

COVID-19 Deaf and Disability Community Resources (Toronto Area)

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About this document

This is a list of online resources related to the COVID-19 coronavirus from organizations supporting people who are Deaf and people with disabilities, mostly in the Toronto area. It will be updated as more resources are made available.

If you have questions, feedback, or require this document in an alternate accessible format, please contact Toronto Public Library Accessibility Services by email at accessibleservices@tpl.ca or leave a phone message at 416-393-7099.

General information and support services

- **211 Central**

[211 Central](#)

Search for local priority services available during the COVID-19 pandemic. Also includes a map of open food banks and information updates from the service sector.

- **Access Now**

[Access From Home](#)

Find businesses that are accessible from home. Categories include: Groceries, Health, Courier, Entertainment, Education, Retail, and Tech.

- **ARCH Disability Law**

[Advocacy Toolkit](#): Advocating for Your Support Person, Attendant, or Communication Assistant to Be with You in Hospital During the COVID-19 Pandemic

[ARCH Bulletin on COVID-19](#): Accessible Communication

[COVID-19 and Disability](#): Recommendations to the Canadian Government from Disability Related Organizations in Canada

- **Citizens with Disabilities Ontario**

[COVID-19 Info for People with Disabilities](#)

Includes plain language guides and information about: health and hospitalization, homecare and direct funding, online support, income support, and emergency planning.

- **Centre for Independent Living Toronto**

[Information and Resources List Related to COVID-19](#)

Contacts and links for government and health information and community services such as crisis, seniors, and peer support help lines.

- **Ontario Community Support Association**

[COVID-19 Community Support Finder](#)

Seniors, persons with disabilities and people with underlying medical conditions, their families or caregivers can request essential deliveries like meals, groceries, or medications.

- **Ontario Ministry of Children, Community and Social Services**

[Ontario Disability Support Program \(ODSP\) COVID-19 Key Information Special Services and Supports \(SSAH\): Temporary Changes to Eligible Expenses Passport funding: Temporary Changes to Eligible Expenses](#)

Information about additional resources for ODSP recipients and expanded lists of eligible expenses for people in the SSAH and Passport programs.

- **Partners for Planning**

[COVID-19 Staying Connected](#)

Tips for staying socially connected via technology, Caremonger groups, and direct online and telephone support.

- **Rick Hansen Foundation**

[COVID-19 Useful Resources for Persons with Disabilities](#)

Compilation of resources on topics such as: safer shopping, supporting children and youth, financial assistance, and how to get help.

- **Tyler Littlefield**

[Accessible COVID-19 Statistics Tracker](#)

Statistics regarding the COVID-19 pandemic in a text format.

For families and caregivers

- **Canadian Association for Community Living**

[#COVIDdisability: Disability-Related Resources for Families](#)

Disability-related resources for families including sources for trusted information, plain language information, information on discrimination and communication rights, and resources for caregivers.

- **Child-Bright Network**

[COVID-19 Resources](#)

Resources for children with disabilities and families, including leisure activities, online communities, ongoing research, learning opportunities and webinars, news articles, and testimonies by families and youth.

- **Children’s Healthcare Canada**

[COVID-19 and Canada’s Kids](#)

Resources from reliable sources on COVID-19 and children’s health, hospital preparedness, planning guidelines, as well as live webinars and recordings.

- **Holland Bloorview Kids Rehabilitation Hospital**

[COVID-19: Tip Sheets and Resources](#)

Family tips sheets and resources on topics that include: supporting siblings, emergency funding sources and access to basic necessities, fun and affordable stay-at-home activities, learning schedules, and storybooks about COVID-19.

- **The Ontario Caregiver Organization**

[COVID-19](#)

Tips and resources for caregivers. Includes tips for caregiver mental health and two-minute video clips on caregiving during COVID-19.

- **Manuela Molina**

[COVIBOOK](#)

Storybook about COVID-19 for children. Available in Arabic, Brazilian Portuguese, Chinese, Croatian, Danish, Dutch, Egyptian Arabic, English, French, German, Greek, Hebrew, Hungarian, Indonesian, Italian, Japanese, Persian, Polish, Portuguese, Romanian, Russian, Serbian, Spanish, Turkish, and Welsh.

Autism

- **Autism Ontario**

[List of Resources to Help Us Through COVID-19](#)

Links to resources in several categories: 18 and Over; Activities; Caregiver Tips; COVID-19 Funding Sources; First Nation, Metis, and Inuit Resources; Health Resources; Learning at Home; and Mental Health.

- **Carol Gray Social Stories**

[Pandemic Social Stories Direct Access](#)

A collection of shareable social stories to support the exchange of information about COVID-19 between parents, professionals, and people with autism of all ages.

- **Kerry's Place**

[COVID-19 Resources](#)

A video social story and links to resources.

- **U North Carolina at Chapel Hill**

[Supporting Individuals with Autism through Uncertain Times](#)

Toolkit to support children and young adults with autism. Organized around seven strategies: support understanding, offer opportunities for expression, prioritize coping and calming skills, maintain routines, build new routines, foster connections (from a distance), and be aware of changing behaviours.

Blind and Partially Sighted

- **Canadian Assistive Technology**

[COVID-19 Resources for People with Disabilities](#)

Information on COVID-19 plus links to free assistive technology, webinars, and online meetings for people who are blind or partially sighted.

- **CNIB**

[Virtual Program Offerings](#)

Free virtual programs for Canadians who are blind or partially sighted, as well as their families, friends, and caregivers. Programs include: career support, tech training, book clubs, youth groups, cooking, and parenting.

- **Canadian Council of the Blind**

[COVID-19](#)

Posts from the Canadian Council of the Blind.

Brain Injury

- **Brain Injury Society of Toronto**

[Online Programs](#)

Free online programs such as: yoga, mental health support, nutrition, fraud prevention, community and government resources, and community connections.

Communication

- **Communication Disabilities Access Canada**

[COVID-19 Communication Rights Toolkit](#)

Information on rights of people with speech-related disabilities, tips for self-advocacy, and accommodation request form to use in health care settings.

Deaf and Hard of Hearing

- **Bob Rumball Canadian Centre of Excellence for the Deaf**

[Deaf Services in Ontario COVID-19 Updates](#)

Status updates and contact information for various Deaf service agencies in Ontario.

- **Deaf Literacy Initiative**

[COVID-19 Update](#)

Information on COVID-19 in ASL.

- **Silent Voice**

[COVID-19 Stay at Home Corner: How to Fill Your Days](#)

Information about updates to government services and tips for coping during the COVID-19 pandemic in ASL.

- **World Federation of the Deaf**
[Information on the Coronavirus](#)

Information on COVID-19 in International Sign Language.

Developmental and Intellectual

- **Community Living ConnectABILITY**
[What to do while in isolation, COVID-19 resources](#)

Information and resources to help support people with developmental disabilities and their families. Includes links to social stories, webinars, and resources for education, entertainment, and physical fitness.

- **Health Care Access Research and Developmental Disabilities**
[COVID-19 Information](#)

Easy-to-read information, questions and answers, tips for managing stress, tools to use in health care settings, and online events.

- **Surrey Place**
[Coronavirus Updates and Resources](#)

Information and resources to support individuals and families, including adults with disabilities, parents, and professionals.

Mental Health

- **Canadian Mental Health Association**
[COVID-19: Mental Health and Well-Being](#)

Resources and suggestions to help support your mental health, including links to tips for caring for children and tools for people aged 70 and over and caregivers.

- **Centre for Addiction and Mental Health**
[Mental Health and the COVID-19 Pandemic](#)

Information and suggestions about how to cope with stress and anxiety during the COVID-19 pandemic.

- **Government of Canada**

[Mental Health and COVID-19 for Public Servants: Protect Your Mental Health](#)

Information about self-care, financial well-being, more. Geared to federal public servants but available to anyone.

- **Mental Health Commission of Canada**

[Resource Hub: Mental Health and Wellness During the COVID-19 pandemic](#)

How to manage your mental health, work from home, and deal with social isolation.

- **Vivian Ngai and Susie Kim**

[Take Care 19](#)

Compilation of crowd-sourced free or low-cost resources to help cope and support mental wellness in diverse communities during the COVID-19 pandemic and beyond. Option to filter resources by audience “with disabilities.”

Multiple Sclerosis

- **Multiple Sclerosis Society of Canada**

[What You Need to Know About Coronavirus](#)

Quick information and guidance for people living with MS.

Spinal Cord Injury

- **Spinal Cord Injury Ontario**

[COVID-19 Update and Resources](#)

Information resources and health guidance for people living with SCI.