



Our continuing effort to provide families and professional partners new health related information during the current public health COVID-19 coronavirus pandemic. We wish everyone all well and remind you that our offices are open remotely to serve you.

<http://parenttoparentnys.org/offices/maps/>

## **COVID -19 Resources for Families- Updated 4/13**

**HHS (US Department of Health and Human Services) Office for Civil Rights in Action BULLETIN:** “Civil Rights, HIPAA, and the Coronavirus Disease 2019 (COVID-19)”- Federal policy on non-discrimination of people with disabilities in receiving treatment for COVID 19  
<https://www.hhs.gov/sites/default/files/ocr-bulletin-3-28-20.pdf>

**Safeguard Against Disability Discrimination During COVID 19- Including individuals with disabilities in the COVID 19 response to ensure equitable care.** A one page tip sheet about rights to care and treatment for COVID 19,  
<https://www.ucucedd.org/wp-content/uploads/2020/04/Center-for-Dignity-in-Health-Care-fact-sheet-on-rights-for-people-with-disabilities.pdf>

**Health Advisory:COVID-19 Updated Guidance for Hospital Operators Regarding Visitation** NYS Department of Health guidelines for who can be with patients when they are hospitalized. Includes provision for patients with developmental disabilities.  
[http://parenttoparentnys.org/news/headline-news/health\\_advisory\\_covid\\_19\\_updated\\_guidance\\_for\\_hospital\\_operators\\_regarding/](http://parenttoparentnys.org/news/headline-news/health_advisory_covid_19_updated_guidance_for_hospital_operators_regarding/)

### **New York State of Health Marketplace**

The special enrollment period has been further extended until **May 15<sup>th</sup>** for uninsured individuals to purchase health insurance to ease COVID 19 fears. Empire Plan, Medicaid and Child Health Plus are continuous enrollment.  
<https://nystateofhealth.ny.gov/>

**NY State of Mind** is a project of Governor Cuomo and the company Headspace to provide NYers a free program to improve physical, emotional, and mental wellbeing during these very stressful times using mindfulness strategies  
<https://www.headspace.com/ny>

**“Being Prepared in a Time of COVID 19- Three things you can do now”**- A conversation starter as we think of what happens if we get sick with COVID 19 and are unable to care for our families.

<https://theconversationproject.org/wp-content/uploads/2020/04/tcpcovid19guide.pdf>

**“Pandemic Panic? These 5 Tips Can Help you Regain Your Calm”**

<https://www.npr.org/sections/health-shots/2020/03/03/811656226/pandemic-panic-these-5-tips-can-help-you-regain-your-calm>

**“Should I Cancel my Child’s Nurse/Aide- a Flowchart”** A guide to making the decision about who you should be working with your child inside your home at this time.

<https://complexchild.org/articles/covid/nurse-aide/>

Social distancing does not mean that we can’t exercise and burn energy, which can help relieve stress and anxiety. Here are some links to help you and your child get moving.

- “Best Adaptive and Inclusive PE Games”  
<https://marathonkids.org/best-adapted-and-inclusive-pe-games/>
- “Activity Ideas for Children with Developmental Disability- SIMPLE ACTIVITIES/MODIFIED ACTIVITIES for Developmentally Disabled Children”  
<https://www.recreationtherapy.com/tx/txdd.htm>
- Yoga and Cosmic Kids Yoga- <https://www.youtube.com/user/CosmicKidsYoga>
- 5 Minute Move- short Energising Workouts for Kids-  
<https://www.youtube.com/playlist?list=PLYCLOPd4VxBuxu3sLztrvWFehzv-LnR2c>

**ASL Answers to Questions from Children about COVID-19** from the CDC ASL Video Series

<https://www.youtube.com/watch?v=RuVnoVcCd7I>

**Support for Kids with ADHD during the Coronavirus Crisis-**

<https://childmind.org/article/giving-kids-with-adhd-support-and-structure-during-the-coronavirus-crisis/>

**Tips for Talking to your Child with Autism about the Coronavirus-**

<https://childmind.org/article/tips-for-talking-with-your-child-with-autism-about-the-coronavirus/>

**Q&A on COVID-19 and Down Syndrome**

<https://dsmig-usa.org/resources/BOD/expanded%20final%20final.pdf>

**COVID-19 Emotional Support Hotline 1-844-863-9314** free counseling to anyone who needs it during this time.

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- ✓  <https://www.facebook.com/ParentToParentNYS/>
- ✓  [@PtopofNYS](https://twitter.com/PtopofNYS)