

Question 1:

The Illinois Respite Coalition, starting today, is beginning Quarantine Questions. Our goal is to create content during the work week that addresses caregiver needs, resource questions, and tips for maintaining strong social, emotional and physical health. If you have any questions, topics you would like to see discussed, or helpful hints of your own please reach out!

Quarantine Questions with the IRC:

Are respite services still being provided during the COVID-19 outbreak?

This question has many layers to it, which is what makes it so important. The type of respite you are receiving (group, in-home, voucher, etc) affects whether the program is ongoing or not due to shelter in place policies and social distancing requirements. Each respite provider is responding differently depending on the areas they serve and the severity of the outbreak in those locations. For this reason, it is best to talk with your specific respite provider to determine what they deem most safe for all persons involved in respite care.

The Illinois Respite Coalition is still providing in-home respite care to families in the 16 counties we serve; however, we are also available by phone or email during typical work hours for anyone who has questions or is looking for information and referral services. The IRC is proud to keep offering our services to continue to help families during this time. For more information on our services, check out our website: <http://www.illinoisrespitecoalition.org/home.html> !

Question 2:

For our second post of Quarantine Questions with the Illinois Respite Coalition, we are using content from the Caregiver Action Network (CAN) to find an answer to the question: What are some important tips and information that caregivers should think about during the COVID-19 outbreak? We know that life as a caregiver is stressful enough as is, so here is a link to their website about things to keep in mind and keep on your radar. Their website has a lot of helpful information and resources that we wanted to highlight today.

<https://caregiveraction.org/covid-19>

Pasted below is a link to Green Mountain Self-Advocates that has a PDF translated into spanish about the coronavirus. It includes information about COVID-19 and how to prevent the spread and protect yourself. We recognize how important it is to have resources available in varying languages, and encourage anyone to pass on the information to people who can use it. The link to Green Mountain Self-Advocates runs to the homepage where you can find the booklet in english and spanish, as well as any additional resources that they have on their website.

<http://www.gmsavt.org/>

Question 3:

Today, Quarantine Questions with the IRC is answering the question: What can we do to decrease anxiety during this time?

The answer comes from the Child Mind Institute. Through their website, they have a plethora of resources in both in English and Spanish that include Daily Tips, phone consultations, Facebook live video chats, and more. The resource linked here is from their Daily Tips section. Today's video focuses on maintaining positivity and focusing on what we can control as caregivers and individuals during these tumultuous times. As they say in the video, focusing on what we can control will give us a larger sense of agency, because there is still a lot that we can do!

<https://youtu.be/ySqoAF6Klf0>

Question 4:

Today's quarantine question is: what are upcoming events that I can participate in from home?

Fortunately, during the shelter in place regulations there are events or other information that can be accessed from home. The ARC of Illinois is hosting their monthly webinar this month on April 14 with presenter Shannon Dyson from The Autism Program of Illinois (TAP). They will discuss an overview of autism services in Illinois. The webinar is from 12pm-1pm, and it is sure to be a great way to learn more about resources that are available from the comfort and safety of your home! The ARC of Illinois records their webinars and has their previous monthly webinars available on their website for viewing, so it is a great way to stay informed and learn more during free time. To register for this month's webinar, click on the link below.

<https://www.thearcofil.org/event/ils-lunchtime-webinar-tap-an-overview-of-illinois-autism-services/>

Question 5:

Today, in honor of World Autism Awareness Day, the Quarantine Question is: How can I cope with disruptions and the changing routine of my loved one with autism?

Our answer comes from the Autism Speaks website. Linked below, it discusses how to cope with the changing routine of your loved one with autism during these changing and unfamiliar times. Establishing a new routine by starting small with just a morning routine or using their school routine as a guide, is a great way to create a new schedule. Using transition reminders and trying to establish areas that correlate to their old schedule helps to maintain a sense of continuity in their day-to-day life. The link below includes a video and written advice. From there, you can explore the Autism Speaks website as they have a lot of resources, videos, tips and additional help and training. Additionally, we encourage you all to #LightItUpBlue today to show support for individuals with autism and to raise awareness. Today, and everyday, we want to build a more inclusive, accepting and kind world.

<https://www.autismspeaks.org/science-news/how-handle-school-closures-and-services-your-child-autism>

Question 6:

As another work week comes to an end, so does this week's Quarantine Questions. Our question today: how can caregivers for individuals with Alzheimer's prevent the spread of COVID-19?

Linked below is the guide from the Alzheimer's Foundation of America. The guide discusses the need to not induce any unnecessary panic as well as tips on different types of soap and soothing songs to employ during handwashing times. While the same principals from the CDC apply, it is important for caregivers to remember that making the sensory experience positive is important. Furthermore, the IRC not only offers information, referral and respite services for individuals with intellectual and developmental disabilities, we also provide information and referral services for personas across the lifespan in Illinois, so feel free to reach out with any additional questions!

<https://alzfdn.org/coronavirus-prevention-tips-alzheimers-family-caregivers-alzheimers-foundation-america-afa/>

Question 7:

Starting this Monday, our Quarantine Questions will be themed for Monday Funday. The start of another week doesn't always seem like a fun endeavor, but we will be here to show virtual activity resources in order to change your mind! Our first Monday Funday quarantine question is: where can I find free and scheduled online activities during quarantine?

Through the Northwest Special Recreation Association (NWSRA) website, families and caregivers can access a variety of scheduled programs that are free of charge. Located on their website's activity center, linked below, you can find a PDF of scheduled programming that includes a lot of information: instructions for getting on a Zoom call, the intended audience of the virtual programs as well as any supplies that you will need. NWSRA provides programming for children and adults with disabilities, and their continuing support through free online Zoom activities is an amazing resource. The virtual programs start today, so be sure to look at the schedule and get ready for not only a Funday Monday but a fun day each day!

<https://www.nwsra.org/activity>

Question 8:

In the midst of this pandemic and for World Health Day, our Quarantine Question today focuses on the direct support professionals (DSPs) who continue to work on the front lines in order to provide services for individuals with disabilities, provide care to patients in the hospital and so much more. The question is: What are some guided meditations to help DSPs and others with the stress and anxiety of COVID-19?

The IRC would like to take this moment to thank DSPs who continuously provide services for the public. During this time they are absolutely essential. Our answer to this question comes from the National Alliance for Direct Support Professionals (NADSP). During the COVID-19 pandemic they have released information for DSPs, such as this link below to a YouTube video that contains a quick, 10 minute guided meditation. You can also visit their website for more resources such as self care advice for DSPs and videos about the role of the DSPs and coronavirus. We want to personally thank all DSPs and essential workers for their continued work and dedication, and offer this resource in order to help you take a moment for yourself to meditate and relax, as much as possible during this time.

https://www.youtube.com/watch?v=_eeqEiZ-pxc

Question 9:

Happy half way point! Although quarantine can feel greuling and isolating at times, staying active and being kind to your mind and body is a great way to ease the tension of the times. This Wednesday marks our first Workout Wednesday of Quarantine Questions where we will post free online videos that can be used to workout from home. With that in mind, today's question is: What are some accessible, gentle yoga workouts for people of all abilities?

The yoga video comes from the yogatx studios. This 30 minute chair yoga video (linked below) is accessible to people of all abilities and is a great way to incorporate movement into your weekly routine. The yoga is gentle on joints and perfect for people who have recent knee injuries as well. yogatx's website also offers online yoga videos, and you can connect with them across social media platforms or go to their YouTube channel to checkout some of their other yoga content. But in the meantime, sit down, relax and get your midweek flow going.

<https://www.youtube.com/watch?v=tyeMFy9KkTY&pbjreload=10>

Question 10:

We know that it is hard to find the time to relax in the midst of the unrest surrounding our daily lives. With this in mind, as we round the home stretch of another work week, our quarantine question is: what is a quick way to recenter and calm myself that is easy for me and my loved ones to do?

While heightened fear and anxiety is a normal response to the daily stressors many are facing, there are ways to mitigate it, even during the busiest of days. Our answer today comes from Healthline's article about box breathing. This article describes the benefits of box breathing, which entails mindful and deep breaths in order to create a feeling of calmness. The article not only explains the benefits of box breathing, but it also has step by step instructions, so you and your whole family have an easy and accessible way to take a couple minutes to recenter yourselves and catch a breath. Box breathing is an exercise that you can even work with to

strengthen and heighten the results. Nonetheless, it's a routine that can be supplemented into your daily lives in order to have a reprieve and stress release outlet.

<https://www.healthline.com/health/box-breathing>

Question 11:

Today's question is: What are ways to stay engaged and connected from home? While museums, zoos, aquariums and other forms of arts and entertainment are closed, there are virtual ways to stay active and engaged in the things that bring you and your loved ones joy.

Our resource today is from the Cincinnati zoo. Every week day at 2PM CST, they live stream animal exhibits at their zoo. Not only is this an amazing way to access the zoo, but it is also a great resource that is scheduled and readily available during the work week in order to continue to build a sense of continuity and schedule. The link below goes to their Facebook page where you will not only find the Facebook live events, but you can also see other content, photos and videos! Take advantage of a reliable, fun and engaging experience for you or your family to enjoy.

https://www.facebook.com/cincinnati_zoo/

Question 12:

As we kickoff another work week, we also continue our Monday Funday quarantine questions with the Illinois Respite Coalition. Our question for the day is: where can I find programming that helps caregivers make fun, educational activities for their loved ones at home?

This Monday we have online programming that is provided by GiGi's playhouse. They have a wide variety of programming that you can access on their website (playdough making video, family yoga, and more) free of charge. The link below takes you to video tutorials that can help with math, literacy levels etc. The videos show caregivers how they can use supplies that they have readily available at home to make fun activities that also help their loved ones learn. Links to lesson plans, videos, and resources for individuals of all ages can be found in the link below. These are perfect ways to create an engaging learning environment that feels more fun than tedious!

<https://gigisplayhouse.org/gigisathome/programs/one-on-one/>

Question 13:

This Tuesday, our Quarantine Question is: what is some good news during COVID-19?

While it is easy to get distracted by the ever-changing present, it is important to hold tight the good that has blossomed in the midst of our reality. With that in mind, we have linked to a video by ABC news that has feel-good news stories. Sometimes the best resource is just a five minute

video that shows the outpouring of strength, love and gratitude that is occurring in our world today. Stay strong and remember we are here to support you as best we can.

<https://www.youtube.com/watch?v=MYdP9Ho1IK8>

Question 14:

Our second Workout Wednesday Quarantine Question is: what are some accessible workouts that everyone in the family can enjoy?

The workout linked below includes head and leg stretches along with movements that will build muscle mass without requiring additional equipment at home. Our video was found through IvanaExercise, so you can go to their channel to find more activities that you can do from home in order to maintain movement and a healthy lifestyle. While stress is inevitable, working out is a great way to channel your energy into something that helps maintain and strengthen your body and mind. Let us know what you think and keep those questions coming!

<https://www.youtube.com/watch?v=zTBBVJsksal>

Question 15:

As we are winding down our work week, today's quarantine question is: where can I find crafts, activities and online videos for my child while I am working and at home?

Our online resource is for children of all ages and abilities and it includes videos, activities and games that can be accessed at any time. Through Seussville, children can navigate the website and personally pick activities and videos that they are interested in. The activities can vary by age and get harder and more difficult depending on age. However, there are videos that include old Dr. Seuss content that children through elementary school age can enjoy. This link caught our eye because it provides opportunities for kids to read and play games. It is a nice, short distraction that you can use while you focus your attention on what you need to do.

<https://www.seussville.com/>

Question 16:

You have made it through another work week, and for that we hope you give yourself a pat on the back! Today's quarantine question is: how can we go out into nature without leaving our home?

While seemingly impossible, many national parks have virtual tours so people can see the beauty of the outdoors from their living room. Our resource linked below has a variety of parks linked in the text so people can click on what they want to see, and with this tool, you can scroll to see pictures of the parks with descriptions before clicking on the video. Some videos are short and others have interactive options, but nonetheless it is a way for you and your loved one

to see the great outdoors from the safety of your home. It is not easy to self quarantine and isolate, but we are with you each step of the way to provide helpful activities and resources.

<https://www.nationalparks.org/connect/blog/take-virtual-visit-national-park>

Question 17:

Happy Monday Funday! Today's quarantine question is: What are some interactive, creative art videos that I can use for my kids?

Monday Funday means a fun coloring activity for your loved ones while you get to have a moment to catch a breath: a little victory to help you through the day! Our creative outlet comes from The Kennedy Center. The Kennedy Center Education Artist in Residence, Mo, runs daily lunchtime live streams called "Lunch Doodles with Mo!". Lunch Doodles has a downloadable activity page for each episode that parents can show to their kids as well. All of the episodes and the upcoming ones are accessible through the link below. While your loved ones are Doodling away, you can take that time to eat lunch or do other activities. Doodling with Mo is perfect for kids of all ages because the doodles can be as easy or as simple as their imagination allows. This is a great outlet to use daily!

<https://www.kennedy-center.org/education/mo-willems/>

Question 18:

As we slowly work through another week, our quarantine question today is: How can I improve the quality of my sleep?

While rising stress, anxiety and unrest can impact your sleep schedule, there are day-to-day changes that can be implemented in order to increase not just the quantity but the quality of your sleep. Our resource is an article from BBC news, that discusses how creating a solid routine, getting sunlight, and making a space for yourself can all increase your ability to get a good night sleep despite the challenges we face each day. We have a second resource included for Illinois Residents at the bottom where you can call to talk and get support for any stress and mental health issues related to COVID-19. It is important to remember that each day won't be perfect, but that you will get through it step by step, and we are here to help.

<https://www.bbc.com/news/newsbeat-52311643>

Call4Calm: Text "TALK" to 552020

Question 19:

As we enter the midpoint of this week, we are greeted with another health friendly activity! Our quarantine question is: are there any workouts that children can follow along to?

Our resource today comes from a YouTube channel called The Body Coach that releases daily PE with Joe workouts. While the Body Coach TV has a variety of other workouts available on the website, he makes videos each weekday with his PE with Joe segment. It is a great way to have a routine and build consistency, and the additional videos he has on his channel helps you find a workout that meets your personal needs. His channel has workouts for seniors, a seven day sweat challenge and fat burner challenges that can all be done from home and accessed virtually. The link below takes you to this week's PE with Joe workouts; however, you can access his channel by following the link below and clicking on his channel name "The Body Coach TV" on the left side, even though it is next to the subscribe button, clicking on the channel name does not subscribe you to his channel.

https://www.youtube.com/watch?v=evqn3sgS1IU&list=PLyCLOPd4VxBuHn84_as427AwkVpahrqti&index=4&t=0s

Question 20:

Our Thursday Quarantine Question is: Will summer school or other summer programs be available for my child to attend?

This question has been on a lot of caregivers' minds during this time! We wish we had a simple response, but the availability of in person summer school or other summer programs is uncertain at best. Although some states are opening up slowly, each state is different and has different numbers in terms of hospital capacity, confirmed cases and population size. Illinois is an extremely unique example because our urban areas such as Cook and Lake counties have experienced thousands of positive cases while some of our rural areas have less than 10 positive cases. Governor J.B. Pritzker has yet to announce how he wishes to continue as the end date of our current shelter in place regulation nears. Depending on how the state proceeds, some opportunities may start to open; however, there is no way to know for sure what guidelines will be in place or how organizations will choose to proceed in order to keep staff and participants healthy.

One resource based in Illinois that has been a favorite of ours is the online programming through the Northwest Special Recreation Association (NWSRA). Their online programming is an amazing resource available to all parents and caregivers. The programs are available online weekly through Zoom and anyone can participate in them. These programs have a set day, time and description, which means that it's a reliable way to incorporate activities into your loved one's schedule much like summer camp or summer school. Additionally, the activities describe the supplies needed and the target age groups, so you can ensure that your loved one has a great time not only doing an activity from home but meeting other individuals online. Online programming like this, while not face to face, has become a necessary staple during COVID-19 times because it allows for engagement and stimulation without risk of exposure. A link to NWSRA's activity center online is below.

<https://www.nwsra.org/activity>

Question 21:

Happy Friday! Making it through another work week is a big accomplishment during these changing times. With the extension of the shelter in place orders and the necessity of face masks in public areas, our quarantine question is: how can I make my own face mask if I can't go to the store?

The video tutorial linked below comes from the US Surgeon General YouTube page. You can use a T-Shirt, a towel or a scarf to make a face mask that you can wear when in public spaces to limit your exposure. If you do not have rubber bands, hair ties are a great substitute. Given the shortage of health care supplies and the need to protect ourselves, making masks from materials commonly found in the home is a great tool to use in order to keep yourself safe.

<https://www.youtube.com/watch?v=tPx1yqvJgf4&feature=youtu.be>

Question 22:

Welcome back to another work week! Our Quarantine Question for this Monday Funday is: what can we do to shake up our activities at home?

Being at home and in quarantine makes finding ways to connect with our old routine and the outside world all the more important. Many museums, national parks and other organizations have created online tours and activities in order to make their exhibits, information and knowledge accessible to anyone, anywhere. Today, our resource comes from *National Geographic*. Their website has a portion dedicated to kids. Here, they can watch videos like wild animal selfies, take fun personality quizzes, as well as learn more about animals such as reptiles, mammals, amphibians and more. This resource is a great way to incorporate activities designed for kids that also allows them to explore different types of animals, photos from different countries and see videos of animals in the wild from their room.

<https://kids.nationalgeographic.com/>

Question 23:

This Tuesday our Quarantine Question is: Where can I find some family friendly recipes with limited groceries?

Our question today discusses an important facet of the stay at home order that we experience in our day to day life. Getting into grocery stores or even ordering online makes it difficult to buy everything you need, and the comforts of food may start to feel boring as it gets harder and harder to be creative with a limited pantry. The resource today comes from the Moms who Think webpage. Here, they have a plethora of low-ingredient recipes that you can choose to cook, and at the top of the page they have organized their recipes based on the protein base, so you can

cook around the ingredients that you have at home. With recipes ranging from beef, chicken, pork, seafood and vegetarian, their site can help you make a delicious meal without needing to order 10 ingredients. If you know of any simple, family friendly recipes, feel free to add them in the comments below!

<https://www.momswhothink.com/c/dinner-ideas-recipes/5-ingredient-recipes/>

Question 24:

You have made it halfway through the week! As a celebration, you can make sure to move your body and give it some extra TLC. Our quarantine question today is: where can a find a wider variety of workouts designed for individuals with disabilities?

The shelter in place orders that exist around the country have made at-home workouts extremely accessible. Our resource today comes from the Special Olympics YouTube page. The link that we pasted below takes you to a “playlist” of workouts so you can see the wide variety of videos they have posted online and pick the one that best suits the interests of your loved one. They have strength, flexibility and endurance levels so they can progress through the videos in the category that they choose or pick a different category for each workout. Special Olympics’ videos are an amazing resource that is available online so you can participate at times that work for you!

<https://www.youtube.com/playlist?list=PLIHbm7j-AXsXPGqzlgQYUvGUKm6Duq3dK>

Question 25:

Our question for this Thursday is: where can I find some read-aloud for my child? Since libraries are closed where can I get some books for my family?

Although this is a two part question, we wanted to answer both parts in order to discuss online literature resources and other virtual options that can be used during quarantine. For this post, we will include more than just one resource, so you all can choose which option you want! Our first resource is from the Storyline Online YouTube channel. Here, celebrities read children’s books aloud. There are videos in English as well as Spanish, and they range from people such as Chris Pine to Betty White. Our second resource is also a YouTube channel called Story Time from Space. This channel has real astronauts read children’s books. While these are not library resources, they are a great way to have a fun story time from space! Our third resource is a nonprofit called Open Library. This website has an online archive of books that ranges across education level and genre. You need to create a free account, but then you can select which books you would “borrow” and then return virtually. Your account will allow you to have 10 books out at a time, and some audiobook versions are available as well. It is a great opportunity to continue reading and getting new books from the comfort of your own home! All of these resources are linked below.

<https://www.youtube.com/user/StorylineOnline> (celebrities reading stories)

<https://www.youtube.com/channel/UCpotjVqWv3KfGHjWztjPKgg/videos> (astronauts reading from space)

<https://openlibrary.org/> (online library to download books and audio books)

Question 26:

TGIF! Although the days in quarantine can blur together, the success of making it through another work week should not be diminished. Today's quarantine question: I feel like I am constantly being given information and how-to guides, etc, what is something simple and fun that I can watch?

The influx of guides, work, responsibility as well as the shift in lifestyle is overwhelming, and we understand the need to find something to take your mind off your routine, even if it's for a short while. Good news and simple enjoyment shouldn't be overlooked; it is important to take moments to fill your days with little pockets of joy. Our resource is John Krasinski's YouTube channel called Some Good News (SGN). He has already created 5 episodes dedicated completely to sharing good news. We have linked episode 5 below, which is his newest one so you can jump in for fifteen minutes of good news. Life as a caregiver, a family, a student and a professional from home is not easy, so it is our hope that you can find simple ways to keep giving yourself time to catch your breath when you can. We hope this video brings you a brief change of focus as you kick off your weekend.

<https://www.youtube.com/watch?v=o1zlgTwENPg>

Question 27:

Happy Monday Funday! Our quarantine question today is: where can I find more online programs and YouTube videos that offer a wide variety of things to do from home?

To start off the week, we are sharing another virtual resource. Our resource comes from the Northern Illinois Special Recreation Association (NISRA). On their website they are offering free Zoom programming in place of their in-person programs. You can sign up through their website and receive an email confirmation, supply list and reschedule or cancel if you want. Their online programming is free, but if you don't want to use Zoom, they post weekly videos to their YouTube channel. The videos have been posted since April and they include a variety of activities such as drawing, making peanut butter cups, using skittles for science, and so much more. Between the zoom program option and the YouTube videos, there are a ton of activities and crafts that you loved one can do on their own and with your help. We linked their YouTube channel below, but all of their virtual program offerings can be found on their website at nisra.org.

<https://www.youtube.com/user/NISRACrystalLake>

Question 28:

As we continue through another work week, our question for today is: where can I find online games that stimulate your brain?

Getting in brain stimulation is really important! Without the option to be in school, in-person programs or other camps, getting in some exercise not just for your body but for your brain is important. Puzzles, online crosswords and Sudoku are great ways for people of all ages to flex your mental muscle; however the link below has a large variety of online, brain stimulating games that you can do if the crosswords become dull. If you are not sure what a game is, click on it, and the page will give you instructions for how to complete the activity. Please note the instructions are usually under the game in a grey font. These are also great ways to take a quick mental break while allowing your brain to get in a little workout of its own!

<https://www.gamesforthebrain.com/>

Question 29:

We are at the midpoint of another work week! Today's quarantine question is: do you have exercises that older adults can participate in from home?

We understand that caregiving needs stretch across the lifespan and that the shelter in place orders affect each age group differently. Getting regular exercise and body movement, especially when quarantined in the home, is extremely important! Since the virus impacts older individuals more severely, finding ways to get active indoors is essential to maintain good body health. Our resource is a YouTube channel called Silver Sneakers that creates workouts exclusively for the 65+ community. Their workouts range from quick 3-5 minute body movement videos to yoga, so you can find a workout that fits their needs. Even though these workouts are aged 65+ you can also modify the workouts and make them fit your workout routine as well! Based on people's varying skill levels, these videos can be perfect for many people due to its low impact nature. We linked to their channel below instead of to a specific video, so you can see what they have to offer and choose for yourself. Thank you for all of your questions and engagement with quarantine questions!

<https://www.youtube.com/user/TheSilverSneakers>

Question 30:

We've made it past the halfway point of another work week, and our quarantine question for this Thursday is: my son's IEP meeting is next week, do you have any resources for teenagers?

The uncertainty of the times can also bring about uncertainty for the resources that are available to us. Our information today is an upcoming webinar that will be hosted on Wednesday, May 13 from 2-3:30pm. It is hosted through The Autism Program at CTF Illinois. This webinar discusses obtaining appropriate transition services for adolescents and young adults with disabilities. We have linked their Facebook page and the webinar sign up below because through there you can

register for the webinar and participate this upcoming Wednesday and learn more information from a licensed attorney. Another resource is federally funded parent training and information centers (PTICs) are resources that can help answer special education issues from birth through 22 years. They provide support, advocacy and special education information. Family Matters located in Effingham, IL and Family Resource Center on Disabilities (FRCD) in Chicago, IL are both PTICs. Their websites are also linked below. The IRC is proud to also be linked with information and opportunities through wonderful parent groups in Illinois. If you know of any resources you would like to share, please send them to us as well so we can post it, highlight it and pass it on!

Facebook page:

<https://www.facebook.com/The-Autism-Program-at-CTF-Illinois-135948593121100/>

Webinar sign up: <https://bit.ly/2yuu7uN>

Family Matters: <https://www.fmptic.org/>

FRCD: <https://frcd.org/tag/frcd-chicago/>

Question 31:

This Friday, in order to help celebrate the month of May, Mental Health Awareness Month, our question is: what are tips to better handle my anxiety with shelter in place?

Our primary resource is from the Child Mind Institute. The video linked below discusses how to stay calm during COVID-19. It is a short, two minute video that you can use to try to increase your sense of calm. On their website, they also have a section about managing anxiety. The section discusses how to avoid passing anxiety onto others, tips for calming anxious kids and mindfulness tips that can be used to help lower feelings of anxiousness and increase relaxation. This is a great resource because they have so much information on their website that can be used for parents and kids alike. We wanted to remind you of another free resource we mentioned earlier that is specifically for Illinois residents. It is a hotline that you can use to talk about stress and mental health that was impacted by COVID-19. The number is posted below the link.

<https://youtu.be/Cy3f3zhnNPs>

Call4Calm: Text "TALK" to 552020

Question 32:

Happy Monday Funday! Our question for today is: Are there any fun and free events that we can sign up for this week?

Yes, and we post new activities each Monday, so check in weekly for new ideas! This Friday, through the South West Special Recreation Association (SWSRA), there is a completely free virtual dance party for teens and adults from 7-8pm. Our link below takes you to their website homepage where you can see information about their dance party at the bottom right. Their

dance party has DJ PJ bringing the music, so it is sure to be a great time, and a wonderful way to incorporate a free, fun event at the end of the week!

<https://www.swsra.com/>

Question 33:

This Tuesday our quarantine question is: What do I do when I can't pay my rent due to losing my job and waiting for unemployment? Are there any protections?

Many caregivers need to stay home with their loved ones due to the cancellation of in-person programs, which has made it difficult to keep their jobs. Others have lost their jobs due to COVID-19. Regardless what the circumstances of your current situation are, it's important to know what resources are on your side. Our resource is a website linked below that discusses laws and legal resources during COVID-19 so you can stay up to date on protections that may be available to you and your family. The website has information on housing, information for employees, information about taxes during COVID-19 and more.

<https://www.justia.com/covid-19/>

Question 34:

For workout Wednesday today, we pulled our fan favorite!

This IvanaExercise video is the second part to the video we posted earlier. Since we want to bring you content that you engage with and use, we have part two linked below! The video is designed for individuals with intellectual and developmental disabilities, but people of all abilities can join in and take part in an ability-inclusive sweat session!

<https://www.youtube.com/watch?v=IQOilFnoyfc>

Question 35:

Happy Thursday! Today's quarantine question is: are there any upcoming, educational webinars for caregivers?

There is an upcoming webinar series through The Autism Program UIUC Urbana Champaign. Their first webinar series has two parts that begin on Wednesday, May 20 to discuss social thinking from 7-8pm. The other webinar series lasts five weeks and is open to all. They are both great opportunities to tune in and learn more. The flyer detailing more about the topics of the webinars is below, and a link to their facebook is posted, so you can check out their page and other opportunities they are offering!

<https://www.facebook.com/TAP.UIUC/>

Question 36:

Welcome to the weekend! You've made it through another work week and our quarantine question is: what are activities that I can use at night with my kids when the work day ends?

We found our resource through the Chambana Moms Facebook page. They have a ton of resources for those in the Champaign, Urbana area, but their free, weekday bedtime stories on Facebook Live at 7pm can be accessed by those throughout the state. It's a great way to have a new bedtime story each night that your kids can tune into during the work week. Make sure to take advantage of their last bedtime story this week tonight at 7pm! A link to their Facebook is pasted below.

<https://www.facebook.com/chambanamoms>

Question 37:

Our Monday Funday in Quarantine today is an activity from Champaign-Urbana Special Recreation!

Tonight at 5 pm they will be making edible slime on Facebook live! The supplies list is: Jumbo Marshmallows, Cooking Oil, Corn Starch and a bowl. Even if you don't have all the materials on hand, watching the process, so you can duplicate it when you have them, is a great idea.

<https://www.facebook.com/CUSpecialRec>

Question 38:

Quarantine Questions this Tuesday is providing a resource through Autism Speaks. We have been getting messages about ways to connect, be inspired and learn more online.

Our resource through Autism Speaks is a podcast called Autism POVs where you can listen to a variety of perspectives, spark a dialogue and even create more understanding for those who have less experience with individuals with autism. It is a great resource to have, and some podcasts are in Spanish. It is worth the look, and it is definitely worth a listen!

<https://www.autismspeaks.org/podcast>

Question 39:

We are halfway through this week, which means our quarantine question focuses on getting your body moving!

Our workout Wednesday resource is NWSRA! They not only have virtual zoom programming, but their activity center online has a fitness page filled with workout videos, workout games and many more ways to get active. It is all free, and it is a great way to stay healthy, active and

engaged from home. All the links are on their website (pasted below) so you can choose what your workout is and the time of day that works best for you to do it.

<https://www.nwsra.org/fitness>

Question 40:

This Thursday our quarantine question is: what should I do to try to help my child over the summer to get them ready for class, if school will meet in the fall?

Our resource is a webinar through GLR on May 26 that discusses protecting the building blocks of early learning. With school closures in March, children's education was impacted, and many didn't have the same opportunity to strengthen their educational base before moving up this coming fall. The webinar takes place from 12:30-2pm ET. The registration link that contains more information is below.

Keep letting us know what's on your mind, and we'll keep working to find resources!

https://us02web.zoom.us/webinar/register/WN_15hvOR-ISsKBCAcXEC0_N

Question 41:

Welcome to the weekend! Our Quarantine Question today is our last: I have been following quarantine questions, with the state moving forward, now what?

Thank you for your question, and thank you for following us! After over 40 posts with countless questions answered and resources listed, we are bidding Quarantine Questions adieu. With the state reopening and the shifting regulations, our mindset has focused on how the new normal will look. We are proud to have been with you throughout quarantine, and we now want to be with you as we explore the reopening and what it means for families and caregivers. Starting next week on Tuesday, we will begin our new section "Navigating the New Normal". We will post information about reopening, guides for how to stay safe, articles from trusted sources, and we will continue to answer any questions you may have. We look forward to exploring the new normal with you all!