

# COVID-19: Resources for People with Disabilities

The following resources have been selected to help keep persons with disabilities informed and safe during COVID-19. While these resources are considered to be suitable sources of information, we ask that you make your own decisions about the information retrieved due to the changing nature of internet content. In some cases, providing the links does not imply endorsement by York Region.

## General resources and supports:

- The [federal](#) and [provincial](#) governments have information and resources available to support people with disabilities and their caregivers
- The federal government has established a [Disability Advisory Group](#) to ensure the interests and needs of persons with disabilities are incorporated into its decision-making and pandemic response
- Provincially, the Ontario Human Rights Commission has issued a [policy statement](#) urging that human rights principles remain at the centre of decision-making during COVID-19
- Other resources targeted towards people with disabilities, their families and caregivers have been developed by:
  - [Rick Hansen Foundation](#)
  - [Canadian Association for Community Living](#)
  - [ARCH Disability Law](#)
  - [Citizens with Disabilities - Ontario](#)

## Plain language and accessible information on COVID-19:

Information and data that is in an accessible format and easy to understand is available from the following sites:

- For data, the [National Network for Equitable Library Service](#) provides information in alternative accessible formats
- An information video in International Sign is available through [World Federation of the Deaf](#)
- Supports for people with developmental disabilities and their family is available through [ConnectAbility](#)
- Visit [Green Mountain Self-Advocates](#) for a “need to know” booklet about COVID-19, written in plain language, created by and for people with developmental disabilities



**Protecting the physical and mental health of people with disabilities:**

We all have a role to play in protecting vulnerable populations from getting or spreading COVID-19. The [Public Health Agency of Canada](#) and the [World Health Organization](#) have created general guidelines for organizations, staff and volunteers to protect vulnerable populations.

If you or someone you care for are at higher risk of getting very sick from COVID-19, the [Centers for Disease Control and Prevention](#) (CDC) has tips to protect yourself. The CDC also provides [tips to manage your mental health](#).

**Resources for caregivers:**

The following websites provide resources and strategies to support caregivers during COVID-19:

- [Ontario Caregiver Organization](#)
- [Alzheimer’s Association](#)
- [American Psychological Association](#)
- [National Professional Development Center \(NPDC\) on Autism Spectrum Disorder \(ASD\)](#)
- [Surrey Place](#)

Accessible formats or communications supports available on request.

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Visit [york.ca/covid19](http://york.ca/covid19) for more information about COVID-19.

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