

Resources for Individuals with Intellectual and Developmental Disabilities During COVID-19

We will be updating this list, it gives suggestions and includes website and apps that can be used when caregivers are home and looking for structure or things to do.

Adopted from howtoaba.com: visit their website from token boards, schedules and so much more

Where do I start?

- Start with a **schedule**. Visually lay out the schedule (pictures or written words) of what the day will look like. Keep it simple!

Example: You will note we repeat, do not give too many demands, and ensure preferred activities. Modify to your individual child's needs/interests

8:00 Breakfast and get dressed/brush teeth; **9:00** Computer game; **10:00** Snack and walk; **11:00** Chore or tabletop game/activity; **12:00** lunch and tv break; **1:00** Computer game or iPad; **2:00** Snack and walk/dance; **3:00** chore and tabletop game/activity; **5:00** Dinner; **6:00** Movie or iPad **8:00** Get ready for bed and relax

- Build **choice** into the schedule. Each person is more likely to follow the schedule if they have control over it. If you are going to put something on the schedule that is less preferred, make sure to follow it with something highly preferred (*i.e., if you are going to have them do a chore, follow it with iPad*)
- Keep things **simple** and **attainable**. Reduce triggers across the day. Only put a few activities on the schedule. The goal is to have everyone feel successful, not accomplish things. Increase activities or demands slowly and as you meet success each day.

Questions to ask to set yourself up for success:

What are the most "doable" activities for myself and the individual I'm caring for?

How much time do you have to interact?

Are you working from home and have to get your own work done or can you dedicate time to this?

Do you have other individuals/children that require lots of your attention?

What can you do in groups if so and what needs to happen alone?

Are there things that will increase each individual's independence (*i.e., timers, visuals, headphones, etc.*)

- Consider setting up a **check-list with a timer** for each activity. This will help identify a clear beginning and end for each activity.
- Consider apps or the computer, especially at times that you need to do other things

Apps: (right click and select "open hyperlink")

- [Choice works](#) – This is our #1 favorite visual schedule and calendar app! There has never been a time that we needed a visual schedule more than now!
- [Letter School](#) – this is a fun way to practice fine motor skills and keep up some printing practice!
- Apps by [Super Duper Inc.](#) – there are so many great apps here for lots of learning styles, skills, and ages.
- [Breathe, Think, and Do with Sesame](#) –Practice some deep breathing in a fun, interactive way.
- [Book Creator App](#) – this is a fun way create visual stories, incorporating pictures, sound, and text.

Websites: Click here for a [List of educational and activity-based websites](#) (right click and select "open hyperlink")

- *COVID-19 social stories*
- *Videos to teach activities of daily living (toothbrushing, cleaning, etc.)*
- *Educational websites*
- *Live videos to watch*
- *---and much more*