

Resources for the DD and Older Alaskans communities during the Coronavirus Pandemic (COVID-19)

DD Community Resources

- **What do Older Adults and People with Disabilities Need to Know?**
<https://acl.gov/COVID-19>
- **About the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR).** ACL Administration of Community Living: <https://acl.gov/about-acl/about-national-institute-disability-independent-living-and-rehabilitation-research>
- **COVID-19 Resources.** NACDD National Association of Councils on Development Disabilities: <https://www.nacdd.org/news/covid-19-resources/>
- **State of Alaska Governor's Council (Resources).** State of Alaska Governor's Council: <http://dhss.alaska.gov/gcdse/Pages/aboutus/default.aspx>
- **The ARC (Alaska):** <https://thearc.org/>
- **Hope Community Resources (Alaska):** <https://www.hopealaska.org/>
- **Stone Soup Group (Alaska):** <https://www.stonesoupgroup.org/>
- **Connections DDRC (Alaska):** <https://alaskacenter.org/connections/>
- **Special Needs Resource Project (Resource List):**
<http://www.snrproject.com/Resource/Links/Alaska>

Mental Health and Well-Being Resources for Older Alaskans

- **COVID-19 Stress and Coping,** CDC. https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html
- **COVID-19-We Must Care for Older Adults Mental Health.** American Foundation for Suicide Prevention: <https://afsp.org/story/covid-19-we-must-care-for-older-adults-mental-health>
- **Do Your Part to Stem COVID-19: An Intergenerational Call to Action.** National Council on Aging. <https://www.ncoa.org/blog/do-your-part-to-stem-covid-19-an-intergenerational-call-to-action/>
- **How to Fight the Social Isolation of Coronavirus.** AARP. <https://www.aarp.org/health/conditions-treatments/info-2020/coronavirus-social-isolation-loneliness.html>
- **Mental Health and COVID-19,** AARP. <https://www.aarp.org/health/healthy-living/info-2020/mental-health-and-covid19.html>
- **What Older Adults Need to Know: Coronavirus.** .National Council on Aging. https://www.ncoa.org/blog/coronavirus-what-older-adults-need-to-know/?utm_source=ncoa&utm_medium=homepage