

# COVID-19 Resources

## Specific for Individuals with I/DD and ASD and their Families

Content	Description	Website/Contact Information
<b>COVID-19 Picture Communication Board (English)</b>	Communication Board specific to COVID-19 Created by <a href="mailto:Julia.Beems@cuanschutz.edu">Julia.Beems@cuanschutz.edu</a>	<a href="#">English</a>  <a href="#">Spanish</a>
<b>Coronavirus Resources from Family Voices</b>	Family Voices is deeply committed to family engagement in health and wellness of children and 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.	<a href="https://familyvoices.org/coronavirus/">https://familyvoices.org/coronavirus/</a>
<b>Coping and emotion regulation strategies</b>	This site provides several interactive tools designed to help to practice relaxation.	<a href="https://www.headspace.com/health-covid-19">https://www.headspace.com/health-covid-19</a>
<b>Ensuring People Have Access to Prescription Drugs During the COVID-19 Pandemic</b>	This site provides recommendations for requesting medications for a 30 to 90-day supply during social distancing.	<a href="https://healthlaw.org/ensuring-people-have-access-to-prescription-drugs-during-the-covid-19-pandemic/">https://healthlaw.org/ensuring-people-have-access-to-prescription-drugs-during-the-covid-19-pandemic/</a>
<b>Guide to helping families cope with coronavirus</b>	The National Child Traumatic Stress Network provides resources for family and children including routines, coping with stress, schedules, activities, and self-care.	<a href="https://www.nctsn.org/sites/default/files/resources/factsheet/outbreak_factsheet_1.pdf">https://www.nctsn.org/sites/default/files/resources/factsheet/outbreak_factsheet_1.pdf</a>
<b>Mental Health and I/DD COVID-19 Resources from START</b>	The Center for START Services supports a network of START programs, teams, and communities across the United States. Sharing resources about COVID-19 reflects START’s mission to link systems in an effort to build capacity.	<a href="https://www.centerforstartservices.org/covid-19-resources">https://www.centerforstartservices.org/covid-19-resources</a>
<b>Parent/Caregiver Guide to Helping Families Cope with COVID-19</b>	Provides information for parents and caregivers about infectious disease outbreaks in your community. Knowing important information about the outbreak and learning how to be prepared can reduce 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.	<a href="https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019">https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019</a>
<b>Plain-Language Information on Coronavirus (English and Spanish)</b>	Self-Advocacy Resource and Technical Assistance Center (SARTAC) published a booklet in English and Spanish. It was written by and for people with intellectual and developmental disabilities (IDD).  Green Mountain Self-Advocates, a SARTAC partner, published a video and slides about social distancing.	<a href="#">English</a>  <a href="#">Spanish</a>

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<b>Social story about germs</b>	The Autism Society of North Carolina created a social story about germs.	<a href="https://www.autismsociety-nc.org/wp-content/uploads/Germs-Social-Story.pdf">https://www.autismsociety-nc.org/wp-content/uploads/Germs-Social-Story.pdf</a>
<b>Social stories in other languages</b>	This site created social stories in multiple languages.	<a href="https://www.mindheart.co/descargables">https://www.mindheart.co/descargables</a>
<b>Social story about coronavirus</b>	Northfield public school, Little Puddins: the autism educator, and Carol Gray have created social stories about corona virus for children.	<a href="https://drive.google.com/file/d/1ER6KKTzw2cbj0RkYd7pyrsRlaUlGTFEo/view">https://drive.google.com/file/d/1ER6KKTzw2cbj0RkYd7pyrsRlaUlGTFEo/view</a>  <a href="https://littlepuddins.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf">https://littlepuddins.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf</a>  <a href="https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf">https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf</a>
<b>Strategies to support individuals with ASD</b>	Autism Focused Intervention Resources and Modules listed several strategies to support individuals with ASD, including –Support understanding –Offer opportunities for expression –Prioritize coping and calming skills –Maintain routines –Build new routines –Foster connections (from a distance) –Be aware of changing behaviors	<a href="https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times?fbclid=IwAR2IM3AziXzISwkcVmkW-j66804WwH3U7XFBKgvnmuyypOtvQUXcwqfUWiY">https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times?fbclid=IwAR2IM3AziXzISwkcVmkW-j66804WwH3U7XFBKgvnmuyypOtvQUXcwqfUWiY</a>
<b>Supporting Individuals with Autism through Uncertain Times</b>	This site provides <b>7 support strategies</b> are designed to meet the unique needs of individuals with autism during this period of uncertainty.	<a href="https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times">https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times</a>
<b>Supporting families with children with ASD</b>	This Autism Speaks has several topics, including – Coping with disrupted routines – Continuing clinical care during social distancing, – School/program closures – Flu teaching story	<a href="https://www.autismspeaks.org/covid-19-information-and-resources">https://www.autismspeaks.org/covid-19-information-and-resources</a>
<b>Visual Supports and social stories/narratives</b>	The Autism Society of North Carolina created visual supports and social stories/narrative	<a href="https://nationalautismassociation.org/covid-19-resources-for-families/">https://nationalautismassociation.org/covid-19-resources-for-families/</a>
<b>Special Olympics Proper Handwashing Technique Visual &amp; Video</b>	Video and simple visual with handwashing tips and instructions.	<a href="https://www.specialolympics.org/stories/athletes/proper-handwashing-techniques">https://www.specialolympics.org/stories/athletes/proper-handwashing-techniques</a>

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<b>ITAALK Autism Foundation Funding &amp; Resources</b>	Comprehensive list of national resources, funding, and grants for families of children with ASD. List is updated regularly.	<a href="https://www.itaalk.org/grant-and-funding-source-list">https://www.itaalk.org/grant-and-funding-source-list</a>

## Online Educational Supports for Parents

Content	Description	Website/Contact Information		
<b>COVID-19 Information and Resources for Schools and School Personnel</b>	US Department of Education CDC guidance for school settings Various policies and resources regarding education	<a href="https://www.ed.gov/coronavirus">https://www.ed.gov/coronavirus</a>		
<b>Colorado Department of Education Learning at Home Resources</b>	Provides a list of best practices for at home learning for families and a number of online learning resources	<a href="https://www.cde.state.co.us/learningathome">https://www.cde.state.co.us/learningathome</a>		
<b>Online Learning Resources</b>	We are Teachers' sites has listed learning resources for children in elementary, middle, and high school. Remote learning and virtual classroom are also available.	<a href="https://www.weareteachers.com/free-online-learning-resources/">https://www.weareteachers.com/free-online-learning-resources/</a>		
<b>OSEP COVID-19 – Serving Children with Disabilities Announcement 3/21/20</b>	Ensuring compliance with Individuals with Disabilities Education Act (IDEA), † Section 504 of the Rehabilitation Act (Section 504), Title II of the Americans with Disabilities Act shouldn't prevent any school from offering educational programs thru distance instruction.	<a href="https://www2.ed.gov/about/offices/list/ocr/frontpage/faq/rr/policyguidance/Supple%20Fact%20Sheet%203.21.20%20FINAL.pdf">https://www2.ed.gov/about/offices/list/ocr/frontpage/faq/rr/policyguidance/Supple%20Fact%20Sheet%203.21.20%20FINAL.pdf</a>		
<b>Other learning resources</b>	This list contains several websites with free educational and learning tools	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">           PBSkids.org            highlighskids.com            SwitcherooZoo.com            Kids.NationalGeographic.com            discoverykids.com            LittleGoldenBooks.com            ConstitutionCenter.org            Reading.ECB.org            KhanAcademy.org            StoryLineOnline.net         </td> <td style="width: 50%; border: none;">           Seussville.com            Starfall.com            Funbrain.com            abc.mouse.com            raz-kids.com            coolmath.com            scholastic.com            abcya.com            duckters.com         </td> </tr> </table>	PBSkids.org highlighskids.com SwitcherooZoo.com Kids.NationalGeographic.com discoverykids.com LittleGoldenBooks.com ConstitutionCenter.org Reading.ECB.org KhanAcademy.org StoryLineOnline.net	Seussville.com Starfall.com Funbrain.com abc.mouse.com raz-kids.com coolmath.com scholastic.com abcya.com duckters.com
PBSkids.org highlighskids.com SwitcherooZoo.com Kids.NationalGeographic.com discoverykids.com LittleGoldenBooks.com ConstitutionCenter.org Reading.ECB.org KhanAcademy.org StoryLineOnline.net	Seussville.com Starfall.com Funbrain.com abc.mouse.com raz-kids.com coolmath.com scholastic.com abcya.com duckters.com			
<b>School Closure Toolkits</b>	Easterseals Illinois Autism Partnership (IAP) developed a toolkit that includes information about schedules, token board, and other resources. They also have other resources including social stories about the coronavirus and social distancing for children and adults.	<a href="https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6552095_2.pdf?0.11589340381807767">https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6552095_2.pdf?0.11589340381807767</a>		

Content	Description	Website/Contact Information
		<a href="https://www.easterseals.com/chicago/explore-resources/autism-resources-1.html">https://www.easterseals.com/chicago/explore-resources/autism-resources-1.html</a>
<b>Teaching tools</b>	The National Autism Society has listed several teaching tools for children and tips for parents	<a href="https://nationalautismassociation.org/covid-19-resources-for-families/">https://nationalautismassociation.org/covid-19-resources-for-families/</a>
<b>Positive Parenting in the Time of COVID-19</b>	Published visually friendly handouts with suggestions for parents on how to constructively interact with their kids during confinement, stay positive, manage stress, and talk about COVID-19.	<a href="https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting">https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting</a>

## Online Autism Resources for Parents

Content	Description	Website/Contact Information
<b>Webinar for families with young children every week</b>	Vanderbilt Kennedy Center is offering webinars for parents of young children with autism. -Titled: Families First Online Education Series (Starting Thursday, March 26, 1:00-1:30 p.m. and will continue to be every Thursday until further notice). <u>Topics:</u> -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	To register go to: <a href="https://zoom.us/webinar/register/WN_65FW8ZwqRBau6N6ib_329g">https://zoom.us/webinar/register/WN_65FW8ZwqRBau6N6ib_329g</a>
<b>Online Teaching Modules</b>	-The Center for Excellence in Developmental Disabilities (CEDD) at the University of California, Davis MIND Institute has created modules in English and Spanish that include 10 interactive, self-paced, online lessons: <i>Module 1-Strategies for Teaching Functional Skills:</i> 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.  <i>Module 2-Positive Behavior Strategies for Your Child with Autism:</i> provides information that will help parents more effectively teach and support positive behavior.	<a href="https://health.ucdavis.edu/mindinstitute/centers/cedd/adaptive.html">https://health.ucdavis.edu/mindinstitute/centers/cedd/adaptive.html</a>
<b>Early Start Denver Model</b>	The C-ESMD was created by Sally Roger and Aubyn Stahmer and this website allows access to different modules, including - 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	<a href="https://helpisinyourhands.org/course">https://helpisinyourhands.org/course</a>

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

## At-Home Heavy Work Ideas

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

## Indoor Gross Motor Ideas

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

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

## General Indoor Activities for Kids

Content	Description	Website/Contact Information
<b>50 Indoor Activities for Kids</b>	A list of 50 activity ideas to do with kids indoors. It's a perfect reference when you're running out of ideas.	<a href="http://adventuresathomewithmum.blogspot.com/2013/02/easy-gross-motor-obstacle-course.html">http://adventuresathomewithmum.blogspot.com/2013/02/easy-gross-motor-obstacle-course.html</a>
<b>Virtual Field Trips</b>	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.	<a href="https://www.weareteachers.com/best-virtual-field-trips/">https://www.weareteachers.com/best-virtual-field-trips/</a>
<b>Denver Library Storytime &amp; Bookclubs</b>	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: <ul style="list-style-type: none"> <li>- 9a – Spanish storytime</li> <li>- 10a – Toddler storytime</li> <li>- 11a – All ages storytime</li> </ul>	<a href="https://www.denverlibrary.org/blog/library-events/jenny/engage-us-online-book-clubs-storytimes-programs">https://www.denverlibrary.org/blog/library-events/jenny/engage-us-online-book-clubs-storytimes-programs</a>
<b>Arapahoe Libraries Storytime at Home</b>	Arapahoe Libraries are offering a storytime on <b>Friday April 3<sup>rd</sup></b> at 10a for kids ages 0-5. They will likely repeat if it's a success!	<a href="https://arapahoelibraries.bibliocommons.com/events/5e7e5fe561f0bd3a0005bcf7">https://arapahoelibraries.bibliocommons.com/events/5e7e5fe561f0bd3a0005bcf7</a>

## Stress & Anxiety Management

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

<b>Strategies and tips to decrease fears and anxiety</b>	The Anxiety and Depression Association of America has posted several videos and 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	<a href="https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources">https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources</a>
<b>Apps for Deep Breathing &amp; Relaxation</b>	Antistress (offers soothing visuals  Breathe+ (simple, adjustable breathing app)  Stop, Breathe, and Think Kids (select an Emoji and it provides a short meditation to help)	Downloadable through Google Play for Android users or the App Store for iPhone users
<b>Helping Children Cope with COVID-19</b>	A simple guideline produced by the World Health Organization to help children cope with stress during the COVID-19 outbreak.	<a href="https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2">https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2</a>

## Colorado COVID-19 Overview

<b>Content</b>	<b>Description</b>	<b>Website/Contact Information</b>
<b>Colorado Department of Public Health COVID-19 Info</b>	Up to date public health information about COVID in CO	<a href="https://covid19.colorado.gov">https://covid19.colorado.gov</a>
<b>CO Economic Announcements related to COVID-19</b>	Announcements and information about the latest available economic supports for families and businesses impacted by COVID-19	<a href="https://choosecolorado.com/covid19/">https://choosecolorado.com/covid19/</a>
<b>Denver Health's Overview of COVID-19</b>	Contains information about COVID-19 symptoms, testing in CO, and accessing medical services and advice	<a href="http://www.denverpublichealth.org/clinics-services/infectious-disease-clinic/coronavirus-disease-2019">http://www.denverpublichealth.org/clinics-services/infectious-disease-clinic/coronavirus-disease-2019</a>
<b>Colorado Help Hotline</b>	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 <b>303-389-1687</b> or <b>877-462-2911</b> or email <a href="mailto:COHELP@RMPDC.org">COHELP@RMPDC.org</a> (answers in English only)

## Crisis Services

Content	Description	Website/Contact Information
<b>Colorado Crisis Services</b>	Colorado's mental health crisis 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 can come to you in the event of a crisis.	<a href="https://coloradocrisisservices.org">https://coloradocrisisservices.org</a>  Call - 844-943-TALK (8255)  Text - TALK to 38255
<b>Children's Hospital Emergency Department</b>	Children's Emergency Departments 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.	13123 E 16 <sup>th</sup> Ave Aurora, CO 80045

## Health Insurance

Content	Description	Website/Contact Information
<b>Colorado Special Enrollment Period for Uninsured to get Health Insurance</b>	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 <b>March 20 through April 3, 2020</b> . Coverage will be effective starting on April 1, regardless of when someone enrolls during that window.	<a href="https://connectforhealthco.com/uninsured-coloradans-can-enroll-during-a-special-enrollment-period-in-response-to-covid-19-outbreak/">https://connectforhealthco.com/uninsured-coloradans-can-enroll-during-a-special-enrollment-period-in-response-to-covid-19-outbreak/</a>
<b>Members whose Health First Colorado (Colorado's Medicaid Program) or Child Health Plan (CHP+) were scheduled to end will not lose services until after the COVID-19 outbreak</b>	<p>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.</p> <p>Members who were scheduled to be discontinued effective 3/31/2020 due to action taken on 3/18/20 or 3/19/20 or 3/20/2020 or 3/21/2020 will be rescinded and issued a <b>Speed Letter</b> notifying them that they will not be losing their Medicaid or CHP+ benefits.</p> <p>Members will be informed that they will remain open</p>	If you have any questions or concerns, please send an email to the Medicaid Eligibility Inbox at <a href="mailto:hcpf_medicaid.eligibility@state.co.us">hcpf_medicaid.eligibility@state.co.us</a> .



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

### *General Resources*

<b>Content</b>	<b>Description</b>	<b>Website/Contact Information</b>
<b>Denver Area Community Resource Map</b>	Web based tool that provides up to date information about available community resources in, and around, Denver	<a href="https://www.denvergov.org/content/denvergov/en/department-of-safety/about/community-resource-map.html">https://www.denvergov.org/content/denvergov/en/department-of-safety/about/community-resource-map.html</a>
<b>COVID-19: Resources, links, and information for people with and without disabilities</b>	Provides helpful information about COVID-19 in Colorado, advice on steps to take, and links to assistance resources available in Colorado	<a href="http://www.ccdonline.org/covid-19-resources-links-and-information/">http://www.ccdonline.org/covid-19-resources-links-and-information/</a>
<b>Benefits in Action – help for accessing resources</b>	Colorado agency that provides free assistance navigating, accessing, and applying for food assistance (SNAP, WIC), healthcare, health insurance, and emergency financial assistance	<a href="https://www.benefitsinaction.org/">https://www.benefitsinaction.org/</a>
<b>List of COVID-19 Resources for Coloradans</b>	List of resources available to Coloradans during the COVID-19 outbreak broken down by region.	<a href="http://rayofhopecolorado.org/covid-19-updates-resources-for-coloradans/">http://rayofhopecolorado.org/covid-19-updates-resources-for-coloradans/</a>
<b>211 Assistance – COVID-19 Pandemic</b>	Use the website’s search bar or call <b>211</b> to find assistance paying for housing bills, finding food, or other essential services	<a href="http://www.211.org/services/covid19">http://www.211.org/services/covid19</a>  or Call <b>211</b>
<b>Mutual Aid Denver</b>	Community collective offering resources, support, education, and services. Offerings may be limited to what’s available.	<a href="https://mutualaiddenver.org/?i=3">https://mutualaiddenver.org/?i=3</a>
<b>Front Range Mutual Aid</b>	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.	<a href="https://docs.google.com/forms/d/e/1FAIpQLSc1-tbmQmbv2oWnr8Cv0_N73skDcnuwaucSoWIV2QEJcufAnw/viewform?fbclid=IwAR2ehR65B1bJnelZH X9BECcBAaQc6ywhnikqITpKWRHtdUuwX2056n9XbbE&amp;fbzx=-8798840511127986353">https://docs.google.com/forms/d/e/1FAIpQLSc1-tbmQmbv2oWnr8Cv0_N73skDcnuwaucSoWIV2QEJcufAnw/viewform?fbclid=IwAR2ehR65B1bJnelZH X9BECcBAaQc6ywhnikqITpKWRHtdUuwX2056n9XbbE&amp;fbzx=-8798840511127986353</a>

## *Food Assistance*

<b>Content</b>	<b>Description</b>	<b>Website/Contact Information</b>
<b>Food Bank of the Rockies’ list of emergency food assistance resources in Colorado</b>	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.	<a href="https://www.foodbankrockies.org/emergency-assistance/">https://www.foodbankrockies.org/emergency-assistance/</a>
<b>Hunger Free Colorado – List of food resources for COVID-19 Outbreak</b>	Contains links to finding information about accessing general food resources, school provided breakfast & lunch, food pantries, applying for SNAP & WIC, and more.	<a href="https://www.hungerfreecolorado.org/covid-19/">https://www.hungerfreecolorado.org/covid-19/</a>
<b>Metro Area Schools – Links to “grab and go” Breakfast &amp; Lunch options for each district</b>	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.	<a href="https://app.smartsheet.com/b/publish?EQBCT=eaee70d787a643b59359fe09e99b88d1">https://app.smartsheet.com/b/publish?EQBCT=eaee70d787a643b59359fe09e99b88d1</a>
<b>List of Denver Public Schools Food Resources (including rec center dinners and food for family)</b>	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	<a href="https://www.dpsk12.org/coronavirus/faq-covid-19/#en">https://www.dpsk12.org/coronavirus/faq-covid-19/#en</a> (10 other languages translated on webpage)  (Available in 10 languages on webpage)

## *Rent/Mortgage/Eviction Information & Utility Assistance*

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

Content	Description	Website/Contact Information
<b>Colorado Apartment Association’s Recommendations to support tenants during the COVID-19 Outbreak</b>	Colorado Apartment Association tells members to create plans for people who lose income, pause evictions. Here are their current recommendations: <ul style="list-style-type: none"> <li>- Create payment plan for residents that can’t pay rent because of a loss of income due to the virus</li> <li>- Waive all late fees through April 30</li> <li>- Avoid increasing rent</li> <li>- Stop enforcing eviction orders through April 30</li> </ul>	<a href="https://www.thedenverchannel.com/news/coronavirus/colorado-apartment-association-tells-members-to-create-plans-for-people-who-lose-income-pause-evictions">https://www.thedenverchannel.com/news/coronavirus/colorado-apartment-association-tells-members-to-create-plans-for-people-who-lose-income-pause-evictions</a>
<b>HUD suspends evictions &amp; Foreclosures through April 30</b>	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.	<a href="https://www.hud.gov/press/press_releases_media_advisories/HUD_No_20_042">https://www.hud.gov/press/press_releases_media_advisories/HUD_No_20_042</a>
<b>Mortgage services will not report to credit agencies, suspend foreclosure, and approve forbearance plans and loan modifications for borrowers impacted by COVID-19</b>	<b>For those going through a COVID hardship</b> , call your mortgage servicing company ASAP. Under the direction of FHFA, Freddie Mac and Fannie Mae have released guidance to impacted borrowers. Specifically: <ul style="list-style-type: none"> <li>- Credit Reporting: Servicers must not report to the credit agencies a Borrower who is on an active forbearance, repayment, or trial period plan.</li> <li>- Forbearance Plans: Servicers may approve forbearance plans for all Borrowers who have COVID-19 related hardship, regardless of property type.</li> <li>- 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.</li> <li>- Foreclosure: Servicers must suspend all foreclosure sales for the next 60 days. Note this does not apply to properties that are vacant or abandoned.</li> </ul>	<a href="https://www.fhfa.gov/Homeownersbuyer/MortgageAssistance/Pages/Coronavirus-Assistance-Information.aspx">https://www.fhfa.gov/Homeownersbuyer/MortgageAssistance/Pages/Coronavirus-Assistance-Information.aspx</a>
<b>Denver Water suspends water shut offs during COVID-19 outbreak</b>	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	<a href="https://www.denverwater.org/about-us/how-we-operate/coronavirus">https://www.denverwater.org/about-us/how-we-operate/coronavirus</a>

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.	
<b>Xcel Energy will not discontinue services for customers during COVID-19 Outbreak</b>	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.	<a href="https://www.xcelenergy.com/covid-19_response">https://www.xcelenergy.com/covid-19_response</a>

### *Wi-Fi & Computer Access Assistance*

Content	Description	Website/Contact Information
<b>60 Days of Free Wi-Fi for low-income families through Comcast Internet Essentials</b>	Comcast is offering a free Internet essentials package for low-income customers and families for 60 days and \$9.95/month after that.	<a href="https://www.internetessentials.com/">https://www.internetessentials.com/</a>
<b>Free Wi-Fi hotspots available to anyone for free</b>	Xfinity Wi-Fi hotspots across the US are now available to anyone for free – including non-Xfinity customers. For a map of hotspots, visit <a href="http://www.xfinity.com/wifi">www.xfinity.com/wifi</a> . Once at a hotspot, consumers should select the “xfinitywifi” network name in the list of available hotspots, and then launch a browser.	<a href="http://www.xfinity.com/wifi">www.xfinity.com/wifi</a>
<b>Comcast Xfinity temporarily suspends internet disconnections for late/unpaid bills</b>	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.	<a href="https://www.xfinity.com/support/contact-us">https://www.xfinity.com/support/contact-us</a>
<b>PC's for People low-cost computers &amp; Wi-Fi</b>	Provide low-cost computers and Wi-Fi services for low-income families year-round.	<a href="https://www.pcsforpeople.org/get-technology/">https://www.pcsforpeople.org/get-technology/</a>
<b>Denver Public Schools – Help Accessing iPad or Computer for Virtual Learning</b>	DPS begins online learning on April 7 <sup>th</sup> . 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.	<a href="https://www.dpsk12.org/coronavirus/faq-covid-19/#en">https://www.dpsk12.org/coronavirus/faq-covid-19/#en</a>

## Economic Assistance

Content	Description	Website/Contact Information
<b>Colorado Department of Labor Unemployment Claims</b>	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.	<a href="https://www.colorado.gov/pacific/cdle/file-claim">https://www.colorado.gov/pacific/cdle/file-claim</a>
<b>Emergency assistance fund for Colorado service workers</b>	Emergency assistance fund available to service workers and other tipped workers whose income has been interrupted due to the COVID-19 outbreak	<a href="https://ofwemergencyfund.org/">https://ofwemergencyfund.org/</a>
<b>State provided cash Relief for Families</b>	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) - <a href="https://www.arapahoe.gov/CivicAlerts.aspx?AID=1564">https://www.arapahoe.gov/CivicAlerts.aspx?AID=1564</a>  Application Website - <a href="https://coloradopeak.secure.force.com/">https://coloradopeak.secure.force.com/</a>
<b>Colorado Virtual Job Fair</b>	Find available job postings, career advice, and learn about employment opportunities. Sponsored by Arapahoe/Douglas County Workforce Center.	<a href="http://coloradovirtualjobfair.com/content/virtualJobFairSites/arapahoe/FindJobsNow/en/home.html">http://coloradovirtualjobfair.com/content/virtualJobFairSites/arapahoe/FindJobsNow/en/home.html</a>

## Volunteer or Donate

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