

Dear Community Partners & Families,

Even though we are not currently able to provide in-person services at our office, we have remained steadfast in our efforts to support the community through previous resource emails specific to COVID-19 and social distancing. We are compiling in this email additional resources for Autism Awareness Month and advocacy efforts currently available to all to participate. We do also have exciting news to share that we were able to relocate our office to a larger suite within the same building. This will allow us to serve more families in an environment that is more conducive to care needs of the neurodevelopmental population. We are including a social story about our relocation with some “sneak peeks” of items within the office. We are hard-at-work during this time of social distancing in preparing the office to serve the community once in-person visits resume! As always, please do not hesitate to contact us via telephone (847-755-8536) or email (AHBHHHEResourceCenter@amitahealth.org) for resource needs or concerns for which we can provide support!

Resources for Autism Awareness Month



Autism Awareness Links

Autism Speaks – World Autism Month: <https://www.autismspeaks.org/world-autism-month>

Autism Speaks – Autism Prevalence 2020: <https://www.autismspeaks.org/press-release/cdc-estimate-autism-prevalence-increases-nearly-10-percent-1-54-children-us>

The Autism Program (TAP) of Illinois – 2020 Autism Clings giveaway: <https://www.tap-illinois.org/autism-awareness-month/>

Activities to Do at Home for Autism Awareness

- Take a Selfie with the Autism Speaks and Share Your Support on Social Media (@amitahealth @autismspeaks #bekind #autismaware): See attachments

- Pledge to Be Kind and Inclusive with Autism Speaks then Share Your Badge on Social Media: <https://www.autismspeaks.org/world-autism-month#pledge>
- Show that You're All in for Autism Inclusion with The Autism Program of IL with a Picture or Displaying in a Window: <https://www.tap-illinois.org/wp-content/uploads/2020/03/Were-All-In-Cling-outline.jpg>
- Create Doorhangers: <https://0.tqn.com/z/g/homeschooling/library/autismdoor.pdf>
- Print and Use Bookmarks: <https://0.tqn.com/z/g/homeschooling/library/autismbookmarks.pdf>
- Discuss and Color a Puzzle Ribbon: <https://0.tqn.com/z/g/homeschooling/library/autismcolor.pdf>
- Create and Display Your Own Puzzle Piece: <https://admin.phdcon.com/news/UserFiles/107/file/TEACHER%20PACKET/puzzle%20piece.pdf>
- Make Awareness Window Art: <https://teachingautism.co.uk/autism-awareness-craft/>
- Have Cooking Fun with Awareness Treats: <https://www.thirtyhandmadedays.com/autismricecrispytreats/>



Participate in a New Survey about Autistic Burnout

The Academic Autistic Spectrum Partnership in Research and Education (AASPIRE) is testing a new survey about autistic burnout.

You may be able to participate in the survey if you:

- Live in the United States;
- Can answer an online survey in English, with or without support;
- Are age 18 or older;
- Have a diagnosis on the autism spectrum (ASD, autism, Asperger's, or PDD-NOS).

It will take about an hour to complete the survey.

If you take part, you will be given an Amazon gift card worth \$5.

To learn more, please contact

Dora Raymaker
 (503) 725-9634
info@aaspire.org

PSU IRB#184807



Resources and Supports for COVID-19 Crisis

AMITA Health Behavioral Medicine Institute - Webinars

1. "Parenting During a Period of Social Distancing: Promoting Emotional Wellness and Resiliency"
Child & Adolescent Clinical Consultant - Jacqueline Rhew, LCPC, CADC
<https://www.youtube.com/watch?v=fPWFqrG8CWo&feature=youtu.be>
2. Parenting with Purpose: Responding to Your Child's Social-Emotional Needs During Uncertain Times
Presenters Jacqueline Rhew, LCPC Dr. Michelle (Shelley) Fisher, DSW, LCSW
April 2, 2020, 9:00-10:00
<https://lnkd.in/eqD4TXD>
3. "Managing Anger and Conflict with Children During a Period of Social Distancing"
Presenter Dan Blair, LMFT, LCPC, NCPC - Blair Counseling and Mediation
April 21, 9:00-10:00
<https://lnkd.in/eYg86WE>

Information from The Arc of Illinois



**People With Disabilities, Families, and
Direct Support Professionals:**

Tell Congress #WeAreEssential

TAKE ACTION NOW

Legislation is moving very quickly through Congress to address the coronavirus pandemic. **Right now, we fear our needs are being left behind.**

Congress MUST continue to hear from the disability community about how people with disabilities, their families, and the essential direct support professional workforce will be impacted – there is so much at stake.

Follow the two steps below to act now:

Step 1: Tell Congress #WeAreEssential

Congress must pass legislation to support the ESSENTIAL programs and workforce that help people with disabilities to lead independent lives – not in institutions!

Call or send a message to your Members of Congress now!

This legislation must include:

- **Additional funding to create a Medicaid grant program** to support access to home and community-based services (that combat institutionalization) and to support the direct support professional (DSP) workforce.
- **A permanent reauthorization of the Money Follows the Person (MFP) program.**
- **Raising Medicaid, SSI, and SNAP asset limits for stimulus payments.**
- **Boosting Social Security and Supplemental Security Income benefits for the crisis.**
- **Paid leave for caregivers for people with disabilities.**

- **No limitations on disability rights protections** provided by the Americans with Disabilities Act, the Individuals with Disabilities Education Act, Section 504 of the Rehabilitation Act, and the Affordable Care Act.

Step 2: Spread the Word!

Do you have a cell phone with a camera? Take a short video of yourself answering one of the questions below:

- *Without my direct support professional...*
- *The services that I get from Medicaid make it possible for me to...*
- *If my mom/dad/sister/brother can't take time off work during this pandemic to support me...*
- *This is my home, and if I don't have healthy staff to support me...*
- *I rely on my Social Security benefits to...*
- *My chapter of The Arc supports me to...*

Then, post your video on social media with the hashtag #WeAreEssential.

It's important to include the hashtag so that we see your story! You can also share this Action Alert:

How our elected officials respond to this crisis is a matter of life and death, especially for people with disabilities, direct support staff, and families. I'm acting NOW – are you with me? #WeAreEssential <https://disabilityadvocacynetwork.org/app/onestep-write-a-letter?0&engagementId=506953>

The Arc of Illinois Assistive Technology Fund

The Arc of Illinois has developed an Assistive Technology Fund. This program will fund, or partially fund, the purchase of assistive technology for individuals with intellectual and/or developmental disabilities who have received an evaluation/assessment from a qualified provider but the purchase is not subsidized by Medicaid, Medicare or Private Insurance.

Our goal through the Assistive Technology Fund is to enhance and improve the quality of life for persons with intellectual/developmental disabilities by providing opportunities for individuals to receive technology to help with education, employment, community living and independence.

The maximum amount funded will be \$500.00 per person or family. In order to help more people, we will only fund one device or software. Upon approval, the device will be shipped directly to the applicant.

Who Can Apply?

- A person with an intellectual or developmental disability
- Family member on behalf of a person with an intellectual or developmental disability
- Must be an Illinois resident

How Do I Apply?

- The application form must be completed and returned to The Arc of Illinois
- You must include a letter from a doctor, health care provider, or someone else who works closely with the individual to show the need for the assistive technology device, how it would benefit the individual, and what type of device is needed.

Visit our website for more information.

Thank you for your advocacy!



**You count. Your community counts.
Be counted!**

Today is an important day. Every 10 years, everyone in the United States is counted through the census. A lot is at stake—the census determines funding for programs like special education, health care, and more. On top of that, the U.S. Census Bureau considers people with disabilities a "hard to count" population.

Even with many self-isolating, it is easy to complete the census. It takes just a few minutes to fill out and can be done safely right in the comfort of your home.

When everyone is counted, our communities get their fair share of federal funding to help keep all people safe and healthy. Health care, education, and emergency planning all depend on getting an accurate census count. Help your community by responding to the census today.

Haven't filled out your form yet? The Arc has you covered. We're here to help make sure you, your friends, your family, and your community are counted.

ACCESS RESOURCES

Message from The Autism Program (TAP) of Illinois at Rockford

What's on TAP E-newsletter

March 31, 2020

Program News, Updates, and Events:

From the Desk of Lori Davie

COVID 19 and Program Update:

Our team hopes this newsletter finds you safe and healthy. As the COVID 19 virus continues to affect all of us, we are constantly evaluating how to be a resource. Please know that we continue to be available via phone, email and video conferencing. We will continue to work remotely until April 7th. We will keep you updated if that changes or as soon as we have updates or additional information to share.

If you have questions, need an ear, or need any other support. Please call the main office number at 815.395.5566. Leave a message, we are checking our voicemail multiple times a day. Because we are working remotely, we will be calling from our program cell phone (779.207.2734). You may see "**unknown caller**" on your caller id when we call. The number is

showing up differently based on your carrier. We will leave a message if you are not able to answer and you will know it is us.

Family Community Resource Room

Attached you will find a relaxation strip. This is a resource, we have in our Family and Community Resource library. This visual support can be used to help in self-care as part of a daily routine. The relaxation strategies are important all the time but especially in times of stress.

Below are some additional resources that might be helpful during this time of social distancing and e-learning.

Easterseals serving Chicagoland and Rockford Region [click here](#)

Easterseals serving Chicagoland and Rockford Region Virtual Classroom [click here](#)

Easterseals serving Chicagoland and Rockford Region [click here](#)

Easterseals DuPage and Fox Valley Region [click here](#)

Easterseals Central Illinois [click here](#)

Autism Speaks [click here](#)

Autism Society [click here](#)

UW Waisman [click here](#)

The Autism Program at Champaign Urbana [Click here](#)

The Resource Center for Autism and Developmental Delays [click here](#)

Sesame Street [click here](#)

The Autism Program Of Illinois News, Updates, and Events:

Autism Awareness

For now, we will focus on what we can do while we are practicing social distancing. This year The Autism Program of Illinois is focusing on autism inclusion. For those of you who have Facebook, please consider changing your profile frame with the **All In Autism Inclusion** [click here](#)

1. The Autism Program of Illinois celebrates Autism Awareness Month alongside all of you! TAP has launched a **NEW** Autism Awareness campaign and hopes that you will all help us spread the word across Illinois! During April, TAP will be giving away window clings **FREE** of charge! They are offering an Awareness and/or an Emergency Response cling (both pictured below).

The Cling Facebook Event Page can be found [HERE](#). (SHARE!)

Website and Registration can be found [HERE](#).





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Resources and Activities from the Self-Advocacy Resource and Technical Assistance Center (SARTAC)

An icon showing five stylized human figures in various colors (green, orange, purple, blue, green) standing behind a clipboard that says "SURVEY" with a green checkmark.	<p>Survey for People with Disabilities Public television reporters want to do a story on how people with disabilities are dealing with Coronavirus. Fill out this short survey. Click here</p>
The Zoom logo in blue lowercase letters.	<p>March 19 meeting recording on What is Social Distancing? How to Take Care of Yourself During COVID-19. Click here To see or get the PowerPoint used for this meeting click here</p> <p>March 17 meeting recording on What is the Coronavirus? Click here Here is a link to the booklets we talked about.</p> <ul style="list-style-type: none">• Plain Language Booklet in English• Plain Language Booklet in Spanish

	<u>Text Only Info</u>
	A 3-minute video Coronavirus Tips for Staying Healthy by The Self-Determination Channel of Wisconsin Board for People with Developmental Disabilities. <u>Click here</u>
	<u>COMCAST ANNOUNCES COMPREHENSIVE COVID-19 RESPONSE TO HELP KEEP AMERICANS CONNECTED TO THE INTERNET (Español)</u>