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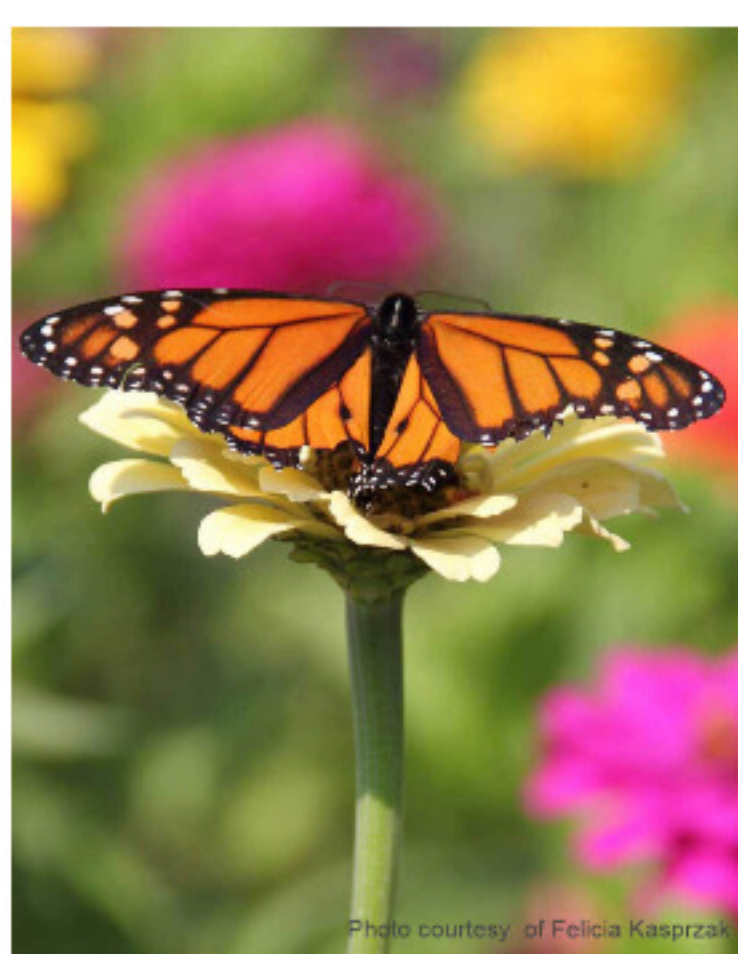
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Maine Autism Institute for Education and Research



Useful Resources during COVID-19 Outbreak



Finding strength and support within our community during these uncertain times.

The Maine Department of Education provides significant support and funding for the activities and outreach of the Maine Autism Institute for Education and Research.



[Supporting Individuals with Autism through Uncertain Times.](#)

A COVID-19 toolkit developed at the University of North Carolina Frank Porter Graham Child Development Institute Autism Team at Chapel Hill. Includes a downloadable packet with resources developed for individuals on the autism spectrum to support understanding, communication tools, coping and calming guidance, and suggestions for maintaining and developing routines.

[Autism Society of America : COVID-19 Toolkit](#)

The Autism Society of America will continually update relevant and reputable resources and information surrounding the Coronavirus especially for families impacted by ASD. Addresses issues such as mental health, modifying routines, lifestyle supports, education, and preparedness and resources. Weekly broadcasts via FaceBook live.

[Autism Society Coronavirus Information Series.](#)

AS Facebook Live series dedicated to providing relevant, COVID-19 information for the autism community. Each weekly broadcast will feature an expert discussing specific topics like mental health, federal emergency funding, and continuing education at home.

[Autism Society of Maine Family Information page for COVID-19](#)

ASM created this page for families to get ideas on activities they can do with their children or adults while we are home. Includes links to online activities and things that can be done at home as well as preparedness related information for parents.

[Carol Gray Social Stories for the COVID-19 Pandemic](#)

Collection of social stories developed and collected by Carol Gray, founder of *Social Stories*, (an evidence-based practice for use with individuals on the autism spectrum) especially for families that include someone on the autism spectrum. Includes Spanish version of "Pandemics and the Coronavirus." [Download "My Story about Pandemics and the Coronavirus."](#)

[Child Mind Institute](#)

Professionals and scientists at CMI have developed a comprehensive assortment of resources to support children and families during this stressful time, including a video "Tip of the Day." The *CMI Autism Center* has also develop resources specifically for families with children on the autism spectrum. Visit: [Autism Resources](#)

["Life lessons"](#)

A YouTube site developed by Terese Dana, M.S. , BCBA, one of MAIER's local professional development workshop presenters, and founder of [TD Social Skills](#). Terese is committed to providing programing to enhance children's social and emotional well-being throughout the COVID 19 home quarantine. She is creating weekly videos called "Life Lessons" geared directly toward children. These lessons will teach children strategies and skills to reduce stress and anxiety, and improve family relationships. Each lesson includes activities to practice throughout the week. View the first lesson, ["Dealing with disappointment" here](#) , then subscribe at that YouTube page to be alerted to weekly lessons as they are added. If you find the Life Lessons series helpful for your child/student please consider making a donation to the [Laura Foundation](#).

Maine Department of Education/ Office of Special Services: [Resource page for Families and Caregivers](#)

The Office of Special Services has collected resources to support families and caregivers as you become teaching partners with schools during this health crisis. Includes online learning supports, content specific learning resources for literacy, math and science, and helpful guides for behavior and social skills.

Maine Department of Education/ Office of Special Services: [Resource page for Schools and Educators](#)

Includes resources for content areas, special education, and remote learning during COVID-19.

Maine Parent Federation: Offering webinars for information and support for families during the pandemic.

["It's Ok to be overwhelmed"](#) One hour video conversation with Carrie Woodcock, Director at MPF, about special education home schooling and coping during COVID-19.

["Positive Solutions for Families"](#) One hour video with Courtney Angelosante, MS, BCBA, and UM faculty, offers tips, strategies, and interventions for parents in managing behavior at home during this time.

["Suggestions about talking with your children during this crisis"](#)

Handout developed by the experts at the **Centers for Disease Control and Prevention**. From their webpage: "As public conversations around coronavirus disease 2019 (COVID-19) increase, children may worry about themselves, their family, and friends getting ill with COVID-19. Parents, family members, school staff, and other trusted adults can play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear. CDC has created guidance to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the disease."

For Fun and Diversion

[Cincinnati Zoo](#) hosts FB live stream videos of zoo animals in various activities weekdays at 3pm EST. View previous sessions from their library of recordings.

[Smithsonian Institute](#) is offering virtual tours of many of their museums. Visit the [Museum of Natural History here](#).

State and Federal Agencies offering scientific and reliable updates and information on COVID-19

[Maine Centers for Disease Control and Prevention](#)

Includes the latest updates on Maine-specific information related to COVID-19 in Maine. Includes a COVID-19 Fact sheet in 13 languages, including French, Spanish, & Soomaali.

[Centers for Disease Control and Prevention: Coronavirus 2019](#)

Comprehensive resource dedicated to helping individuals and families access safe, scientifically supported information and resources related to the pandemic. Includes: How to protect yourself, What to do if you are sick, and advice for travel, business, schools & childcare, community and faith-based organizations, and more.

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