets! They can also be on you and me! Coronavirus is one of the germs that make people sick.

There are a lot of germs and viruses around right now. People are talking about a special kind of virus called coronavirus or COVID-19. It causes people to get very sick. People are very concerned about stopping it from spreading.

Many of the schools and businesses around us are taking a break from work so that people who are sick can get better without spreading the viruses around.

We may have to stay home and won’t get to visit the places we like to go for a while. We might not get to see our friends for a little while. We may even have to do school work from home.

That’s okay, it will only last for a little while and then things should get back to normal.

We might see people wearing a face mask. Some people who are sick might be able to spread a virus to others if they sneeze or cough without covering their mouth and nose. So they might wear a mask to stop the spread of germs. It’s okay if people want to wear a mask. That is their choice.
Some people want to wear a mask because it helps them feel protected from germs and pollution in the air. That is okay too.

We don’t need to ask people if they have coronavirus. The only way to know if someone is sick is for them to see a doctor and get tested.

Not everyone will get coronavirus. People who are sick might have other kinds of colds or flu viruses too. When someone gets sick, they should stay home and get rest and lots of water. That’s the way to help them get better and not spread germs to their friends.

When we see someone who is sick or is sneezing or coughing, it’s a good idea to keep away from them for a while. We don’t play with their toys or touch their things. We can still be their friend. We wish them to “get well soon.”

Germs and viruses can get on our hands and fingers from touching things that sick people were around. A virus can get into your body through the skin around the eyes, nose and mouth. It is important to keep fingers and hands away from your eyes, nose and mouth. The rule is: don’t touch the “T” zone unless hands are washed and clean. That’s okay, it will only last for a little while and then things should get back to normal.

Also, keep things out of your mouth unless they are cleaned first with soap and hot water. Make sure to clean the things that have been in your mouth. This stops the spread of germs.
The best way to stay healthy and not get sick is to wash our hands a lot and not put things in our mouth except our food. Eating healthy foods helps us stay strong and healthy.

If you have to cough or sneeze, cover your mouth with your elbow or a tissue. If it’s a messy sneeze, use a tissue, blow your nose into it and throw out used tissues in the trash. Then, wash your hands with soap and hot water.

Wash your hands really good, with hot water and soap. Try to sing Row Row Row Your Boat 3 times while you are washing to make sure you take the time to get all the germs off. Then, rinse hands off and dry them on a clean paper towel or cloth.

If you can’t wash your hands, you can use hand sanitizer! Rub it all over your hands until they are dry!

Everyone is happy when you have clean hands!
We can stay clean and healthy by washing hands, paying attention to our habits and staying away from people who are coughing and sneezing.

We will be able to go back to doing the things we like to do someday soon. We will all wash our hands more and work together to be as healthy as we can be!
Visuels
How to Wash Hands Properly:

1. Turn Water On
2. Wet Hands
3. Get Soap
4. Wash Hands & Scrub for 20 seconds
5. Wash Hands Palm To Palm
6. Wash Hands Between Fingers
7. Wash Back of Hands
8. Wash Each Thumb
9. Wash Wrist
10. Rinse Hands For 10 Seconds
11. Get Paper Towel
12. Dry Hands
13. Turn Water Off With Paper Towel
14. Throw Away Paper Towel
What Hurts Self-Identification Tool

What Hurts?

- It hurts!
- Sore throat
- Headache
- Earache
- Stomachache
- Body
- Finger
- Leg
- Arm
- Foot
- Mouth
- Nose
- Eye
sick communication board

- sick
- nauseous
- tissue
- diarrhea
- eat
- drink water
- stomachache
- lie down
- no school
- take medicine
- headache
- feel better
Secondary Resources
The Global and Regional Asperger Syndrome Partnership
GRASP, the Global and Regional Asperger Syndrome Partnership, is a non-profit 501(c)3 organization providing support, education, and programs for individuals with autism spectrum disorders and their families.

[https://grasp.org/](https://grasp.org/)

Wrong Planet - Young adult male with Asperger’s sharing information.
Wrong Planet is the web community designed for individuals (and parents / professionals of those) with Autism, Asperger’s Syndrome, ADHD, PDDs, and other neurological differences. We provide a discussion forum, where members communicate with each other, an article section, with exclusive articles and how-to guides, a blogging feature, and more.

[https://wrongplanet.net/](https://wrongplanet.net/)

Agony Autie YouTube & Facebook: Young adult woman with Asperger’s discussing experiences.
The ramblings of a 32 year old Autistic woman, reaching out to autistics, parents, carers, professionals & society in general.

[https://www.youtube.com/channel/UCN9fwImPnx16e8-eThlKCWQ](https://www.youtube.com/channel/UCN9fwImPnx16e8-eThlKCWQ)
[https://www.facebook.com/agonyautie/](https://www.facebook.com/agonyautie/)

John Elder Robison Blog & List of Books
Official blog of NYT bestselling author, photographer, educator, neurodiversity advocate and automobile aficionado John Elder Robison.

[http://jerobison.blogspot.com/](http://jerobison.blogspot.com/)

Daniel Wendler Social Skills Advice
Improve Your Social Skills explains the exact social skills principles that I used to achieve my own social success.

[https://www.improveyoursocialskills.com/](https://www.improveyoursocialskills.com/)

Succeed Socially - Free resources for improving social skills
SucceedSocially.com is a free social skills guide for adults and older teenagers. It’s written by someone who had his own struggles with shyness and loneliness, and who has degrees in psychology and counseling.

[https://www.succeedsocially.com/](https://www.succeedsocially.com/)
Employment Training Websites

O*NET
Your tool for career exploration and job analysis! O*NET On-line has detailed descriptions of the world of work for use by job seekers, workforce development and HR professionals, students, researchers, and more!

https://www.onetonline.org/

Career Zone
The place to explore careers related to your strengths, skills and talents

https://www.careerzone.ny.gov/views/careerzone/index.jsf

Education Planner
Online career cluster survey

http://www.educationplanner.org/index.html

Future Planning Workbook
This workbook can be used alone to help you explore your interests, dreams and goals or in preparation for a formal planning meeting. This workbook will help you think about:
- What you are good at
- Things you like or like to do
- What you want for your life and the future
- What you need to reach your goals
- A plan to reach your goals!


Job interest Surveys
Pictorial Interest Survey

https://www.cves.org/wp-content/uploads/2015/08/Pictoral_Interest_Inventory_template_SHEN.pdf

Quickbook Transition Assessments

https://www.ocali.org/up_doc/Quickbook_of_Transition_Assessment.pdf

Career Clusters

https://careertech.org/student-interest-survey

Independent Living Survey

Internet Safety for Teens with ASD

Autism Speaks Internet Safety, Social Networking, and Technology
The Transition Tool Kit is designed to assist families of individuals with autism on the journey from adolescence to adulthood.

https://www.autismspeaks.org/docs/family_services_docs/transition/Internet.pdf

Cerebra, Internet safety role playing discussions
http://parentsprotect.co.uk/files/learning_disabilities_autism_internet_safety_parent_guide
www.safesurfingkids.com/lesson_plans_grades_3_12.htm

Indiana Resource Center for Autism
The work of IRCA covers a wide range of activities focused on providing Indiana professionals, family members, community members, individuals on the autism spectrum, and others who are interested with the knowledge and skills to support children and adults in typical early intervention, school, community, work, post-secondary and home settings.
https://www.indiana.edu/

Social Safety: An Online Social Networking Guide and Parents and Teachers of Young Adults with Cognitive Disabilities
Our website is a guide for parents and teachers on how they can facilitate children 14-22 with cognitive disabilities in joining, and safely navigating online social networking sites
https://socialsafety.wordpress.com/stranger-danger/educationalopportunities/

Video clips:
“What is the internet”
What is the internet? Short answer: a distributed packet-switched network. This is the introduction video to the series, “How the Internet Works”.
https://www.youtube.com/watch?v=Dxcc6ycZ73M&feature=emb_logo

Aaron McGinley | TEDxTryon
Aaron McGinley has seen many people at some point, face social challenges on the internet. People with special needs face an even greater struggle with those often ambiguous digital interactions. He proposes a learning model that supports a basic internet etiquette to help guide us through those murky waters.
https://www.youtube.com/watch?v=26EJ5D5Zf0A&feature=emb_logo

THE CYBER BULLYING VIRUS
This video is a serious example of the virus Cyber Bullying and it’s disease like effects. It illustrates how fast the virus spreads and infects others and can ruin the lives of it’s victims, in this case Jane Doe.
https://www.youtube.com/watch?time_continue=4&v=-5PZ_Bh-M6o&feature=emb_logo
Online Predators (Short Film)
A short film describing the danger of talking to someone online whom you’ve never met.
https://www.youtube.com/watch?v=eBd7tiDYNNq&feature=emb_logo

FDOE Post-Secondary & CTE Resources

Florida Department of Education
http://www.fldoe.org/em-response/resources-families.shtml#middle

Secondary and Postsecondary Career and Technical Education (CTE)
DOH No. 20-003 EO (PDF)
http://www.fldoe.org/academics/career-adult-edu/career-tech-edu/

Florida Department of Education (FDOE) Q&A Guidance (PDF)
Q&A document to provide additional guidance and clarification regarding the Department’s guidance to school districts related to COVID-19 closures.

Online resources for engineering technology, electronics, manufacturing and related discipline (Excel)
http://www.fldoe.org/core/fileparse.php/19861/urlt/ManufacturingEngTechresources.xlsx

The Association for Career and Technical Education (ACTE)
Teachers: The Association for Career and Technical Education (ACTE) is offering a selection of free online courses to prepare CTE teachers to teach online.

Career Technical Education
Register/login on the Career Technical Education. Learn site and enter the master key “MK-ACTE” to enroll in several courses for free. This complimentary key is valid through May 1st. Contact support@ctelearn.org if you have any questions.
https://www.ctelearn.org/certified-courses/online-faculty
**Florida Association for Career and Technical Education (FACTE)**
FDOE and FACTE are coordinating to provide online resource repositories through google drive to share information. You do not need a google account to access these sites.

They may be accessed at:

**Secondary CTE Directors**
https://drive.google.com/open?id=1ZvWC8yCwPkuo1Wu5sGJcNDfhchJ5Vn7M

**School District Technical Colleges and FCS Institutions**
https://drive.google.com/open?id=1nMp6vozvHDka59NmTRRehvYw4xZ-XU2

**Project 10**
Project 10 provides support for transition activities implemented through BEESS, specifically through the statewide development and implementation of evidence-based practices and alignment with general education initiatives

http://project10.info/PostsecondaryEducation.php

**Florida Department of Education - College and career planning tools.**
The Division of Career and Adult Education has developed a set of infographic factsheets for the majority of the career clusters in Florida, using the most recent data available. These factsheets include, where available, secondary and postsecondary enrollment numbers, top programs, top certifications earned, the articulation path to college and employment outlook.

http://www.fldoe.org/academics/college-career-planning

**My Next Move**
Explore career interests with skill assessments and planning tools.
https://www.mynextmove.org

**My Career Shine**
MyCareerShines can help you land the career of your dreams. Learn about yourself. Explore careers. Make a plan for education. Prepare for work.
https://www.floridashines.org/find-a-career
Here’s a list of remote work tools that include accessibility features for people with disabilities.

https://workplaceinitiative.org/accessible-work-from-home-tools-coronavirus-outbreak

The novel coronavirus (COVID-19) outbreak has now been declared a pandemic by the World Health Organization and the Centers for Disease Control and Prevention. And many employers are encouraging employees to work from home—or mandating it. Even if your workplace isn’t doing that, your employees with disabilities may request to work from home during the coronavirus outbreak, or at any time. In many cases, remote work can be a good reasonable accommodation. Many people with disabilities have been working remotely for a long time.

There are a lot of tools out there for working from home. Here’s a list of remote work tools that include accessibility features for people with disabilities.

Work-from-home tools with accessibility features:

**Google Hangouts Meet:** Google is offering its advanced Hangouts Meet video conferencing for free until July 1, 2020, because of increased work-from-home policies due to the coronavirus outbreak. The features it’s offering are typically available in enterprise versions of its G-suite software for businesses and schools. Google Hangouts Meet has accessibility features including live captions and screen readers.

**Krisp:** Krisp is a noise-canceling app that removes background noise from your calls. This feature could be especially useful for employees with hearing loss. Krisp is designed to be used with most video calling software.

**Microsoft Teams:** Microsoft is offering free access to its Teams collaboration software because of the coronavirus. Even if your organization doesn’t have a Microsoft account, you can still use Teams right now. Microsoft offers advice for people using screen readers with Microsoft Teams. There’s also a general accessibility center for Microsoft products.

**Mural:** Mural is an app for visual collaboration. It features keyboard accessibility, so users can participate in virtual whiteboarding sessions without the use of a mouse.

**Zoom:** Zoom is a video conferencing app that’s compliant to accessibility standards including WCAG 2.1 AA and Section 508. It has keyboard accessibility, closed caption capability, transcripts, and screen reader support.

**Working from home as a reasonable accommodation.**
When the essential functions of a job can be performed remotely, strong work-from-home protocol is helpful to have as a general standard. It can help your workplace to meet
As a college teacher, I’ve kept a weird work schedule for the past 10 years. Until the current school closures with the COVID-19 situation, I would physically go to work to teach my classes, hold office hour appointments, and attend meetings. But a significant portion of the work - such as grading papers - is work I did at home alone.

Now, many of you reading this article may be finding yourselves suddenly thrust into a total work-from-home (WFH) environment that feels like uncharted territory. By sharing what I’ve learned over the past decade from my irregular work routine, I hope I can help those of you facing WFH for the first time.

**Working From Home: 3 Tips for Creating a Working Mindset**

One of the biggest difficulties I face when working from home is cultivating a work mindset. It’s odd to be in a space that’s so separate in many ways from the office. I might know that it’s technically Monday, for example, but I’m in the same space I was in just yesterday that involved a mix of everything from meal prep to Netflix watching to dog washing. Thus, it’s hard not to feel like being at home is simply an extension of the weekend rather than the start of the workweek. This mental confusion is why creating a working mindset is a critical first step. Here’s how I do it:

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**Article written by: Understood.com**

[https://workplaceinitiative.org/accessible-work-from-home-tools-coronavirus-outbreak/](https://workplaceinitiative.org/accessible-work-from-home-tools-coronavirus-outbreak/)
**Set an alarm:** You know the saying “a body in motion stays in motion”? It’s true for our minds, too. In order for a mind in work mode to stay in work mode, it begins with the very start of the day. And nothing signals to me “it’s a work day!” quite like the irritating blaring of my alarm going off before the sunrise. While I’d prefer to never hear that sound again, it’s the first thing that puts me into a work mindset. In order to create a WFH routine, setting your alarm for the same time you’d typically wake up for work can get you into work mode right from the get-go.

**Get out of your PJs:** Once my alarm goes off, I then follow my other morning routines just as I would on a go-to-work day: exercise, shower, get dressed. Since hanging around in my PJs all day makes me want to plop on the couch, watch TV, and eat three times the recommended serving size of popcorn, if I stay in my comfy clothes I wind up fighting a relaxation mindset in order to get to work - and that’s a battle I’d rather not have with myself. Getting showered and dressed in a different outfit continues the work-mode simulation and helps me maintain a focused mindset.

**Eat on schedule:** This should come as no surprise at this point, but maintaining your snack and/or lunch breaks at the same time adds to the feeling you might have at the office. Bonus tip: Prepare your food the night before into your typical to-go containers so that when it comes time for lunch or snacking you don’t have to cook anything which might cause you to accidentally slip into an at-home mindset (you know, like emptying the dishwasher).

**Working From Home: Creating a Plan…for Chores**

I suspect many of us know what work we’ve got to do while at home. But for me, one of the primary distractions when I’m trying to execute that plan is the home itself. Should I make a stew? Fold laundry? Vacuum? Clean the bathroom? Finally reorganize the hallway closet? On WFH days, I identify one relatively small task that I can do for my household and schedule it into the afternoon when I’ll likely need a break from work. To avoid getting lost in a spring cleaning spree while the emails pile up, I recommend choosing one small (30 min or fewer) home-based task to tackle each day and build it deliberately into your schedule.

As you settle into this new normal, cultivating a working mindset and pacing yourself with household chores are two steps you can take to make the nine-to-five successfully happen at home.

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**Article written by:** Beyondbooksmart.com

For adults working from home, or attending school from home

- Create a daily schedule.
- Visual checklist: check email, plan assignment, review syllabus.
- Utilize tech support as needed.
- Stay social! Use online portals and social media to connect with people outside your home.
- Fun family activities: cook meals together at home, play a board game, work together on a home repair project.
- Change your greeting: If you meet with someone in the community don’t hug or shake hands. Instead, bump elbows or smile.
- Self-care: Take the time to care for yourself. Exercise, take a walk outside if not quarantined, meditate, listen to music, yoga, hot bath.
- Stay safe: listen to your local health officials, wash hands often.
- Remember: working or attending school online is for your safety.
We are in this together.

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