

Taking Care of Ourselves and Our Children During the Pandemic

Resource List

Support and Referral Helpline 1-855-284-2494, TTY 724-631-5600

Helpline staffed by skilled and compassionate caseworkers who are available 24/7 to counsel Pennsylvanians struggling with anxiety and other emotions due to the COVID-19 emergency and refer them to community-based resources.

Peal Center (<https://www.pealcenter.org/peals-covid-19-resource-page/>)

The PEAL Center is parents', professionals' and self-advocates' one-stop-resource for disability information and referral in Pennsylvania. The Peal Center is gathering and organizing information and no-cost resources. This page will be updated frequently to reflect the most current information and with additional resources.

Respite Care in PA (<https://pealcenter.org/wp-content/uploads/2018/02/Respite-SS.pdf>)

Respite protects your own health, strengthens family relationships, and prevents burn-out.

Special Kids Network 1-800-986-4550

(<https://www.health.pa.gov/topics/programs/Special%20Kids%20Network/Pages/Special%20Kids%20Network.aspx>)

The Special Kids Network helpline assists providers and parents of children and youth with special health care needs access local services and supports.

Medical Assistance – Pennsylvania

(<https://www.dhs.pa.gov/Services/Assistance/Pages/Medical-Assistance.aspx>)

Children who are eligible for Early Intervention and have an IFSP or IEP are eligible for Medical Assistance regardless of family income. Enrollment in Medical Assistance provides you access to apply for a number of waivers providing funding for supports and services to help you and your child live in your home and community.

Support Services Waiver (<https://www.dhs.pa.gov/Services/Assistance/Pages/Medical-Assistance.aspx>)

Infants, Toddlers, and Families Waiver (<https://www.dhs.pa.gov/Services/Disabilities-Aging/Pages/Infant-Toddlers-Families-Waiver.aspx>)

OBRA Waiver (<https://www.dhs.pa.gov/Services/Disabilities-Aging/Pages/OBRA.aspx>)

Elks Nurses (<https://paelkshomeservice.org/>)

The PA Elks Home Service Program provides support and advocacy services to individuals of any age who have a developmental disability. Services are provided by a nurse and/or service coordinator to any PA resident in the home at no charge.

ASERT (Autism Services, Education, Resources, Training) (<https://paautism.org/>)

ASERT is a partnership of professionals, researchers, providers, and families leading to improve access to quality services, data, and information. There are a number of COVID-19 related resources on the website to support individuals with ASD.

Parent To Parent (<http://www.parenttoparent.org/>)

Parent to Parent links families of children and adults with disabilities as peer supporters and hosts support groups.

Early Intervention Technical Assistance Portal (<https://paelkshomeservice.org/>)

EITA is part of the Pennsylvania Training and Technical Assistance Network and the portal houses extensive training and resources for families and professionals serving children with disabilities ages birth to five. We recommend checking out the family tab from the main page to find ways to connect to others and the resources to support you during COVID-19.

[Sesame Street In Communities](https://sesamestreetincommunities.org/) (<https://sesamestreetincommunities.org/>)

Extensive multi-media tools in English and Spanish for children birth to age 6 to support children through a wide range of topics including tough issues such as divorce and hunger. We recommend the activity “Slow It Down” and “Learning At Home: Physical Movement”.

Strategies to Support You and Your Child at Home

[Daily Routine](https://talkingisteaching.org/assets/illustrations/staycation-toolkit-v3.pdf) (<https://talkingisteaching.org/assets/illustrations/staycation-toolkit-v3.pdf>)

[Social Stories](https://challengingbehavior.cbcs.usf.edu/emergency/index.html) (<https://challengingbehavior.cbcs.usf.edu/emergency/index.html>)

[Safety Plan](http://drkateaubrey.com/resources/worksheets-for-kids/) (<http://drkateaubrey.com/resources/worksheets-for-kids/>)

[Calm Down Toolbox](http://drkateaubrey.com/resources/handouts/) (<http://drkateaubrey.com/resources/handouts/>)

References

[The Forgotten Households](https://medium.com/rapid-ec-project/the-forgotten-households-dfd2626098c7) (<https://medium.com/rapid-ec-project/the-forgotten-households-dfd2626098c7>)

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Bonis, S. (2016). Stress and parents of children with autism: A review of literature. *Issues in mental health nursing*, 37(3), 153-163.

Eisenhower, A. S., Baker, B. L., & Blacher, J. (2005). Preschool children with intellectual disability: syndrome specificity, behaviour problems, and maternal well-being. *Journal of intellectual disability research*, 49(9), 657-671.

Neece, C. L., Green, S. A., & Baker, B. L. (2012). Parenting stress and child behavior problems: A transactional relationship across time. *American journal on intellectual and developmental disabilities*, 117(1), 48-66.