

I-ASC's Inclusive Resource Guide for COVID-19

Designed to support **nonspeaking individuals** who communicate by spelling or typing, these resources are also very helpful for people with other **disabilities** and for **neurotypical** people experiencing change and disruption to routines and learning due to COVID-19.

Learning and Engagement at Home

- [Free Online Learning](#)
- [Education disguised as entertainment](#)
- [Engaging brain and body](#)
- [Visual, Auditory, Kinesthetic & Tactile Activities](#)
- [Keeping the Body Busy](#)

Interactive Lessons to help understand COVID-19

- [COVID-19](#)
- [Social Distancing](#)
- [Coaching thorough handwashing](#)
- [Presuming Competence](#)

Create a Plan of Action

- [Emergency Medical Information](#)
- [15 Strategies for the Preparation and Peace of Mind](#)

Useful Articles

- [10 Ways to Presume Competence](#)
- [Co-Regulation: The Physiology of Trust](#)
- [Anxiety: Don't Worry Know Your Brain](#)
- [Self-Regulation: Shifting Perceptions](#)

Learn More about Spelling to Communicate

- [Overview of Spelling to Communicate](#)
- [Parents Perspective on Spelling to Communicate](#)

