

## **COVID-19 Pandemic-related Resources: Disability, Pregnancy, Parenting**

**A task force to support pregnancy during the COVID-19 pandemic** has been established under the Provincial Council for Maternal and Child Health. The Ontario Ministry of Health has adopted the recommendations of this task force comprised of experts in the field from obstetricians to epidemiologists.

- **COVID-19 Guidance: Labour, Delivery and Newborn Care.** Ministry of Health: [http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_labour\\_delivery\\_newborn\\_guidance.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_labour_delivery_newborn_guidance.pdf)
- **Maternal-Neonatal COVID-19 General Guideline.** Provincial Council for Maternal and Child Health: [https://www.pcmch.on.ca/wp-content/uploads/2020/05/MatNeo-COVID-19-Guide\\_V4.pdf](https://www.pcmch.on.ca/wp-content/uploads/2020/05/MatNeo-COVID-19-Guide_V4.pdf)
- **Provincial Council for Maternal and Child Health COVID-19 Webinar Slides:** [https://www.pcmch.on.ca/wp-content/uploads/2020/05/PCMCH\\_COVIDWebinar\\_MAY2020.pdf](https://www.pcmch.on.ca/wp-content/uploads/2020/05/PCMCH_COVIDWebinar_MAY2020.pdf)

**NOTE: If you have any feedback on these guidelines, please let me know and I can connect you with appropriate people to provide your feedback to.**

### **A4A Ontario**

Autistics for Autistics Ontario (A4A Ontario) and Autistics United Canada, both autistic-led advocacy groups, have put together a list of COVID-19 resources for autistic people: <https://a4aontario.com/2020/04/07/our-great-big-list-of-covid-19-resources-for-autistic-people/>

### **ARCH Disability Law Centre**

ARCH provides basic legal information and summary legal advice on certain disability-related areas of law to persons with disabilities from across Ontario. ARCH has created a list of COVID-19 related resources: <https://archdisabilitylaw.ca/covid/>

### **Canadian Arthritis Patient Alliance (CAPA)**

Advisory Committee member Laurie Proulx is the Vice President of CAPA  
A list of resources including Q & A about parenting with arthritis:  
<http://arthritispatient.ca/covid-19-information-resources/>

### **COVID disability: Disability-Related Resources for Families**

Canadian Association for Community Living: <https://cacl.ca/coviddisability/>

### **COVID-19 and people with disabilities in Canada**

Government of Canada: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/guidance-documents/people-with-disabilities.html>

### **COVID-19 ASL Video Links and Other Resources**

Oregon Deaf and Hard of Hearing Services (US):

<https://www.oregon.gov/DHS/SENIORS-DISABILITIES/SPPD/Pages/COVID19-ASL-Resources.aspx>

**COVID-19 at the Intersection of Gender and Disability: Findings of a Global Human Rights Survey, March to April 2020**

Women Enabled International

<https://womenenabled.org/pdfs/Women%20Enabled%20International%20COVID-19%20at%20the%20Intersection%20of%20Gender%20and%20Disability%20May%2020%20Final.pdf>

**COVID-19: Useful Resources for Persons with Disabilities**

Rick Hansen Foundation: <https://www.rickhansen.com/news-stories/blog/covid-19-useful-resources-persons-disabilities>

**Deaf Services in Ontario COVID-19 updates**

<https://www2.bobrumball.org/2020/04/01/deaf-services-in-ontario-covid-19/>

**Easy read how-to-Zoom document** to have people with disabilities and family members stay connected while physical distancing: <https://nisonger.osu.edu/learn-to-zoom/>

**Health Care Access Research and Developmental Disabilities (H-CARDD), Centre for Addiction and Mental Health**

H-CARDD, led by Dr. Yona Lunsky, has put together a list of resources for adults with developmental disabilities and their families, including easy read accessible documents on COVID-19, communication tools, and informational and social webinars:

<https://www.hcarddcovid.com/info>

**MyCOVIDQuestion**

A Canadian Q&A hub to get answers to your disability questions during the COVID-19 outbreak. A collaboration of Can Child, Kids Brain Health, and CHILD-BRIGHT Network [@mycovidquestion](https://twitter.com/mycovidquestion) on Twitter

**Pandemic Pregnancy Guide**, a project created by UofT ObGyn's Assistant Professor Dr. Eliane Shore, St. Michael's Hospital family medicine physicians Drs. Tali Bogler (FMOB) and Sheila Wijayasinghe, as well as two new residents to the Department of ObGyn, Drs. Sepand Alavifard and Sarah Freeman, for pregnant women to ask questions about COVID-19's effects on themselves and their babies through Instagram and Twitter: <https://www.obgyn.utoronto.ca/news/pandemic-pregnancy-guide-2020> [@PandemicPreg](https://twitter.com/PandemicPreg) on Twitter

The Pandemic Pregnancy Guide group has created a questionnaire to learn about the COVID-19 related concerns of people who are pregnant or have given birth during the pandemic as part of a research study to better support you during this time with a 10-15 minute questionnaire. Visit <http://ppgstudy.com> to participate.

### **Parenting in the Time of COVID-19**

Three-part Zoom webinar series by the Kidcrew Therapy team in Toronto.

June 4, 9 PM (EST): Supporting Children and Responding to Challenging Behaviour:

[https://us02web.zoom.us/webinar/register/WN\\_52k20v5mQJKboPTF6qfz5w](https://us02web.zoom.us/webinar/register/WN_52k20v5mQJKboPTF6qfz5w) to register

June 11, 9 PM (EST): Managing Parental Stress:

[https://us02web.zoom.us/webinar/register/WN\\_e2ge74SyR62RxVQIkJUyTw](https://us02web.zoom.us/webinar/register/WN_e2ge74SyR62RxVQIkJUyTw) to register

June 18, 9 PM (EST): Q&A with the psychology services team:

[https://us02web.zoom.us/webinar/register/WN\\_ewdxTN8cQfyCDkUmlqutfA](https://us02web.zoom.us/webinar/register/WN_ewdxTN8cQfyCDkUmlqutfA) to register

### **The Ohio State University - Nisonger Center: A University Center for Excellence in Developmental Disabilities**

A collection of resources about COVID-19 that are accessible to people with disabilities:

<https://go.osu.edu/covid-disability>

### **The Society of Obstetricians and Gynaecologists of Canada (SOGC) Facebook Live Event on June 2nd**

Join the SOGC for a supportive live panel discussion on how to maintain a healthy pregnancy during COVID-19, featuring experts from the SOGC.

When: Tuesday, June 2nd, 2020

Time: 8 PM (EST)

Who: Dr. Jennifer Blake, CEO of the SOGC, Dr. Vanessa Poliquin, MD MSc FRCSC, Reproductive Infectious Diseases expert from the University of Manitoba, and Dr. William Ehman MD, Family Physician.

Tune in on Facebook Live

Like the [SOGC Facebook page](#) to receive a notification.

### **Vision Loss Rehabilitation Canada and COVID-19:**

<https://on.visionlossrehab.ca/en/patients-families/Pages/COVID-19-Resources.aspx>

### **Workout from home: Options for People with Disability and Chronic Health Conditions**

National Center on Health, Physical Activity and Disability (NCHPAD) (US)

<https://www.nchpad.org/fppics/Inclusive%20Home%20Workout%20Toolkit.pdf>

### **Opinion Pieces/Videos**

#### **A sister's reflections**

Dr. Yona Lunskey reflects about the need to support adults with developmental disabilities, like her sister, during the COVID-19 pandemic in a *CMAJ* blog post:

<http://cmajblogs.com/a-sisters-reflections/>

#### **Are intensive care triage protocols harming the disabled?**

An opinion piece co-authored by Advisory Committee member Laurie Proulx:

<https://blogs.bmj.com/bmj/2020/05/21/are-intensive-care-triage-protocols-harming-the-disabled/>

## **COVID-19 highlights existing barriers for Canadians with communication disabilities**

The Canadian Press Staff/CTV News: <https://www.ctvnews.ca/health/coronavirus/covid-19-highlights-existing-barriers-for-canadians-with-communication-disabilities-1.4929736>

## **This Mother's Day, let's focus on moms with disabilities**

An opinion piece by Lesley Tarasoff, Hilary Brown, Yona Lunsky, Laurie Proulx, and Kate Welsh in Healthy Debate calling for more work to be done to support pregnant and parenting women with disabilities in Canada:

<https://healthydebate.ca/opinions/moms-with-disabilities>

YouTube video of Advisory Committee member **Wendy Porch, Executive Director of CILT, speaking on The Agenda** with Steve Paikin about disability rights amid COVID-19: <https://youtu.be/KmMITrNbud8>

**NOTE: If you have any feedback regarding guidance and/or directives outside of maternal-child health in Ontario (e.g., COVID-19 triage protocols), you can write a letter to Dr. David Williams, Chief Medical Officer of Health, and copy Mr. Clint Shingler, Director of the Health System Emergency Management citing your specific concerns with specific guidance and directives.**

## **At-Home Learning and Activities**

(Compiled by the 519 Church Street Community Centre)

### **Camp Stay at Home**

Camp Ten Oaks

<http://www.tenoaksproject.org/camp-stay-at-home/>

### **Classes and Activities for the Whole Family**

YMCA of Greater Toronto

<https://www.facebook.com/YMCAGTA>

**Creative Online Activities for Kids** (includes weekly cooking show, science experiments, etc.)

Kids Up Front Toronto

<https://twitter.com/KidsUpFrontTO>

### **Learn at Home: Resources for Students**

Government of Ontario

<https://www.ontario.ca/page/learn-at-home>

**Libby** – audiobook application – free with Toronto Public Library card

Toronto Public Library

<https://www.overdrive.com/apps/libby/>

**Play at home: Games to keep your kids healthy, active, and engaged**

Right to Play

<https://righttoplay.ca/en-ca/national-offices/national-office-canada/whats-new/play-at-home-games-to-keep-your-kids-healthy-active-and-engaged/>

**Student Learning Resources**

Toronto District School Board

<https://www.tdsb.on.ca/Remote-Learning/Learning-Resources>

**Tips for Video Chatting with Young Children**

National Association for the Education of Young Children

<https://www.naeyc.org/our-work/families/tips-video-chatting-young-children>

**Mental Health Supports**

(With additions from the list compiled by the 519 Church Street Community Centre)

**Adventure Place**

Services Available: over-the-phone mental health supports for children 6 and under and their families, registered virtual programming

416-744-7650 | <http://adventureplace.ca/>

**Bystander Intervention & Community Care During COVID-19**

The Antigonish Women's Resource Centre

<http://awrcsasa.ca/wp-content/uploads/2020/04/Community-Care-Zine-2020.pdf>

**COVID-19 Fact Sheet: Resources for Ontarians Experiencing Mental Health and Addictions Issues During the Pandemic**

Ontario Ministry of Health:

[http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/resources\\_ontarians\\_experiencing\\_mha.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/resources_ontarians_experiencing_mha.pdf)

**COVID-19 Resources developed by CAMH for various populations**

Including youth, people with developmental disabilities and their families, people who use alcohol, cannabis and other substances, and people who are marginally housed or homeless: <https://www.camh.ca/en/health-info/mental-health-and-covid-19/covid-19-additional-resources>

**East Metro Youth Services (EMYS)**

Services available: over-the-phone counselling services for children, youth and families  
416-438-3697, press 1, then press 0 | [www.emys.on.ca](http://www.emys.on.ca)

**Family Service Toronto**

Services available: online individual and/or group counselling for people 18+, online mental health support tools, groups, webinars

416-595-9618 | <https://familyservicetoronto.org/our-services/virtual-workshops-and-groups/>

### **Kids Help Phone**

Services Available: counselling, information and referrals, and text-based support to young people in both English and French, via phone, text or live chat  
1-800-668-6868 | <http://kidshelpphone.ca>

### **Mental health and COVID-19: Help when you're feeling worried**

This easy-read information sheet offers tips for people with developmental disabilities (and their families) on how to manage worry, take care of themselves, and help others who are feeling scared about the pandemic: <https://www.camh.ca/-/media/files/covid19-infosheet-help-when-feeling-worried-pdf.pdf?la=en&hash=9599BDB0FC3DFDCFC4AF57A4555E11D9461D8A83C>

### **Skylark Youth Services**

Services available: over-the-phone “walk-in” counselling for children & families. Mondays 10-6pm, Tuesdays 10-6pm, Wednesdays 12-8pm, Thursdays 2-6pm and Fridays 10-3pm. 416-482-0081 press 6 | [www.skylarkyouth.org](http://www.skylarkyouth.org)

### **Wellness Together Canada: Mental Health and Substance Use Support**

Wellness Together Canada offers the following at no cost to Canadians:

- Wellness self-assessment and tracking.
- Self guided courses, apps, and other resources.
- Group coaching and community of support.
- Counselling by text or phone.

<https://ca.portal.gs/>

### **What's up walk in clinic (EMYS)**

Services available: over-the-phone “walk-in” mental health support for children, youth and families. 1-866-585-6486 | <https://www.whatsupwalkin.ca/>

### **What's Up Walk-in Clinic (Griffin Centre)**

Services available: over-the-phone “walk-in” mental health support for children, youth and families on Mondays 1:30pm-7pm, Tuesdays 9:30-2pm, Wednesdays 1:30-7pm, Thursdays 2-7pm, Fridays 9:30-2pm. Call the number below to leave a message, and an intake worker will call back.

416-222-4380 | <http://www.griffin-centre.org/> | [walk-in@griffincentre.org](mailto:walk-in@griffincentre.org)

### **What's Up Walk-in Clinic (YouthLink)**

Services available: over-the-phone “walk-in” mental health support Mondays to Fridays 416-967-1773 x222 | For walk-in hours: <https://youthlink.ca/contact-youthlink/>