



## HEALTHY LIVING

Managing and accessing health care and staying well—medical, mental health, behavior, developmental, wellness and nutrition.



| Description   | Content   | Age Level       |            |                |        |
|---|---|-----------------|------------|----------------|--------|
|   |   | Early Childhood | Elementary | Transition Age | Adults |
| How to prepare for COVID-19, trainings and resources  | <a href="https://www.relias.com/topic/coronavirus">https://www.relias.com/topic/coronavirus</a>   | X               | X          | X              | X      |
| Plain Language COVID-19   | <a href="https://informingfamilies.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf">https://informingfamilies.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf</a>   | X               | X          | X              | X      |
| Video: What is COVID-19   | <a href="https://www.youtube.com/watch?v=M-J8eeC-tVD4&amp;feature=youtu.be">https://www.youtube.com/watch?v=M-J8eeC-tVD4&amp;feature=youtu.be</a>   | X               | X          | X              | X      |
| Child Mind Institute Supporting Families COVID-19   | <a href="https://childmind.org/coping-during-covid-19-resources-for-parents/">https://childmind.org/coping-during-covid-19-resources-for-parents/</a>   | X               | X          | X              | X      |
| Coping with Anxiety and Stress  | <a href="https://bit.ly/2YkDisf">https://bit.ly/2YkDisf</a>   | X               | X          | X              | X      |
| Parent/Caregiver Guide to Helping Families Cope with COVID-19   | <a href="https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf">https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf</a>   | X               | X          | X              | X      |
| Helping Cope with Changes Resulting from COVID-19   | <a href="https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19">https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19</a> | X               | X          | X              |        |
| Plain Language Prevention   | <a href="https://scdd.ca.gov/wp-content/uploads/sites/33/2020/03/2020-3-17-v2-Eng-COVID-19.pdf">https://scdd.ca.gov/wp-content/uploads/sites/33/2020/03/2020-3-17-v2-Eng-COVID-19.pdf</a>   | X               | X          | X              | X      |
| American Psychological Association COVID-19 Resources   | <a href="https://www.youtube.com/playlist?list=PLxf85lzkTYWITKcBMmgbLA4p2fTxCMqMB">https://www.youtube.com/playlist?list=PLxf85lzkTYWITKcBMmgbLA4p2fTxCMqMB</a>   | X               | X          | X              | X      |
| Taking Care of Your Behavioral Health during COVID-19   | <a href="https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-Tips-for-Social-Distancing-Quarantine-and-Isolation-During-an-Infectious-Disease-Outbreak/PEP20-01-01-007">https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-Tips-for-Social-Distancing-Quarantine-and-Isolation-During-an-Infectious-Disease-Outbreak/PEP20-01-01-007</a>                                 | X               | X          | X              | X      |
| Doctor check-ups for kids   | <a href="https://www.youtube.com/watch?v=bwx-2Z69S0YA">https://www.youtube.com/watch?v=bwx-2Z69S0YA</a>   | X               | X          |                |        |
| COVID-19 Disability Form: For an individual with I/DD and/or guardian to fill out to communicate to physicians support needs/symptoms | <a href="https://cpb-us-e1.wpmucdn.com/you.stonybrook.edu/dist/a/4436/files/2020/04/COVID-19-Form_IN_Fill2.pdf">https://cpb-us-e1.wpmucdn.com/you.stonybrook.edu/dist/a/4436/files/2020/04/COVID-19-Form_IN_Fill2.pdf</a>   | X               | X          | X              |        |
| My Health, My Choice, My Responsibility: Trainer's Manual and Resources   | <a href="https://www.wihd.org/resources/resource/health-self-advocacy-my-health-my-choice-my-responsibility">https://www.wihd.org/resources/resource/health-self-advocacy-my-health-my-choice-my-responsibility</a><br><a href="https://www.wellness4ky.org/resources/activities/">https://www.wellness4ky.org/resources/activities/</a>  |                 | X          | X              | X      |
| Coping with Financial Anxiety During COVID-19   | <a href="https://www.youtube.com/watch?v=s9JZWcm-1QwQ&amp;list=PLxf85lzkTYWITKcBMmgbLA4p-2fTxCMqMB&amp;index=8&amp;t=0s">https://www.youtube.com/watch?v=s9JZWcm-1QwQ&amp;list=PLxf85lzkTYWITKcBMmgbLA4p-2fTxCMqMB&amp;index=8&amp;t=0s</a>   |                 |            |                | X      |
| Social narratives about going to Doctors; staying healthy.  | <a href="https://handsinautism.iupui.edu/2020/covid-19/">https://handsinautism.iupui.edu/2020/covid-19/</a>   | X               | X          | X              | X      |
| Visuals and language for staying healthy  | 1-page Plain Language Prevention Recommendations<br><a href="https://scdd.ca.gov/wp-content/uploads/sites/33/2020/03/2020-3-17-v2-Eng-COVID-19.pdf">https://scdd.ca.gov/wp-content/uploads/sites/33/2020/03/2020-3-17-v2-Eng-COVID-19.pdf</a>   | X               | X          | X              | X      |