

Perry County Board of  
Developmental Disabilities

*presents*

COVID-19

# Resources

*for* Families of Transition  
and School-Age Youth



Presented By: PCBDD's School-Age Supports Program

[PerryDD.org](http://PerryDD.org)



# Resources

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# COVID-19 Resources for Families

Click on the bullet points to access →



[Child Mind Institute - Supporting Families during COVID-19](#)

[Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#)

[Talking to Children About COVID-19 - A Parent Resource](#)

["Coping after a Disaster" Activity Book](#)

[Ohio Department of Health](#)

[Fun Activities To Try During Closures](#)

# COVID-19 Resources for Families



For the latest updates, please follow us on Facebook (PerryJFS), Twitter (PerryJFS) or go to our website [www.perryjfs.org](http://www.perryjfs.org)



**PERRY COUNTY  
RESIDENTS:**  
**Have you been  
financially impacted  
by the COVID-19  
pandemic?**



If you or someone you know has been financially impacted due to a layoff, decreased hours, change in childcare OR other reasons your family may be eligible for \$500 to help offset costs and loss of household income.

We are asking you to mail, e-mail, fax or drop off your application. **Please do not come into our office to apply.** The application is also on our website, <https://www.perryjfs.org>, and Facebook page at Perry JFS, or we can mail you one.

Fax: 740-342-5491 Email: [perry64@jfs.ohio.gov](mailto:perry64@jfs.ohio.gov)

Mail: P.O. Box 311 New Lexington, OH 43764

Dropoff Box at Rear Entrance: 212 South Main Street New Lexington

*We are hopeful that this program will be helpful to many families during this challenging time.*

If you have any questions or concerns, please call 740-342-3551 option 4.

# Perry County JFS COVID-19 Relief Program

Click on the link to access →

Click below to access the Perry County JFS PRC application.

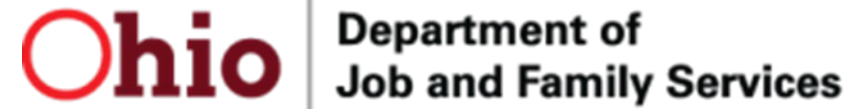
Funds are available to assist families who have been impacted by COVID-19.

[Prevention, Retention and Contingency Program \(PRC\)  
Application Disaster Application: Pandemic Disaster Relief](#)



# Ohio Unemployment Information

Click on the link to access →



Please follow the link to get information about and apply for unemployment benefits



[Ohio Department of Job and Family Services](#)

# Home Energy Assistance Program (HEAP)



<http://www.hapcap.org>



**The Program provides assistance to eligible households that are:**

- Disconnected
- Threatened with disconnection
- Have less than a 10-day supply or less than 25 percent supply of bulk fuel in their tank

Emergency Heap has been extended through May 1, 2020

State Heap has been extended through June 1, 2020

Call HAPCAP at (740) 342 - 4113 with any questions or to make an appointment

\* Information found online at [www.hapcap.org](http://www.hapcap.org) \*

# Food Assistance

## ATTENTION:

**IN LIGHT OF COVID-19, MEMBER AGENCY OPERATIONS MAY HAVE CHANGED. PLEASE CALL FIRST!**



### **Hopewell/Madison Choice Pantry**

11742 Gower Rd.  
Glenford, OH 43739  
(740) 659-1056  
Thursday  
9:00am-11:00am  
Serving Hopewell & Madison Twp

### **New Lexington Food Pantry (PEAP)**

5552 State Route 37 SE  
New Lexington, OH 43764  
(740) 342-2481  
Monday, Wednesday & Friday  
8:30am-11:30am  
Serving Pike, Bearfield, Clayton & Pleasant Twp

### **SE Perry Food Pantry (Corning FP)**

115 Corning Ave.  
Corning, OH 43730  
(740) 347-4445  
Monday & Wednesday  
9:00am-12:30pm  
Serving Bearfield, Pleasant, Monroe, Salt Lick, Coal and Monday Creek Twp

### **Somerset Area Food Pantry**

139-141 E. Main St.  
Somerset, OH 43783  
(740) 743-1029  
Wednesday, Thursday & Friday  
9:00am-12:00pm  
Serving Reading & Clayton Twp

### **St. Vincent de Paul, Perry County Conference**

203 Adams St.  
Corning, OH 43730  
(740) 342-2463  
Tuesday  
10:00am-1:00pm  
Serving Perry County

### **Thornville Food Pantry - ES**

Emergency food service available outside listed hours - MUST call first!  
North Main St.  
Thornville, OH 43076  
(740) 246-6110  
3<sup>rd</sup> Wednesday  
3<sup>rd</sup> Saturday  
10:00am-12:00pm  
Serving Thorn Twp



# Down Syndrome Association of Central Ohio (DSACO)

## Financial Assistance Program Fund



### May provide financial assistance in the following ways:

- \$75-\$100 gift card to your local grocery store (depending on family size)
- Direct shipment of diapers/diapering supplies/formula (based on availability)
- If you need assistance email us at [info@dsaco.net](mailto:info@dsaco.net) and include “Financial Assistance Request” in the subject line.

*The program is open to DSACO members within Ohio, but does require a membership form (new or existing) on file in order to be considered. Your request and information collected will remain confidential.*



# Self-Care

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# Self-Care for Parents



Make time for yourself

Prioritize healthy choices

Be realistic

Set boundaries

Reconnect with things you enjoy

# Additional Self-Care Resources

Click on the link to access →



[Tip Sheet For Managing Stress and Anxiety](#)



[Staying Active at Home](#)



[Tips for Working From Home](#)



[How to Stay Spiritually Healthy at Home](#)

# Engage in Every Day Activities

The activities you engage in every day can also provide opportunities to learn!



- Organizing
- Cooking
- Games
- Cleaning (inside/outside)
- Virtual communication
- Reading and audiobooks
- Television, radio, podcasts
- Exercise (inside/outside)
- Hobbies
- Volunteering

# Independent Living for Transition Age Students

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# Independent Living for Transition Age Students

Click on the link to access →



The following form can be used to determine if a student needs assistance in the area of independent living, or the skills and knowledge an individual needs to direct his or her life at home or in the community.



Be sure to share this form with your child's IEP team.



[Independent Living Postsecondary Goal IEP Team Decision Assistance Form](#)

# Self Determination and Self- Management

Self-management is an extremely important independent living skill that all students need to develop. A choice board is a great way to help develop that skill while at home.



Click on the link to access →

**Choice Board-** A choice board is a graphic organizer that allows students to choose how they will learn a concept. Inside each square is an activity. Students can choose one or several activities to complete. Choice boards can be organized so students need to finish one square before moving to the next, they can be random, or can be organized in a specific way. The level of difficulty of the activities can vary or stay consistent.

- ✓ Activities and assignments that give students a choice as to how they want to work toward a goal, but still allowing parents/guardians to decide the parameters
- ✓ They can be used for a daily lesson, a week-long period, or even a monthly study depending on the topic
- ✓ They deal with readiness and the interest of the student

Go to next slide for an example of a career exploration choice board →

[Click here to download At Home and Online Choice Board Templates](#)



# Career Exploration

## Choice Board



### Choice Board- Career Exploration

Complete the 'Navigate Your Career' topic on the website for <a href="#">Khan Academy Careers Videos</a>	Go on a virtual field trip at the <a href="#">Ford Motor Company</a> in the AG Explorer. Complete the Activity #1: <a href="#">You be the Designer Challenge</a> in our Student Handout packet	Complete the <a href="#">Photo Career Quiz</a> Interest Inventory and choose two careers to learn more about. Low Tech: Make a copy of the <a href="#">Career Clusters Interest Survey</a>
Practice Job Interviewing Skills in person with a family member or online with a friend. Worksheet: 12 Typical Job Interview Questions	Complete Part 1: Employability Skills in the <a href="#">Explore Work: Workplace Readiness Module</a>	Choose one Career Topic from <a href="#">Khan Academy Careers Videos</a> that matches one of the careers you're interested in learning about.
Download the <a href="#">CareerOneStop</a> mobile app. Open the app and from the Career Tools, select the <i>Occupation Profile</i> . Select one occupation to search and learn about. What did you learn by watching the Career Video and reading the information? Is this the job for you?	Learn if you're an Entrepreneur by completing Module 1 of the <a href="#">S'Cool Store! Small Business Concepts Student Manual</a> . Share what you learned with a family member	Interview a family member about their first job. What did they like and dislike about it? What skills did they learn?

# Appropriate Independent Living Skills for Transition Age Students



Help make the grocery list



Set your alarm for tomorrow morning



Make a list or chart for your morning routine



Make sure all doors and windows are shut and locked before bed



Follow a recipe to help make a meal



Make your bed



Take out the trash



Sort, wash, and fold laundry



Establish a checking or savings account



# Self-Determination and Self-Management

## Benefits Of Keeping A Routine



Another great way to encourage self-determination is to have your student create a home learning schedule. This will allow your student to have input for what his/her day looks like and keeps them on a routine.

Routine can be an anchor. No matter what's going on in our day, knowing that we will be having our evening meal around 5 pm, and going to bed around 7 pm can be a real comfort.

Having a daily routine can help to reduce our stress levels. Trying to remember things can be stressful and can fill our brains up with everything on our 'to do' list; which can be incredibly overwhelming.

Having a routine can help us to cultivate positive daily habits and to prioritize self-care. Organizing our time gives us the opportunity to build in blocks of time for things that are important to us.

A regular routine can also help with sleep. Sleep is important to your mental health. Getting up in the morning at the same time and going to bed at the same time each day helps set your body's clock.

# Week at a Glance

Creating a Week-at-a-Glance chart like the one shown can keep your student on track to meet their goals. The chart includes clear directions for activities and provides information about what supports the student will need to complete these activities.

You can use the template below to create your own **Week at a Glance**.

[Week at a Glance](#)

## EXAMPLE - Planning For the Future - A Week at a Glance

Complete this chart with the activities that the student could do each day based upon their Measurable Annual IEP Goals (MAG) and Post-Secondary Transition Goals

IEP -MAG 1	IEP – MAG 2	IEP - MAG 3	IEP - MAG 4	IEP - MAG 5	IEP - MAG 6	IEP - MAG 7	IEP - MAG 8
Reading Comprehension Summarizing & Identifying Supporting Details	Writing Proofreading and self-correcting of errors	Time management/ Task completion	Money budgeting/financial understanding				

Post-Secondary Education	Employment	Independent Living
Complete a post-secondary vocational training program in auto body repair	Competitive Integrated Employment in an auto body repair shop	Live independently in own apartment

	Activities academic, career exploration, working, hobby, recreation, exercising, volunteering, etc.	Supports Needed to Complete Activities
Monday Morning	30 min. Planet Fitness Recorded You Tube workout  Read and discuss from online newspaper with dad today's updates regarding the Corona Virus	
Monday Afternoon	Write an email to grandma Jean use the SCOPE proofreading strategy to check the email for any needed edits before sending	Mom will double check email before I send
Monday	Complete the online Budget Your Life activities	Discuss with mom what I discovered from doing this activity








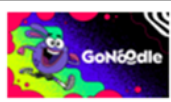

# Visual Daily Schedule

Click on the link below to access:

[Free Editable Template Available Here](#)



## Daily Schedule

8:00	Morning Jobs 	Make bed, clean room, brush teeth, get dressed
9:00	Breakfast 	Work on requesting (using at least 2 word phrases), increase independence by helping make breakfast & clean up
10:00	Work Time 	Look over calendar & daily schedule in writing, read with a family member, daily page in homework notebook
11:00	Choice Time 	iPad choice app, puzzles, walk, read, relax
12:00	Lunch 	Work on requesting (using at least 2 word phrases), increase independence by helping make lunch & cleanup
1:00	Movement 	Walk outside, exercise, dance break, yoga
2:00	Work Time 	File folder practice, tracing page, practice writing name or words in the environment
3:00	Choice Time 	iPad choice app, puzzles, walk, read, relax
4:00	Afternoon Jobs 	Wipe counters, help fold laundry, vacuum

# Budgeting

Click on the links to access →



Develop “payment” for specific activities completed at home. (Payment may be monetary or preferred activities). Have students “pay” for meals, gas, or rent (as appropriate). Simple resource on “token economy”

**[Video and brief description](#)**



**[Cents and Sensibility](#)**

A guide to money management for students with disabilities



**[Budget Your Life](#)**

Forming a budget is one of the most important parts of financial success. This interactive site assist students in exploring budgeting strategies.

# More Independent Living Skills Resources For Transition Age Students



[Independent Living Skills  
Checklist](#)



[Independent Living Skills  
Information and Worksheets](#)



[Casey Life Skills](#)

# General Education Resources

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# General Education Resources

Click on the links to access →



[AMAZING  
EDUCATIONAL  
RESOURCES](#)



[SCHOLASTIC-  
LEARN FROM  
HOME](#)



[TEDED](#)



[COMMON SENSE  
MEDIA](#)



[YOUTUBE  
LEARNING  
CHANNELS](#)



[FREE AUDIO  
BOOKS](#)



# General Education Resources

## **APPS FOR DYSLEXIC LEARNERS**

SOUNDSLITERACY  
WHAT IS DYSLEXIA  
DYSLEXIA QUEST  
HAPPY MATH MULTIPLICATION RHYMES  
RHYMES  
READ 2 ME  
PHONICS WITH PHONOGRAM  
DYSEGGXIA  
DD'S DICTIONARY: A DYSLEXIC DICTIONARY

## **APPS FOR AUTISTIC LEARNERS**

SIGHT WORDS  
SEQUENCES FOR AUTISM  
SEE.TOUCH.LEARN  
WORDS ON WHEELS  
VERBAL ME  
AUTISM IHELP  
AUTISM DDT SHAPES  
AUTISM DDT LETTERS  
SPEECH WITH MILO

## **APPS FOR THE VISUALLY IMPAIRED**

VIA  
DRAGON DICTATION  
LIGHT DETECTOR  
COLOR ID  
TAPTAPSEE  
BE MY EYES- HELPING BLIND SEE  
TALKING CALCULATOR  
SAYTEXT  
ACCESSNOTE  
VISUAL BRAILLER

## **APPS FOR LEARNERS WITH WRITING DIFFICULTIES**

THE WRITING MACHINE  
IWRITE WORDS  
LETTER SCHOOL  
ALPHA WRITER  
ABC POCKET PHONICS  
WORD MAGIC



# General Education Resources

Click on the links to access →

- [Off To College](#)
  - College planning guides and more
- [ThinkCollege](#)
  - Information and resources about inclusive post - secondary options for students with intellectual disabilities
- [Get Your Edge](#)
  - Online and mobile learning app for youth for personal and professional skills
- [Explore-Work](#)
  - Future planning for teenagers with disabilities



# Employment / Career Exploration

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It's never too early to start considering potential careers!



Elementary/middle School	9 <sup>th</sup> grade	10 <sup>th</sup> grade	11 <sup>th</sup> grade	12 <sup>th</sup> grade	Ages 18-21	Postsecondary
<ul style="list-style-type: none"> <li>• Self-exploration</li> <li>• Career exploration</li> <li>• Field trips</li> <li>• Job shadowing</li> <li>• Volunteering</li> </ul>	<ul style="list-style-type: none"> <li>• Career exploration</li> <li>• Job shadowing</li> <li>• Career planning</li> <li>• Workplace Tours</li> <li>• Informational Interview</li> </ul>	<ul style="list-style-type: none"> <li>• Job shadowing</li> <li>• Service learning</li> <li>• Paid employment</li> <li>• Job Clubs</li> </ul>	<ul style="list-style-type: none"> <li>• Job shadowing</li> <li>• Service learning</li> <li>• Paid employment</li> <li>• Job Clubs</li> <li>• School Based Enterprise</li> </ul>	<ul style="list-style-type: none"> <li>• Service learning</li> <li>• Internships</li> <li>• Apprenticeships</li> <li>• Paid Employment</li> <li>• Mentoring</li> </ul>	<ul style="list-style-type: none"> <li>• Job sampling</li> <li>• Paid employment</li> <li>• Mentoring</li> <li>• Internships</li> </ul>	<ul style="list-style-type: none"> <li>• Internships</li> <li>• Apprenticeships</li> <li>• Paid Employment</li> <li>• On-the-job training</li> </ul>

# Career Exploration

Completing assessments help your student answer the following questions:



What are my unique strengths, talents and interests?



What do I want in life, now and in the future?



What are some of life's demands that I can meet now?



What are the main things I struggle with in my day to day life?



How will this make it hard for me to reach my post-school goals?



What are my options in school and in the community to help me prepare for what I want to do with my life?

# Career Exploration Tools

Click on the links to access →



[Explore Careers \(ages 12+\)](#)



[Photo Career Quiz \(ages 10+\)](#)



[Career Clusters Interest Survey \(ages 14+\)](#)



[Careers in Agriculture and Beyond \(ages 14+\)](#)



[Virtual Industry Tours \(ages 14+\)](#)

# Education and Training

Enrollment in one or more of the following areas:



- Community or technical college (2-year program)

- College/university (4-year program)

- College preparatory program

- High school completion or certificate class

- Short-term education or employment training (Job Corps, Vocational Rehabilitation, military...)

- Vocational technical school

- On-the-job training



# Connect With Us

If you need help locating resources for your family or with planning activities for your child, contact us for help

Ashley Wollenberg, Employment Navigator

Email: [a.wollenberg@perrydd.org](mailto:a.wollenberg@perrydd.org)

Cell: 740-605-8412

Amanda Allen, Employment Navigator

Email: [a.allen@perrydd.org](mailto:a.allen@perrydd.org)

Cell: 740-605-4870

