



## Integrated Supports

People need supports to lead good lives. Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help families and individuals think about how to work in partnership to support their vision for a good life.

### Technology

- \*iPad, cell phone, computer, websites and emails
- \*take a virtual tour of places located all over the globe such as museums and zoos and Mars.
- \*Become a virtual volunteer at places such as 412 Food Rescue.
- \*participate in religious services remotely
- \*send pictures and videos from phones to family and friends
- \*telehealth
- \*attend meetings and learning opportunities electronically
- \*Use Zoom to have a get together with friends and family
- \*YouTube
- \*Free online games Pogo.com
- \*Playing card games online for free playingcards.io

### Personal Strengths & Assets

- \*Are you friendly?
- \*Do you have coping skills that can help you through this hard time?
- \*Can you reach out to others both for your well-being and theirs
- \*Are you crafty?
- \*Peer Support and Advocacy Network (PSAN) 10:00 a.m. 12a.m. 1-866-661-WARM(9276)
- \*Find a Mental Health Therapist with online/phone options <https://www.psychologytoday.com> or use the number on the back of your insurance card
- \*What are your leisure skills (cards, coloring, TV, movies, video streaming, word searches, gardening, etc)?

### Relationships

- \*Mom, Dad, Brother, Sister, Nieces, Nephews, friends and co-workers
- \*Supports Coordinator and/or providers if there are needs or questions
- \*Create a Google document of shows or movies you're watching and share it among family and friends. Skype or facetime with the ones that watch the shows to get their take.
- \*Netflix Party is a new way to watch Netflix with your friends online <https://www.netflixparty.com/>
- \*If you have a need or have something to offer Nextdoor is the free private social network for your neighborhood community. <https://nextdoor.com>
- \*Google Hangouts for Virtual HAPPY HOUR with you friends, family members and/or neighbors.

**Allegheny  
County  
COVID-19  
STAR**

- \*Free access to online Yoga for 2 months with DoYogaWithMe.com
- \*Digital library activities. <https://www.nextpittsburgh.com/events/things-to-do-in-pittsburgh-this-week-virtually-and-safely/>
- \*US Mail to keep in touch
- \*Are there any parks you can walk around or nature you can spend time in?
- \*Make a list of all the museums, parks, social events, etc. you want to go once this is over. Rank them and then do it once you are able to.
- \*Sheetz is offering free Kidz Lunch Bagz to children <https://www.sheetz.com/news/kidzmeals>
- The Frick Pittsburgh – Virtual Tours <https://www.thefrickpittsburgh.org/virtual> - Virtual Disney <https://www.youtube.com/channel/UCYyJUEtYv-ZW7BgjhP3UbTg>

- \*Do you receive Social Security benefits?
- \*United Way of SWPA Emergency Action Fund
- \*Greater Pittsburgh Community Food Bank
- \*Financial assistance (2-1-1)
- \*Special shopping times for seniors
- \*You can receive extra medications, some pharmacies are making sure that you have a 90 day supply and free delivery (check with your pharmacy)
- \* Modest Needs is a tax-exempt charity where you can make small, emergency grants to low-income workers who're at risk of slipping into poverty and for whom no other source of immediate help is available. <https://www.modestneeds.org/index.asp>
- \* Comcast is offering free internet to low income families <https://www.internetessentials.com/covid19>

### Community Based

### Eligibility Specific

## Technology

WIFI hotspots:

<https://wifi.xfinity.com/>

<https://www.jfcsphg.org/covid-19-local-resources/>

For people without internet, or without videoconferencing capabilities, phone calls are still helpful.

## Personal Strengths & Assets

Resolve: resolve Crisis Services  
24 hours/7 days a week  
1-888-796-8226

<http://3riversmusictherapy.com/>

Online Therapy platforms;  
<https://lp.talkspace.com> and  
<https://www.betterhelp.com>

The Mental Health Support Line can be reached toll-free, 24/7 at 1-855-284-2494. Mental health and crisis support line for people dealing with anxiety or other difficult emotions. Callers will be able to speak with staff who are trained in trauma-informed principles and will listen, assess the person's needs, triage, and refer to other local supports and professionals as needed

Social Story about COVID:

[https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html?fbclid=IwAR3qR6ELv56YZ6x-L9S6xune\\_NuG5SGgMbcJ3H1dzcoSPipAhntWEyNnJoE](https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html?fbclid=IwAR3qR6ELv56YZ6x-L9S6xune_NuG5SGgMbcJ3H1dzcoSPipAhntWEyNnJoE)

## Relationships

Set a regular phone date with a friend or family member for both companionship and to help if one of you gets sick.

SelfAdvocates United as 1 (SAU1) **Self Advocates United as 1 — Antivirus Power Connect** You can join any or all of the calls by computer at <https://zoom.us/j/624794330> or by phone: dial **(646) 876-9923**, then your meeting ID: **624 794 330 ##**.

### **EVERY Thursday at 1 pm**

SARTAC, the Self Advocacy Resource for Technical Assistance Center, is hosting a call for self advocates across the USA to share info and support each other.

<https://zoom.us/j/32481563> Dial 929 436 2866 Meeting ID: 324 815 633

## Community Based

[www.weareteachers.com](http://www.weareteachers.com) provides couple dozen tours (zoo, nature, farms, etc

Allegheny County web page: Virtual, Online & Stay-at-Home Activities - Virtual and stay-at-home activities from some of your favorite organizations throughout Allegheny County.

<https://www.alleghenycounty.us/Health-Department/Resources/COVID-19/COVID-19.aspx>

**RADIO MARGARITAVILLE** is streaming Jimmy Buffett concerts daily to provide individuals the ability to mentally escape to an island paradise while stuck in their home.

<https://www.margaritaville.com/radio-margaritaville> -

\*Free 7pm.Planet Fitness workouts

<https://www.planetfitness.com/united-we-move>

\*Neighborhood legal services may be able to assist with regular legal issues that continue through the pandemic, like custody orders, or for specific issues like asking for rent assistance, filing for unemployment, or asking for mortgage or loan forbearance. Online intake: <https://nlsa.us/> or phone: 1(866) 761-6572

## Eligibility Specific

Urban Redevelopment Authority (URA) – Beginning Monday, March 23, households at or below 80% Area Median Income (AMI) in need of rental, mortgage payment, and/or utility assistance, specifically because their work hours were cut due to COVID-19, may call the Urban League of Greater Pittsburgh at 412.227.4163 to be screened for assistance.