**ENDependence Center of Northern Virginia, Inc. (ECNV) Shares COVID-19 Resources**

The IL-NET National Training and Technical Assistance (T&TA) Center at ILRU is providing support to centers for independent living and statewide independent living councils as we all navigate the unprecedented times of the Coronavirus (COVID-19) pandemic. We are sharing this resource below in support of the communities you serve. Please email us at **ilru@ilru.org** with examples of how CILs are communicating with consumers in your communities—and how SILCs are communicating within your states-- and the resources you have found helpful. Visit the [ILRU Resources on COVID-19](https://urldefense.proofpoint.com/v2/url?u=http-3A__r20.rs6.net_tn.jsp-3Ff-3D00158-5F8yv47u7itI97Bv26g6oWGlOZ01fpWlXqVsjpFQwiaGZrsoesveb8FZUAjDsrG9ZkR2Y6Hrs57s7ToZQj02-5F1-2DU6w3HkJgJc6pJYMf5gK-5F5r3AA3oo59W2Ye-5F3AgizDOlAhHIwlQ7t2vXuDMwNYEuFVGiMBja6ptomLtcEgCo-3D-26c-3DW3T1b4p95S7i-5FewVJ5lXRtdilG4NKvKbWF2DQ-5FXC59j-2DmsyoXfPmFQ-3D-3D-26ch-3DVJDyhDUlZU5azo2BGYy0S-5Fgg-2Dy7LTndG3VpQZK0pJiSmQQCwRHlNjw-3D-3D&d=DwMFaQ&c=ZQs-KZ8oxEw0p81sqgiaRA&r=uGn_Vkl_JR-YWpk6ktqEcA&m=3YxXI4PRCPocrlfKh95eLqxydM9jVgK7gDJ-x8JpDZQ&s=fvAvbl7SLxgu4FIYywdP4yv90tzMMt7d_eA_Opf_D-Q&e=) webpage for daily updates.

All items we post are presented with the stipulation that they are only examples of how one CIL or SILC has addressed important emergency-related matters. Other organizations should adopt only those of the examples that fit their organization's circumstances. Each organization is responsible for ensuring compliance with federal, state, and local laws and directives. These materials have not been reviewed by ACL; therefore, no assumptions should be made regarding compliance or cost allowability.

**The following is shared by Elizabeth Kumar, Communications Manager & Peer Mentor at ECNV.**

We are all in this together. Our team at ECNV is continuing to stay connected with each other, our consumers and partners. We have a working document to bring you up to date resources during this pandemic. Please email elizabethk@ecnv.org if you have resources you would like to add to this list. *Note from ILRU: The list below is a partial list; the full list of resources can be accessed at* ECNV’s [***COVID-19 Resources***](https://urldefense.proofpoint.com/v2/url?u=http-3A__r20.rs6.net_tn.jsp-3Ff-3D001mz17rVO6wUwK3-5FfP4KNKSA44FV6SFaFyqcV61Qg7tL5bkUIjvu-2DnLfyCywNCbNlBVb0OG5dlzd7PQBou-5FaMDnUbaBw7YHed8buyLZRiZ-5FBFTUD9DZ-2DeILBgAJ4NXH4J8aE4OmPVcwJQofH-5FtPkDYTkti7THvAijabqU-2DgE3NErk-2DpAUAqIj8vze8VEmhiOSPbwu13G8cFb5KsHI36gbOmMp6-5FH7Yd8Qkk6sp-2D8dmzqYMQ97UCIr60dLTK-5FOBunv-5F-26c-3Dks6-5FbwZ8aDr-5FVCAuQq6keDahxwRjhlU3Yafn3A5FpvnPzmvtz5G8zA-3D-3D-26ch-3DegqXXLE57EzM9-5FuWRgptj6AENgpgc1sF7Kzs5vxvy-5FLVHwiZHqDL0A-3D-3D&d=DwMFaQ&c=ZQs-KZ8oxEw0p81sqgiaRA&r=kh5pJ9kTmkzQw4A0097vZg&m=LrFCBe-XLMuRBf8b4zlQY9p9DRGCItFvYV8dZFJoyGE&s=DbzLruyCrFzVarTvS9J4h64Idi9Y2m67gYCY0W60ubI&e=)***.*** [https://docs.google.com/document/d/1nTJykx93Qj2HpdDrHTyh9RzE0enSd1xi5ykb7qZ0tMw/edit]

**Communications Access Assistance**

* COVID-19 FAQ<https://www.virginia.gov/media/vagov/documents/covid19/General-Questions-FAQ-v2_FINAL.pdf>
* COVID-19 ASL <https://www.nad.org/2020/03/12/coronavirus/?fbclid=IwAR3FegSxgJPwnKxY0BJq00gSXk4vc-wZeuAk9-AZol6sDeO64nTiPS4l1jM>
* COVID-19 information in multiple languages

<https://wwwn.cdc.gov/pubs/other-languages?Sort=Lang%3A%3Aasc>

* Abilities EXPO TV, RADIO, MOBILE APP

[www.abilities.com/abilitiesairwaves.html?utm\_medium=newsletter&utm\_campaign=abilitiestvapp](http://www.abilities.com/abilitiesairwaves.html?utm_medium=newsletter&utm_campaign=abilitiestvapp)

* Comcast Announces Comprehensive COVID-19 Response (the possibility of FREE WIFI) to Help Keep Americans Connected to the Internet

<https://corporate.comcast.com/covid-19>

* Virginia Department of Emergency Management Access and Functional Needs Partners Portal <https://app.smartsheet.com/b/publish?EQBCT=53a4bfb835874424b9023124ed29d8de>
* [VirginiaNavigator | Your Nonprofit Guide to Veterans' Benefits, Caregiving Resources, and Disability and Aging Services in Virginia](https://virginianavigator.org/)  for Virginia Resources

**Coronavirus Preparedness**

* Pandemic Preparedness and the ADA <https://www.eeoc.gov/facts/pandemic_flu.html>

**Disability Rights Resources**

* disAbility Law Center of Virginia:

<https://www.dlcv.org/covid19>[dLCV-Continues-to-Offer-Services-during-COVID-19-Pandemic.pdf](http://dlcv-continues-to-offer-services-during-covid-19-pandemic.pdf/)

**Disability Health Information & Resources**

* Virginia Medicaid is Taking Action Against COVID-19

<https://coverva.org/materials/One_Pager_3_24_FINAL.pdf>

* Medicaid Waiver Flexibility

<https://www.medicaid.gov/state-resource-center/disaster-response-toolkit/federal-disaster-resources/?entry=54035>

* Limited waiver of HIPPA

<https://www.hhs.gov/sites/default/files/hipaa-and-covid-19-limited-hipaa-waiver-bulletin-508.pdf>

* Care.com

<https://www.care.com/>

* Personal Assistant Services ECNV
	+ Contact: ruchikal@ecnv.org
	+ <https://www.ecnv.org/pas>

**Mental Health Resources**

* CDC Mental Health Support and COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html>

* National Suicide Prevention Lifeline:

1-800-273-8255

* Open Path Collective (Non-Profit providing low-cost therapy services for individuals who are uninsured or underinsured)

[www.openpathcollective.org](http://www.openpathcollective.org/)

* SAMHSA National Hotline:

1-800-662-HELP (4357)

* Fairfax County Community Services Board:

<https://www.fairfaxcounty.gov/community-services-board/mental-health>

* Arlington County Behavioral Health:

<https://health.arlingtonva.us/behavioral-healthcare/mental-health/>

* Loudoun County Mental Health Services:

<https://www.loudoun.gov/1333/Mental-Health-Services>

* Alexandria City Adult Mental Health:

[tps://www.alexandriava.gov/dchs/adultservices/default.aspx?id=50420](https://www.alexandriava.gov/dchs/adultservices/default.aspx?id=50420)

**Work and Financial**

* Promoting Financial Resiliency During COVID-19

<https://www.nationaldisabilityinstitute.org/wp-content/uploads/2020/03/financial-resiliency-tips.pdf>

* Department of Labor

<https://www.dol.gov/coronavirus>

* Apply for Unemployment

<http://www.vec.virginia.gov/unemployed/Claimant-Handbook/Claimant-Handbook/Applying-for-Benefits>

* Apply for Disability Benefits

<https://www.ssa.gov/disability/>

* Economic Injury Disaster Loan

<https://www.benefits.gov/benefit/1504>

* Job Openings
* Honeydo.Today - Handyman, housekeeping, landscaping

           <https://form.jotform.us/90875432842160>

**Food Resources**

* VA Food Banks

<https://vafoodbanks.org/>

* Arlington Restaurant Status

<https://docs.google.com/spreadsheets/d/1h3ScDfNDf_5ct-E1BlTBIKg0xo3n_f_A8nyN_WQrC-w/edit#gid=0>

* Neighbor 2 Neighbor Fairfax County

<https://fairfaxcountyemergency.wpcomstaging.com/2020/03/20/neighbor-2-neighbor-program-another-way-to-help-out-in-your-community/>

* Instacart

<https://www.instacart.com/store/safeway/storefront>

* Amazon Prime Now

<https://primenow.amazon.com/>

* Giant-Peapod

<https://www.peapod.com/>

* Nextdoor - connect with neighbors for help

<https://nextdoor.com/>

* Arlington Food, Financial and Medical Assistance

<https://health.arlingtonva.us/covid-19-coronavirus-updates/food-financial-and-medical-assistance/>

* Fairfax County Food Resources

<https://fairfaxcountyemergency.wpcomstaging.com/2020/03/18/find-food-resources-in-fairfax-county-during-covid-19-emergency/>

* Food for Others

<https://www.foodforothers.org/neighborhood-sites/>

* Loudoun County Needs Assistance

<https://www.loudoun.gov/5327/COVID-19-Needs-Assistance>

* Loudoun Hunger Relief

<https://www.loudounhunger.org/>

* Alexandria Resources to Meet Basic Needs

<https://www.alexandriava.gov/dchs/economicsupport/default.aspx?id=114166>

\*\*Check with your local faith communities regarding food banks and volunteers to drop off groceries

**Self-Care | Online Hobbies and Classes**

* Wash Your Hands Video

<https://www.youtube.com/watch?v=XnJ1wvlIcbs&t=4s+>

* Stop the Spread of Germs PDF

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs.pdf>

* Preparing for Coronavirus (COVID-19) and Influenza: Free Online Training & Resources

<https://www.relias.com/topic/coronavirus>

* Free Online Courses from top universities

<http://www.openculture.com/freeonlinecourses>

**Advocacy**

* NCIL ADVOCACY MONITOR - Let YOUR voice be heard!!

<https://advocacymonitor.com/>

* ILRU

<https://www.ilru.org/resources-covid-19>

* Weekly Video Series on Disability Policy - Tuesdays With Liz

<https://www.aucd.org/template/page.cfm?id=967>

**Unique Ideas to Get the Help and Assistance You Need**

In a time of crisis, it can be important to think outside the box. We realize that stress and concern can also limit your ability to come up with solutions for yourself and your families. Some staff have taken time to list additional ways they too are handling issues as people with disabilities themselves.

* Consider using Zoom / WebEx or any other telecommunication platforms to conduct Caregiver Interviews. This will permit you to see the person and interact face to face and have some assurances on who you are hiring. Zoom and similar communications platforms have free options and some are even waiving fees when you sign up for a few weeks, a month or longer. You can use Zoom on the phone in addition to any computer.
* Check your doctor / primary care providers’ website - some may have only recently come up with Telehealth options and are rolling them out just now. Even if you are feeling well, they can answer questions for you remotely. They may also have some specific ideas related to your unique chronic challenges and health support / care needs
* Have you created an emergency backup plan if your primary caregiver were to become ill? Is there a friend or neighbor that you are close with that you can ask early on to assist you with some of your needs? It will be important that you not wait until the last minute and your current caregiver may be able to train a friend or other person with demonstrations on how to best assist you and help you with things that might be complex.

**Contact Information:**

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