

Resources for Adults with Autism

- [Youth Virtual Drop-In Meeting](#): Youth MOVE PA is excited to host a series of Youth Virtual Drop-In Meetings that are all about getting some social interaction, even if you can't go out and do normal activities like school, sports, going to the game store, or hanging out with our friends. The age range for these chats is from 14 to 29 years old.
- [SAPNA: Join for weekly updates for people who receive services from the PA Office of Developmental Programs](#): This call is for self-advocates. After each update, you can ask questions and talk with others.
- [You can virtually ride these eight roller coasters, and you always get the front seat](#): You can go on virtual roller coaster rides of some of the fastest, steepest, and most famous coasters in the world.
- [Northern Lights Live Cam](#): Located at the Churchill Northern Studies Center in Churchill, Manitoba, this live cam is located directly underneath the aurora oval--one of the best places on earth to watch the aurora borealis, the spectacular atmospheric phenomenon better known as the Northern Lights.

Resources for Children with Autism

- [Virtual Disney World](#): Virtually experience Walt Disney World attractions, shows, hotels, monorails, trains, boats, park areas, and more within an interactive 360° video environment.
- [Weekly Storytime with Dolly Parton](#): In this series, Dolly reads select Imagination Library books, all carefully chosen for their appropriate content at this moment in time.
- [Free Digital Cooking Classes For Kids Every Week Day](#): Delish's editorial director Joanna Saltz and her kids will be going live on Instagram every weekday at 1pm EST to share cook-along videos for you and your little ones.
- [Zoo School Live](#): Hosted by Elmwood Park Zoo every day at 11 am.

Resources for Parents/Caregivers of an Individual with Autism

- [Using the Integrated Supports Star to Problem Solve](#): With COVID-19 leading to so many changes in our lives today, many people are using the Integrated Supports Star to think of how to respond personally and how to guide others with different types of resources.
- [ASL Video Series](#): Caring for Someone at Home Who May Have COVID-19.
- [Learning Games For Kids](#): These online learning games and songs for kids are fun, teach important skills for preschool and elementary school kids and they're free.
- [Helping Kids Who Are Worried About Coronavirus](#): Here are 15 things we can do to talk to kids about Coronavirus and help them manage these big worries they might be holding on to.

Resources for Professionals Working with Individuals with Autism

- [Taking care of individuals with intellectual disabilities during COVID-19](#): The workforce calls them essential, but their patients call them family.
- [Offering all US healthcare professionals who work in public health settings free access to Headspace Plus through 2020](#): What's going on right now is a challenge for everyone. But you, our healthcare professionals, are particularly overburdened.
- [Mental Health America](#): To aid individuals and communities during this time, MHA has compiled a range of resources and information.
- [Corona Virus \(COVID-19\) Resources](#): WQED is committed to providing the community with helpful resources during the coronavirus pandemic.

Resources for Community Members

- [Department of Human Services Emphasizes Importance of Support for People with Disabilities During COVID-19 Emergency](#): The Department of Human Services (DHS) hosted a virtual press briefing to raise awareness of the challenges faced by people with disabilities during the public-health emergency and share information about the department's efforts to support this vulnerable population throughout the COVID-19 crisis.
- [Coronavirus-Related Scams](#): The Pennsylvania State Police reminds residents to remain vigilant against scams attempting to take advantage of the Coronavirus pandemic.
- [Care for your Coronavirus Anxiety](#): Resources for anxiety and your mental health in a global climate of uncertainty.
- [Here are 450 Ivy League courses you can take online right now for free](#): Class Central has made a collection of all these, which you can explore.