

COVID-19 Resources for Families of Children and Youth with Special Health Care Needs

We know that many people are feeling anxious about coronavirus (COVID-19). Having children and youth with special health care needs may increase that worry. There are a lot of resources available, and you may have questions about how to keep your children and families healthy and well. We want to support you by providing a brief list of reliable sources where you can get the information that you need to protect the health of your family.

General information for families

The following sources include:

- Current information on symptoms
- Who is most at risk
- How to care for someone who is sick with covid-19
- How to talk with children about the virus
- Advice for dealing with school closures.

HealthyChildren.org – American Academy of Pediatrics (AAP)

- [2019 Novel Coronavirus \(COVID-19\)](#)
- [COVID-19 page for families of CYSHCN](#)

Centers for Disease Control and Prevention (CDC)

- [Children and COVID-19](#)
- [FAQ for COVID-19 and Children](#)
- [Managing Stress and Anxiety](#)

National Child Traumatic Stress Network (NCTSN)

- [Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019](#)

OHSU Doernbecher Children's Hospital

- [How to Talk to Your Kids about COVID-19](#)

Support for families with children with special health care needs

The following sources include more information on how parents and caregivers can get needed supports and guidance from other families who have children with special health care needs.

Oregon Family to Family Health Information Center (OR F2F HIC)

The Oregon Family to Family Health Information Center supports families and caregivers of children with special health needs to navigate complex health care systems. If you need to talk about where to find the right supports for your family from another parent of a child with special health needs, the OR F2F HIC has a clearinghouse of Oregon support programs.

Contact: Email a Parent Partner at contact@oregonfamilytofamily.org or call **855-323-6744** (English) or **503-931-8930** (Spanish).

Family Voices – [COVID-19 Information and Resources](#)

Family Voices is a national organization and grassroots network of families and friends of children and youth with special health care needs and disabilities. Family Voices is updating this page with current information to support the unique conditions affecting people with special health care needs and their families.

Oregon Council on Developmental Disabilities – [COVID-19 Information and Resources](#)

Frequently updated information for families whose children experience Intellectual or Developmental Disabilities, including an animated video to help explain COVID-19.

FACT Oregon – [COVID-19 Response and Resources](#)

FACT Oregon is a statewide, family-led organization helping families navigate raising a child experiencing disability. If you need a listening ear or have questions about special education for your child in Oregon, check out FACT Oregon's peer support line.

Contact: Email support@factoregon.org or call **1-888-988-3228** (toll-free) or **503-786-6082** (local to Portland Metro Area).

Support for families of children who experience autism spectrum disorder (ASD)

Below are specific resources for supporting children with ASD during emergencies such as COVID-19.

Autism Society of America (ASA) – [COVID-19 Toolkits](#)

The Autism Society of America is the leading organization providing resources, education, advocacy and support for individuals and families living with autism. On this page, you will find COVID-19 toolkits for families that cover topics such as lifestyle supports, modifying routines and education during this time.

Contact: Email info@autismsocietyoregon.org or call **1-888-Autism-1** (1-888-288-4761).

Autism Focused Intervention Resources & Modules (AFIRM) – [COVID-19 Toolkit: Supporting Individuals with Autism through Uncertain Times](#)

This toolkit developed with the Frank Porter Graham Child Development Institute at UNC provides 7 support strategies designed to meet the unique needs of individuals with autism during this period of uncertainty. Examples and ready-made resources are also included to help caregivers implement these strategies quickly and easily.

Remember, viruses don't discriminate. Neither should we. Anyone exposed to COVID-19 could get it, regardless of a person's race, ethnicity, nationality or ability.