



COVID-19 Resources

The health and wellbeing of athletes and their families is the top priority of Special Olympics. While we are unable to practice or compete at this time, we hope to stay connected and informed. Below is a (far from exhaustive) compilation of relevant resources for families. If you have other resources to recommend or questions, please contact Initiatives Manager, Leah Shaffner (lshaffner@sowa.org).

General COVID-19 Updates

- Special Olympics Washington [updates and resources](#)
- United States Center for Disease Control [Coronavirus \(COVID-19\) information](#)
- Washington State Department of Health [Novel Coronavirus Outbreak](#)
- Washington State [Coronavirus Response \(COVID-19\)](#)
- Washington State Department of Social and Health Services
 - o [COVID-19 updates](#)
 - o [Economic services](#)
 - o [Cash assistance](#)
- Kaiser Permanente [Coronavirus/COVID-19 Information](#)

Special Olympics Washington Virtual Activities and Support

- [Fitness at Home](#)
- [Town Halls](#) with Dave Lennox
 - o Tune in every Wednesday at 12:00 noon to hear updates on SOWA
- [Athletes Connect Panel](#)
 - o Tune in to hear from SOWA athletes and professional athletes
- [Family Health Forums](#)
 - o Join SOWA athlete care takers and health care professionals to discuss important health topics within the IDD community
- Special Olympics International [Resources to Help During the Crisis](#)

Other Virtual Activities and Support

- [The Arc of Washington state](#)
 - o Arcs around the state are now offering many of their programs virtually. This means that even families in communities without an Arc can participate!
 - o Go to your [local Arc's website](#) to find more opportunities
- [Best Buddies](#)
 - o Online social opportunities and trainings
- [Partnerships for Action, Voices for Empowerment \(PAVE\)](#)
 - o [Online IEP support](#)
 - o Other virtual support meetings and trainings
- [Celebrate EDU](#)

- Online leadership classes for people with intellectual disabilities
- [Sibling Support Project](#)
 - Support for siblings of people with disabilities
- [Seattle Children's](#)
 - [Supporting Mental Wellness and Family Life During COVID-19](#)
- [Washington Autism Alliance and Advocacy](#)
 - Online webinars and trainings
- [Autistic Unapologetic](#)
 - [Autism and COVID-19](#)

Other Helpful Resources

- Self Advocacy and Technical Assistance Program
 - [Plain Language Information on COVID-19](#)
- Special Olympics International [Self-Care Tips](#)
- [Washington State Developmental Disabilities Council](#)
 - Take this [Survey](#) to help inform the council's 5 year planning