COVID-19 Resources Specific for Individuals with I/DD and ASD and their Families

Content	Description	Website/Contact Information
COVID-19 Picture	Communication Board specific to COVID-19	<u>English</u>
Communication	Created by Julia.Beems@cuanschutz.edu	
Board (English)		Spanish
Coronavirus	Family Voices is deeply committed to family	https://familyvoices.org/coronavi
Resources from	engagement in health and wellness of children and	rus/
Family Voices	youth with special health care needs and their	
	families. Our staff are working with national partners	
	to provide current information about the spread of the	
	coronavirus, also known as COVID-19.	
Coping and emotion	This site provides several interactive tools designed to	https://www.headspace.com/he
regulation strategies	help to practice relaxation.	alth-covid-19
Ensuring People Have	This site provides recommendations for requesting	https://healthlaw.org/ensuring-
Access to Prescription	medications for a 30 to 90-day supply during social	people-have-access-to-
Drugs During the	distancing.	prescription-drugs-during-the-
COVID-19 Pandemic		covid-19-pandemic/
Guide to helping	The National Child Traumatic Stress Network provides	https://www.nctsn.org/sites/def
families cope with	resources for family and children including routines,	ault/files/resources/fact-
coronavirus	coping with stress, schedules, activities, and self-care.	<pre>sheet/outbreak_factsheet_1.pdf</pre>
Mental Health and	The Center for START Services supports a network of	https://www.centerforstartservic
I/DD COVID-19	START programs, teams, and communities across the	es.org/covid-19-resources
Resources from	United States. Sharing resources about COVID-19	
START	reflects START's mission to link systems in an effort to	
	build capacity.	
Parent/Caregiver	Provides information for parents and caregivers about	https://www.nctsn.org/resources
Guide to Helping	infectious disease outbreaks in your	/parent-caregiver-guide-to-
Families Cope with	community. Knowing important information about the	helping-families-cope-with-the-
COVID-19	outbreak and learning how to be prepared can reduce	coronavirus-disease-2019
	stress and help calm likely anxieties. This resource will	
	help parents and caregivers think about how an	
	infectious disease outbreak might affect their family—	
	both physically and emotionally—and what they can do	
	to help their family cope.	
Plain-Language	Self-Advocacy Resource and Technical Assistance	<u>English</u>
Information on	Center (SARTAC) published a booklet in English and	
Coronavirus (English	Spanish. It was written by and for people with	<u>Spanish</u>
and Spanish)	intellectual and developmental disabilities (IDD).	
	Green Mountain Self-Advocates, a SARTAC partner,	
	published a video and slides about social distancing.	

Content	Description	Website/Contact Information
Social story about	The Autism Society of North Caroline created a social	https://www.autismsociety-
germs	story about germs.	nc.org/wp-
		content/uploads/Germs-Social-
		Story.pdf
Social stories in other	This site created social stories in multiple languages.	https://www.mindheart.co/desca
languages		rgables
Social story about	Northfield public school, Little Puddins: the autism	https://drive.google.com/file/d/1
coronavirus	educator, and Carol Gray have created social stories	ER6KKTzw2cbj0RkYd7pyrsRlaUlgT
	about corona virus for children.	<u>fEo/view</u>
		https://littlepuddins.ie/wp-
		content/uploads/2020/03/The-
		Corona-Virus-Free-Printable-
		<u>Updated-2-The-Autism-Educator-</u>
		<u>.pdf</u>
		hatta a Maanalanaa a sii ka si
		https://carolgraysocialstories.co
		m/wp-
		content/uploads/2020/03/Pande
Strategies to support	Autism Focused Intervention Resources and Modules	mics-and-the-Coronavirus.pdf https://afirm.fpg.unc.edu/suppor
individuals with ASD	listed several strategies to support individuals with	ting-individuals-autism-through-
iliulviduais with ASD	ASD, including	uncertain-
	-Support understanding	times?fbclid=IwAR2IM3AziXzlSwk
	-Offer opportunities for expression	cVmkW-
	-Prioritize coping and calming skills	j66804WwH3U7XFBKgvnmuyypO
	-Maintain routines	tvQUXcwqfUWiY
	-Build new routines	ινασκεινητοντή
	-Foster connections (from a distance)	
	-Be aware of changing behaviors	
Supporting	This site provides 7 support strategies are designed to	https://afirm.fpg.unc.edu/suppor
Individuals with	meet the unique needs of individuals with autism	ting-individuals-autism-through-
Autism through	during this period of uncertainty.	uncertain-times
Uncertain Times	·	
Supporting families	This Autism Speaks has several topics, including	https://www.autismspeaks.org/c
with children with	 Coping with disrupted routines 	ovid-19-information-and-
ASD	 Continuing clinical care during social distancing, 	resources
	School/program closures	
	 Flu teaching story 	
Visual Supports and	The Autism Society of North Caroline created visual	https://nationalautismassociatio
social stories/	supports and social stories/narrative	n.org/covid-19-resources-for-
narratives		families/
Special Olympics	Video and simple visual with handwashing tips and	https://www.specialolympics.org
Proper Handwashing	instructions.	/stories/athletes/proper-hand-
Technique Visual &		washing-techniques
Video		

Content	Description	Website/Contact Information
iTAALK Autism	Comprehensive list of national resources, funding, and	https://www.itaalk.org/grant-
Foundation Funding	grants for families of children with ASD. List is updated	and-funding-source-list
& Resources	regularly.	

Online Educational Supports for Parents

Content	Description	Website/Co	ntact Inform	ation
COVID-19 Information	US Department of Education	https://www.	ed.gov/coron	<u>iavirus</u>
and Resources for	CDC guidance for school settings			
Schools and School	Various policies and resources regarding			
Personnel	education			
Colorado Department	Provides a list of best practices for at	https://www.	cde.state.co.	us/learningathome
of Education Learning	home learning for families and a number			
at Home Resources	of online learning resources			
Online Learning	We are Teachers' sites has listed	https://www.	weareteache	rs.com/free-online-
Resources	learning resources for children in	learning-reso	urces/	
	elementary, middle, and high school.			
	Remote learning and virtual classroom			
	are also available.			
OSEP COVID-19 –	Ensuring compliance with Individuals			ut/offices/list/ocr/fr
Serving Children with	with Disabilities Education Act (IDEA),†			ance/Supple%20Fac
Disabilities	Section 504 of the Rehabilitation Act	<u>t%20Sheet%2</u>	<u>203.21.20%20</u>	FINAL.pdf
Announcement	(Section 504), Title II of the Americans			
3/21/20	with Disabilities Act shouldn't prevent			
	any school from offering educational			
	programs thru distance instruction.			
Other learning	This list contains several websites with	PBSkids.org		Seussville.com
resources	free educational and learning tools	highlighskids.		Starfall.com
		SwitcherooZo		Funbrain.com
		Kids.National	Geographic.	abc.mouse.com
		com		raz-kids.com
		discoverykids		coolmath.com
		LittleGolden		scholastic.com
		Constitution		abcya.com
		Reading.ECB.	_	duckters.com
		KhanAcadem		
		StoryLineOnl		
School Closure	Easterseals Illinois Autism Partnership (IAF	•		customers.s3-eu-
Toolkits	a toolkit that includes information about s	· · · · · · · · · · · · · · · · · · ·		
	•	oken board, and other resources. They also have other 1.amazonaws.com/acco		
	resources including social stories about the coronavirus		-	095_2.pdf?0.115893
	and social distancing for children and adul	ts.	4038180776	<u>) /</u>

Content	Description	Website/Co	ntact Information
Teaching tools	The National Autism Society has listed sev tools for children and tips for parents	eral teaching	https://www.easterseals.com/c hicago/explore- resources/autism-resources- 1.html https://nationalautismassociati on.org/covid-19-resources-for- families/
Positive Parenting in the Time of COVID-19	Published visually friendly handouts with a for parents on how to constructively interkids during confinement, stay positive, mand talk about COVID-19.	act with their	https://www.who.int/emergen cies/diseases/novel- coronavirus-2019/advice-for- public/healthy-parenting

Online Autism Resources for Parents

Content	Description	Website/Contact
		Information
Webinar for	Vanderbilt Kennedy Center is offering webinars for parents of	To register go to:
families with	young children with autism.	https://zoom.us/webinar/reg
young children	-Titled: Families First Online Education Series	ister/WN_65FW8ZwqRBau6N
every week	(Starting Thursday, March 26, 1:00-1:30 p.m. and will continue	6ib_329g
	to be every Thursday until further notice).	
	Topics:	
	-How to schedule your day at home during this time	
	-How to structure specific activities within your day	
	-How to continue to work on goal areas	
Online Teaching	-The Center for Excellence in Developmental Disabilities	https://health.ucdavis.edu/m
Modules	(CEDD) at the University of California, Davis MIND Institute has	indinstitute/centers/cedd/ad
	created modules in English and Spanish that include 10	ept.html
	interactive, self-paced, online lessons:	
	Module 1-Strategies for Teaching Functional Skills: provides	
	parents with tools and training to more effectively teach their	
	children with autism spectrum disorders and other related	
	neurodevelopmental disorders functional skills using applied	
	behavior analysis (ABA) techniques.	
	Module 2-Positive Behavior Strategies for Your Child with	
	<u>Autism:</u> provides information that will help parents more	
Fauls Chaut	effectively teach and support positive behavior.	hater of the helpfore countries of
Early Start	The C-ESMD was created by Sally Roger and Aubyn Stahmer	https://helpisinyourhands.or
Denver Model	and this website allows access to different modules, including	g/course
	- Increasing Children's Attention to People	
	- Increasing Children's Communications	
	-Joint Activity Routines to Increase Your Child's Learning and Communication	
	-The ABCs of Opportunities for Learning	

Content	Description	Website/Contact Information
	(Sign up using the link and Logging in will provide access to modules)	
Challenging Behaviors	Autism Speak also has a toolkit with strategies to manage challenging behaviors	https://www.autismspeaks.o rg/sites/default/files/2018- 08/Challenging%20Behaviors %20Tool%20Kit.pdf
ABA 101	Autism Speak also has a toolkit with information about applied behavior analysis.	https://www.autismspeaks.o rg/sites/default/files/2018- 08/Applied%20Behavior%20 Analysis%20Guide.pdf

At-Home Heavy Work Ideas

Content	Description	Website/Contact Information
And Next Comes L's	Contains ideas for 30 different at home	https://www.andnextcomesl.com/2017/04/he
Heavy Work Activities	heavy work activities to continue	avy-work-activities-for-home.html
for Home printable	sensory processing work they may be	
	doing in therapy and/or in school.	
Incredible Heavy	Over 40 heavy work activities for kids,	https://yourkidstable.com/heavy-work-
Work Activities to	toddlers, and preschoolers that are	activities/
Regulate Kids	designed to help calm and improve	
	attention. Many of these activities can	
	be done through natural activities your	
	child is already doing!	
40 Heavy Work	40 easy at home activities developed by	http://mamaot.com/40-heavy-work-activities-
Activities for kids	an OT to continue building your child's	kids/
	sensory diet.	
Heavy Work Activities	Overview of heavy work and its benefits	https://www.sensory-processing-
(Proprioceptive Input)	and a list of heavy work at-home	disorder.com/heavy-work-activities.html
to help with sensory	activities and exercises	
processing difficulties		

Indoor Gross Motor Ideas

Content	Description	Website/Contact Information
Easy at Home Gross Motor Obstacle	Fun ideas for how to set up an indoor gross motor obstacle course that can	http://adventuresathomewithmum.blogspot.
Course	address balance, focus, coordination, jumping, crawling, and more.	com/2013/02/easy-gross-motor-obstacle- course.html
Painter's Tape Activity & Craft ideas	Links to over ideas for painters tape activities and crafts that can build gross motor skills, serve as a fun	https://www.agirlandagluegun.com/2017/05/40-painters-tape-games-activities.html https://www.todaysparent.com/kids/antsy-kids-in-school/

	obstacle course, and keep kids occupied!	
15 Animal Walks for	Fun animal walks/poses to include	https://lemonlimeadventures.com/animal-
Sensory Input	proprioceptive and vestibular input	walks-sensory-diet/
	on a daily basis at home.	

General Indoor Activities for Kids

Content	Description	Website/Contact Information
50 Indoor Activities for Kids	A list of 50 activity ideas to do with kids indoors. It's a perfect reference when you're running out of ideas.	http://adventuresathomewithmum.blogspot. com/2013/02/easy-gross-motor-obstacle- course.html
Virtual Field Trips Denver Library Storytime & Bookclubs	Links to 25 virtual "field trips" to museums, zoos, aquariums, cities, and more. Some field trips are offered via video while others are slightly more interactive. The Denver Library is hosting virtual book clubs and story time for the stay at home period. You do not need to have a library card to participate. Storytime happens every Friday morning: - 9a – Spanish storytime - 10a – Toddler storytime	https://www.weareteachers.com/best-virtual-field-trips/ https://www.denverlibrary.org/blog/library-events/jenny/engage-us-online-book-clubs-storytimes-programs
	- 11a – All ages storytime	
Arapahoe Libraries Storytime at Home	Arapahoe Libraries are offering a storytime on Friday April 3rd at 10a for kids ages 0-5. They will likely repeat if it's a success!	https://arapahoelibraries.bibliocommons.co m/events/5e7e5fe561f0bd3a0005bcf7

Stress & Anxiety Management

Content	Description	Website/Contact Information
Strategies to decrease	Tamar Chansky has created a blog to help	https://tamarchansky.com/how-to-calm-
stress and worry	children to stay calm	your-kids-and-yourself-in-the-covid19-
		shutdown-find-the-helpers/

Strategies and tips to	The Anxiety and Depression Association	https://adaa.org/finding-help/coronavirus-
decrease fears and	of America has posted several videos and	anxiety-helpful-resources
anxiety	resources for parents, children, and teens	
	dealing with anxiety, including	
	-Homeschooling During The Coronavirus	
	Quarantine	
	- Anxiety & COVID 19 Part 2: Tips for	
	Parents	
	- Recommendations for Children and	
	Parents: Managing Anxiety and OCD	
	During COVID-19, Blog-	
	AustinAnxiety.com	
	-Child and Caregiver Anxiety and Fears	
	about COVID-19, Vimeo Podcasts	
Apps for Deep	Antistress (offers soothing visuals	Downloadable through Google Play for
Breathing &		Android users or the App Store for iPhone
Relaxation	Breathe+ (simple, adjustable breathing	users
	app)	
	Stop, Breathe, and Think Kids (select an	
	Emoji and it provides a short meditation	
	to help)	
Helping Children Cope	A simple guideline produced by the	https://www.who.int/docs/default-
with COVID-19	World Health Organization to help	source/coronaviruse/helping-children-cope-
	children cope with stress during the	with-stress-print.pdf?sfvrsn=f3a063ff 2
	COVID-19 outbreak.	

Colorado COVID-19 Overview

Content	Description	Website/Contact Information
Colorado Department of Public Health COVID-19 Info	Up to date public health information about COVID in CO Announcements and information about the latest	https://covid19.colorado.gov
Announcements related to COVID-19	available economic supports for families and businesses impacted by COVID-19	https://choosecolorado.com/covid19/
Denver Health's Overview of COVID- 19	Contains information about COVID-19 symptoms, testing in CO, and accessing medical services and advice	http://www.denverpublichealth. org/clinics-services/infectious- disease-clinic/coronavirus- disease-2019
Colorado Help Hotline	Provides up to date information about COVID-19 in in English, Spanish (Español), Mandarin (普通话), and more. Operators cannot provide medical advice, testing results, or work clearance.	Call 303-389-1687 or 877-462- 2911 or email <u>COHELP@RMPDC.org</u> (answers in English only)

Crisis Services

Content	Description	Website/Contact Information
Colorado Crisis	Colorado's mental health crisis services	https://coloradocrisisservices.org
Services	remain open and available to assist with crises. There are 24/7 text/call services available by phone, walk-in crisis clinics open 24/7, and mobile-crisis services that	Call - 844-943-TALK (8255) Text - TALK to 38255
	can come to you in the event of a crisis.	
Children's Hospital	Children's Emergency Departments	13123 E 16 th Ave
Emergency Department	can complete an urgent psych assessment if you are in crisis to determine if a higher level of care is needed. Anschutz campus provides tele-health evaluations to all networks of care.	Aurora, CO 80045

Health Insurance

Content	Description	Website/Contact
		Information
Colorado Special Enrollment Period for Uninsured to get Health Insurance	The Division of Insurance and Connect for Health Colorado established a special enrollment period for uninsured Coloradans to get health insurance. Uninsured people will be allowed to enroll in individual health insurance plans (meaning plans NOT from an employer) from March 20 through April 3, 2020. Coverage will be effective starting on April 1,	https://connectforhealthco.c om/uninsured-coloradans- can-enroll-during-a-special- enrollment-period-in- response-to-covid-19- outbreak/
	regardless of when someone enrolls during that window.	
Members whose Health First Colorado (Colorado's Medicaid Program) or Child Health Plan (CHP+) were scheduled to end will	Members will not lose their Health First Colorado (Colorado's Medicaid Program) or Child Health Plan Plus (CHP +) benefits for any action taken on or after March 18,2020. All members who were scheduled to discontinue on March 31,2020, will be rescinded.	If you have any questions or concerns, please send an email to the Medicaid Eligibility Inbox at

and active until the end of the Coronavirus (COVID-19) public health emergency.	

Assistance Resources

General Resources

Content	Description	Website/Contact Information
Denver Area Community Resource Map	Web based tool that provides up to date information about available community resources in, and around, Denver	https://www.denvergov.org/cont ent/denvergov/en/department- of-safety/about/community- resource-map.html
COVID-19: Resources, links, and information for people with and without disabilities	Provides helpful information about COVID-19 in Colorado, advice on steps to take, and links to assistance resources available in Colorado	http://www.ccdconline.org/covid -19-resources-links-and- information/
Benefits in Action – help for accessing resources	Colorado agency that provides free assistance navigating, accessing, and applying for food assistance (SNAP, WIC), healthcare, health insurance, and emergency financial assistance	https://www.benefitsinaction.org
List of COVID-19 Resources for Coloradans	List of resources available to Coloradans during the COVID-19 outbreak broken down by region.	http://rayofhopecolorado.org/co vid-19-updates-resources-for- coloradans/
211 Assistance – COVID- 19 Pandemic	Use the website's search bar or call 211 to find assistance paying for housing bills, finding food, or other essential services	http://www.211.org/services/cov id19 or Call 211
Mutual Aid Denver	Community collective offering resources, support, education, and services. Offerings may be limited to what's available.	https://mutualaiddenver.org/?i= 3
Front Range Mutual Aid	Resource for members of the Colorado community to request support for what they need. Take a simple survey (offered in both Spanish and English) to let them know what assistance you need and they will do their best to match you with someone offering to help. Offerings may be limited to what's available.	https://docs.google.com/forms/d/e/1FAlpQLSc1-tbmQmbv2oWnr8Cv0_N73skDcnuwaucSoWIV2QEJcufAnw/viewform?fbclid=lwAR2ehR65BlbJnelZHX9BECcBAaQc6ywhnikqlTpKWRHtdUuwx2056n9XbbE&fbzx=-8798840511127986353

Food Assistance

Content	Description	Website/Contact Information
Food Bank of the Rockies' list of emergency food assistance resources in Colorado Hunger Free Colorado – List of food resources for COVID-19 Outbreak	This list is updated daily or more often. Please check the list before you plan to go to a location in the event hours, locations or days have changed. You can put in your address and zip for locations close to your home. Contains links to finding information about accessing general food resources, school provided breakfast & lunch, food pantries, applying for SNAP & WIC, and more.	https://www.foodbankrockies.or g/emergency-assistance/ https://www.hungerfreecolorado .org/covid-19/
Metro Area Schools – Links to "grab and go" Breakfast & Lunch options for each district	Provides addresses and pickup information for free breakfast and lunch pick up sites throughout the greater Denver metro area. Most sites are providing food for the whole family (parents included). In most cases, children don't need to attend the school, they just need to be present at pick up.	https://app.smartsheet.com/b/p ublish?EQBCT=eaae70d787a643b 59359fe09e99b88d1
List of Denver Public Schools Food Resources (including rec center dinners and food for family)	List of details and locations for children and their families to get FREE grab & go breakfast and lunch, FREE Powersacks with enough food for a family of four for two days and select rec centers that serve FREE dinner to children 18 and younger. Currently these services are available through April 3rd. available at 17 Denver recreation centers	https://www.dpsk12.org/coronav irus/faq-covid-19/#en (10 other languages translated on (Available in 10 languages on webpage)

Rent/Mortgage/Eviction Information & Utility Assistance

Content	Description	Website/Contact Information
Current Pauses on	There is no statewide moratorium for evictions and	Please check your county's
evictions proceedings in	foreclosures in Colorado. Governor Polis and	website for more information OR
Denver, Boulder, Meza,	Colorado's Attorney General, Phil Weiser, have	call 211 for help
and Weld Counties	called for statewide pause on eviction proceedings.	·
	At this time, Denver, Boulder, Meza, and Weld	
	counties have committed to stopping all eviction	
	proceedings.	

Content	Description	Website/Contact Information
Colorado Apartment Association's Recommendations to support tenants during the COVID-19 Outbreak	Colorado Apartment Association tells members to create plans for people who lose income, pause evictions. Here are their current recommendations: - Create payment plan for residents that can't pay rent because of a loss of income due to the virus - Waive all late fees through April 30 - Avoid increasing rent - Stop enforcing eviction orders through April 30	https://www.thedenverchannel.c om/news/coronavirus/colorado- apartment-association-tells- members-to-create-plans-for- people-who-lose-income-pause- evictions
HUD suspends evictions & Foreclosures through April 30	HUD Suspends Foreclosures/Evictions: The Housing and Urban Development (HUD) authorized the Federal Housing Administration (FHA) to implement an immediate foreclosure and eviction moratorium for single family homeowners with FHA-insured mortgages.	https://www.hud.gov/press/pres s_releases_media_advisories/HU D_No_20_042
Mortgage services will not report to credit agencies, suspend foreclosure, and approve forbearance plans and loan modifications for borrowers impacted by COVID-19	For those going through a COVID hardship, call your mortgage servicing company ASAP. Under the direction of FHFA, Freddie Mac and Fannie Mae have released guidance to impacted borrowers. Specifically: - Credit Reporting: Servicers must not report to the credit agencies a Borrower who is on an active forbearance, repayment, or trial period plan. - Forbearance Plans: Servicers may approve forbearance plans for all Borrowers who have COVID-19 related hardship, regardless of property type. - Loan Modifications: Servicers must conduct Modifications on Borrowers impacted by COVID-19 related hardship as long as the Borrower was current as of the date of the national emergency declaration on March 13th, 2020. - Foreclosure: Servicers must suspend all foreclosure sales for the next 60 days. Note this does not apply to properties that are vacant or abandoned.	https://www.fhfa.gov/Homeown ersbuyer/MortgageAssistance/Pa ges/Coronavirus-Assistance- Information.aspx
Denver Water suspends water shut offs during COVID-19 outbreak	Denver water has temporarily suspended water shut offs to ensure that all families have access to water throughout the COVID-19 outbreak. Customers who are concerned about being able to pay a bill should contact the Denver Water	https://www.denverwater.org/about-us/how-we-operate/coronavirus

Content	Description	Website/Contact Information
	Customer Care team at 303-893-2444, Monday through Friday, from 7:30 a.m. to 5:30 p.m.	
Xcel Energy will not discontinue services for customers during COVID-19 Outbreak	Xcel Energy will not discontinue service for customers at this time. If you're having difficulties making payments, call them at 800-895-4999 and they will work with you to set up a payment plan.	https://www.xcelenergy.com/cov id-19_response

Wi-Fi & Computer Access Assistance

Content	Description	Website/Contact Information
60 Days of Free Wi-Fi for low-income families through Comcast Internet Essentials	Comcast is offering a free Internet essentials package for low-income customers and families for 60 days and \$9.95/month after that.	https://www.internetessentials.c om/
Free Wi-Fi hotspots available to anyone for free	Xfinity Wi-Fi hotspots across the US are now available to anyone for free – including non-Xfinity customers. For a map of hotspots, visit www.xfinity.com/wifi . Once at a hotspot, consumers should select the "xfinitywifi" network name in the list of available hotspots, and then launch a browser.	www.xfinity.com/wifi
Comcast Xfinity temporarily suspends internet disconnections for late/unpaid bills	Comcast is committed to not disconnecting internet service during this period. If you think you will be unable to pay your Wi-Fi bill, contact Comcast customer service.	https://www.xfinity.com/support/contact-us
PC's for People low-cost computers & Wi-Fi	Provide low-cost computers and Wi-Fi services for low-income families year-round.	https://www.pcsforpeople.org/g et-technology/
Denver Public Schools – Help Accessing iPad or Computer for Virtual Learning	DPS begins online learning on April 7 th . If your kid is a DPS student, contact the school district or your school principal if you need access to an iPad or computer for your child's online learning. More resources may become available within the next week.	https://www.dpsk12.org/coronav irus/faq-covid-19/#en

Economic Assistance

Content	Description	Website/Contact Information
Colorado Department of Labor Unemployment Claims	If you work for a ski resort or other employer that closed or reduced your hours to help stop the spread of COVID-19, you can file or reopen an unemployment claim through the Colorado Department of Labor and Employment.	https://www.colorado.gov/pacific/cdle/file-claim
Emergency assistance fund for Colorado service workers	Emergency assistance fund available to service workers and other tipped workers whose income has been interrupted due to the COVID-19 outbreak	https://ofwemergencyfund.org/
State provided cash Relief for Families	Short-term financial assistance is available to qualifying families in Colorado. Families will apply for the Colorado Works County Emergency Disaster Program through the PEAK Website. Funds will be distributed by county.	Description for Arapahoe County's program can be found here (qualifications are the same across counties) - https://www.arapahoegov.com/ CivicAlerts.aspx?AID=1564 Application Website - https://coloradopeak.secure.forc e.com/
Colorado Virtual Job Fair	Find available job postings, career advice, and learn about employment opportunities. Sponsored by Arapahoe/Douglas County Workforce Center.	http://coloradovirtualjobfair.com/content/virtualJobFairSites/arapahoe/FindJobsNow/en/home.html

Volunteer or Donate

Content	Description	Website/Contact
		Information
Donate or Volunteer to	Coloradans can donate or volunteer, as well as the	helpcoloradonow.org
help other Coloradans	Colorado COVID Relief Fund, which has already raised	
impacted by the COVID-	nearly \$3 million to help Coloradans impacted by the	
19 outbreak	coronavirus. Coloradans can donate or sign up to	
	volunteer.	