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Association of University Centers on Disabilities
 AUCD-Maintaining Relationship Status: An Open Discussion-(Zoom)
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>> Hello, and welcome to maintaining relationship status, an open discussion. I'm the resource dissemination manager here at AUCD. I would like to a -- first we will provide a brief introduction of SIG and our speakers. Then there will be time for questions. Because of the number of participants, your audio lines will be muted during the call, however, we can unmute you at the end for discussion and questions and answers. You may send chat to the whole audience or presenters only.

This webinar is being recorded and will be available at AUCD's webinar library at the end of the event. There will be a short evaluation survey at the close of the webinar. We invite you to provide feedback and suggestions for future topics. I will pass the mic over to the co-chair who will talk a little about the CIG. Lindsey?

>> LINDSEY: Thank you so much. If you want to go ahead and pull up our slides, we will go ahead and get those shared. I want to thank everybody for taking time out of your afternoon for the maintaining relationship status, an open discussion.

Here with AUCD and hosted by the sexual health department. It is an open discussion. I know everybody is muted, but as we get into talking through the discussion about maintaining relationship status, we really want to hear from you all.

Can you guys see the slide deck?

Perfect.

Great. So this is myself and Julie and our co-chair, Lindsay. And we are excited to have you all here. We together co-chair the sexual health special interest group at AUCD. Our goal is to connect people in the network and to resources about disability and sexuality. We are looking at sexual health, interpersonal violence and abuse, as well as creating relationships that are healthy. Education is a big part of that and a big effort of what the SIG does is talking to each other and sharing the great work across the network and outside of AUCD.

So we're excited to be hosting this conversation today, because we want to hear from you. We want to know what things you guys have been doing specific to this topic and ways that we can learn from each other.

And so on the next slide is our discussion agenda for the next hour.

And you will see on the next slide -- there it is! That we're first going to talk about keeping connected while social distancing, so doing exactly what we're doing now. How are we staying remote but still staying talking to each other? And after that we want to talk about staying safe and what does that look like, whether it be online or in interpersonal relationships that we are having.

And after that we want to talk about maintaining the relationships with those that you are quarantining together, being together in the same space and not able to go out can be a challenge. So we want to talk about ways that we're doing that. And number four is looking at loneliness and isolation and mental health and those that are being isolated alone, and how are we helping to keep them connected as well?

That's the game plan of what we're going to talk about today. I encourage you to unmute yourselves when you have something to talk about. Also, use the chat function. We can capture that and use that in notes, and then this is being recorded. And we're also going to share notes to everyone who had registered as well once we can get those compiled.

So I'm really excited to get to talk to you all today and talk about what it is that is keeping us connected. This is my last plug. This is not a presentation this is something that we want to talk about with you together. We want to hear about strategies you're finding successful in your communities. So with that being said, on the next slide, we're going to open it up for our first topic.

I'm going to turn it over to my co-chair, Julie, to help facilitate that discussion. Julie?

>> JULIE: Perfect. Thank you. So yeah. I mean we have a few topics that we want to talk about. But first, we want to kind of dive into social connectedness.

What strategies are working for you? As we talk to each other, we've had discussions across the network. I know people are trying to come up with ways and strategies to stay connected. So feel free to turn on your video. Be a part of the conversation. It's okay. It's a very safe space.

Use the chat box. Feel free to introduce yourself. There's names of new folks that I haven't met yet. So, take a minute. Introduce yourself. And then if you have good ideas or suggestions, please share with us what you're doing. I know a few weeks ago, I was participating in the mental health developmental disability, the MHED ECHO, it's a partnership between a few of us. Some of the ones that I loved was just using video platforms like Zoom to be able to connect with clients.

They talked about how excited people were to see each other. They talked about the five, 10, 15 minutes of that is sometimes chaotic. But it's been a really great way to connect individuals within these service agencies.

Another fantastic idea was they were doing cooking classes where everyone had simple ingredients that they maybe already had at their house. It was part of their services that they were already doing, but they found a way to do it virtually.

So that's what I would love to hear from you. I'm going to stop talking for just a minute. We might even take down the slide so we can see each other a little bit bigger. But what has been successful for you? Or agencies or partners that you have in your communities? What are your challenges?

>> I'll jump in. I'm talking to you from Oregon today. I work at Oregon health and science university. That's based in Portland. However, I live in Astoria. We work

really closely with our local ARC chapter.

They have been doing very regular what she calls virtual hangs on Friday afternoons with the group of folks that she works with. And she's created some really great documents that have ideas for different activities they do. She's also created a document just outlining some of the accessibility aspects to help folks access Zoom and use Zoom.

So yeah. It's been really successful. I think her group has grown and grown and grown every Friday. Sometimes they play music and dance. Actually have a dance together on Friday afternoons. Sometimes they do a scavenger hunt. I think the scavenger hunts have been some of the most successful exciting activities. I will give you a quick example.

She shared some PDFs with me, which I think when we send out the notes, if we're able to send out documents, I can include these. For instance, find something red. Find something that you eat. Find a tool an artist uses. Something that makes you happy. An item from the bathroom.

So I think they just pause, give people three to five minutes, and then everyone can bring back an item. And I know one of the things that they've been doing and also we've been trying to do when we're including self-advocates with mobility challenges is to give that list to folks ahead of time. So if we have a hang scheduled on Friday afternoon, we'll give the list to folks ahead of time so that they can gather their items ahead of time and contribute.

So, yeah. Just some great ideas. Another activity that she did with the self-advocate that was really cool is they went on a trip to New York together. So down to, like, creating a boarding pass and going to the airport and like exploring New York through YouTube videos and different pictures and different sightseeing. So they have been really active.

Just basically doing all of this through virtual, through the Zoom platform. So yeah. Wanted to share out what Kate from our local ARC has been working on.

>> JASON: Hi. I work, and do some stuff with LAD. I know LAD has been doing something like that, what you were talking about with the ARC. But they do it every day. Actually at this time now, and sometimes it's led by different people, whether it's the people with disabilities themselves or somebody else.

They have a different thing. Yesterday was family feud. They had marvel trivia. Somebody was showing different things. I think every week, today, actually, Wednesday, from 5-6, they have the planning meeting to do that. I know they work with several other agencies. And they are in Cincinnati, Ohio.

Like the Ken Anderson alliance who are doing virtual trivia night or virtual BINGO. They have virtual fitness classes. I know there's been a lot of different ways that LAD, who I work with specifically, and several agencies in Cincinnati have been working with each other. But also doing their own things to make sure and making sure that the process is inclusive and including people with disabilities themselves to bring programmatic elements. And I think they also, each day, have just also chat sessions where there's no

scheduled activity where people can talk to each other. That's also something that people brought up, they wanted to just be able to talk.

Sorry. Thank you.

>> Don't apologize. That's exactly what we want to hear. We need really great ideas. I love the idea of having that planning meeting and sharing that there are advocates that are part of the process and being leaders.

>> FAITH KELLY: Hi. I'm new to the SIG, so hi, everybody. And I'll be working with our program, which is probably pretty familiar to all of you, because Julie Atkinson started that program, and I'm really excited to be stepping into her shoes. Part of the challenge and sort of a silver lining to transitioning the program during this truly extraordinary time of COVID and life moving virtual is that we've made a huge shift in the past month.

A huge lift on, especially Julie's behalf, of switching our curriculum to virtual. So just this week, we launched our virtual friendships and dating program. So we have a pilot where we're running with five different organizations where we're continuing the curriculum of the getting together and following through the steps of learning emotions, relationships, all the health components.

Normally we would have community activities, but now they are social activities that take place online. It's been interesting to connect and see what other organizations out there are doing, and we're using that to inform as we're planning the new curriculum. Yesterday we had a great conversation with pilot organizations.

Using breakout rooms and different activities going on in the breakout rooms where people have a choice. Maybe they're going to do a Zumba activity or an art project with stuff they have on-hand at home.

It's great to see people getting so creative. Part of what's been cool to see the friendships and dating virtual is that there were already things happening out there in our community that we tapped right into. The need was already there. Each organization was already really excited to get in there and continue the thread of connection that was made.

So hi, everybody. I just wanted to introduce myself and throw in my two cents.

>> JULIE: That's great. I think technology is a huge advantage and a great strategy that a lot of us are leveraging. Unfortunately, the downside is Lindsay talked about accessibility. And are people able to engage? Do they have devices? Do they have hardware? Do they have broadband? In rural communities, those are challenges. It's a moment where I think more people are turning to technology, but we need to make sure that our folks out there, that they're able to tap into these opportunities.

>> I think because people are still doing in-house services in some ways, obviously with face masks and everything, and people are being safe. I know for some of that, being are being provided with computers or cell phones or things that they don't have. And also being able to connect to those services if needed to, for people who need that.

It doesn't solve all the things that you're talking about, and it is still really important. But I think it's at least important to even think about those things. Sorry to...

>> Jason, I appreciate that. This is Jillian, and I'm in Columbus, Ohio. That's one of the things that our programming -- that's been keeping us from being able to go, you know, full-on virtual is that there's a significant percentage of our participants who don't have the devices or the internet access, let alone the training to be able to connect virtually.

So I apologize. I was a few minutes late, so I'm sorry if you have already talked about this. But shy of providing those things and helping people to get internet access, which is a little bit beyond the scope of what we're able to do. I'm just wondering if anybody else has any ideas or solutions or if you have already shared that, I apologize, and I'll catch up later.

But for the folks who just can't connect virtually?

>> AUSTIN: This is actually a question that came up with a doctor last week. It was about how do we provide telehealth to people who don't have access to internet and devices? And the answer to that was see if there is any agencies or organizations in the area that have assistive technology or that's their focus.

Because there might be some lending libraries, or they might know how to get people in touch with getting internet set up at their house or getting access to assistive technology like an iPad so they can join the virtual world.

This also brings me to something else. Because of the shift to the virtual world, I have actually been doing some work with an organization that I work with in Portland. They have a social justice youth program, the northwest disability Support. . So that is a program that is for high school and like young adults to people that are like college age. What they were noticing is a lot of the people, the youth with disabilities is they don't necessarily have the knowledge or the resources to be able to navigate social media. So while people with non-disabled computers are able to just get on the internet and stay connected with people, because they have already learned the ins and outs of Instagram or TikTok or whatever. So they are doing work around let's take this program and expand it and evolve it and we're going to take it online. A big focus will be how do we support people with disabilities to learn the skills that they need so that they can access the virtual world and they want to have a virtual hangout.

They can set up a Zoom or they know how to do Google hangouts or set up a social media account so that they can be involved as much as possible, but also learn the social norms of social media. Because often times social norms are blurry on social media. So making sure they understand what's appropriate on social media and how to set those boundaries.

>> LINDSEY: Thank you for sharing that. I know in Kentucky, we have centers for assistive technology with lending libraries that have access to equipment that can help more rural parts of the state have some of those things. Maybe, Jillian that will be an opportunity to look into in Ohio as well and see what kinds of connections you can make for your participants.

Thank you. And also what you just said, Austin, thinking about how do we support understanding the social norms and thinking about supporting individuals that might struggle to interact in the in-person settings also need to learn about online safety. That segues us nicely into our second topic of staying safe.

I think that's the next step. We're doing it successfully, but how are we ensuring that it's safe? I know a big part of the friendships and dating curriculum is talking about some of those concerns. So, maybe Julie, you can lead us in that discussion in thinking about staying safe and how we can do that in this unique time. I like how faith said, the extraordinary times that we're experiencing.

>> Yeah. I think when it comes to safety, this is such a large topic, and there's so many layers to it. And like Austin said, navigating social media and a lot of the online platforms, what are your privacy settings? Technology comes with a lot of boundaries, right? You know, that's something that we have looked at in the virtual adaptation is how are we helping folks navigate safely through the online platforms. So I think safety in all the different layers, so I think one is certainly around technology. But it can also be used for

Safety planning. There are great apps that you can tap into to create safety plans. Also, in this time of social distancing and being quarantined, what if you are quarantined in with an abuser? Unfortunately, we know that folks are victimized at higher rates.

There are folks out there who are, unfortunately, in high-risk situations. And spending more and more time with that individual. How can we help them with safety plans and have some strategies, so they are able to get through this time? It's very difficult.

I know we send out resources, some webinars and some handouts, articles related to this topic. I would love to also hear -- yes, Linda, I can definitely give you some. I will put them in the chat box while you guys are talking. I know of two or three of the safety planning apps. They are pretty cool. You can pre-program information into it so while you're out, you can send a text message that says hey, I need help. And it sends a GPS location.

Technology can also be really good. I would love to hear from folks as you are -- I know a lot of your work also touches on the safety component. We have talked so much about how sexual health and interpersonal violence are connected and we have to adjust for these at the same time.

So what strategies are working? What challenges are you experiencing? What are your thoughts or what information do you have that would be beneficial in this unique team that we're in? I know there's a lot going on in the chat box. So I will check that out while you guys start the discussion.

>> AUSTIN: I think one thing that kind of ties into safety because of access to information is making sure when we are creating resources and videos around safety or just in general, making sure that information is accessible and there is closed captioning and universal design principles implemented into it. That is going to increase understanding for individuals.

That will, in turn, relay into being safer online because they've got access to that information. But if it's not made accessible, that creates another barrier.

>> I would also like to add on to that. I think universal design is a good point. And going on to studies, while we want people to be safe and stuff, there's also dignity of risk that we need to be able to way to afford. We are all doing some things that are not always safe or 100%.

So we can't be overly protective just because somebody has some label on them and not taking risks online. I think it's important that we also make sure that we're not overly protective of people and trying to stop them from doing things and everybody else is allowed to be able to do. Sorry. Sorry.

>> Jason, you make a good point. I have a question of where would you say is a safe place to draw that line? I wholeheartedly believe that there's so much dignity risk. But when you do hear stories of people with and without disabilities being taken advantage of online with spammers or people committing fraud.

Where would you say that --

>> JASON: Yay. I think it depends on the person. Some of the things is that the line is not a set line for each thing. And I think some of it is about education and being able to make documents and information and things accessible to the most amount of people and being able to individually tailor that to being able to understand sort of where that person is coming from. And some of that might come with supported

decision-making as part of ways of being online criteria to be able to understand because, again,

There are going to be people who are sexual who might be doing things that are unwanted or more adult, and we can't stop that. If we're going to be in the sexuality piece, it's about making sure that people understand and being able to work with and mitigate the risk.

Still allowing people autonomy and to be able to make things, but also understanding what those implications of the choices mean to some extent in a way that's accessible. Sorry. I don't know if that helps or answers.

>> AUSTIN: That helps so much, and I appreciate it. That's not an angle that I have thought about in the virtual world. Dignity of risk is something that in regular times that I'm constantly talking about. So I appreciate you bringing that up. Thank you.

>> JASON: Thank you.

>> LINDSAY: Just thinking about accessibility again, too. Thinking about the very negative consequence of sheltering in place and being at home, rates of interpersonal violence increasing. I just think about what domestic violence organizations might be doing to reach out to the people, what potential law enforcement might be doing to provide more support to people and working with those entities to make sure that they are inclusive of people with disabilities.

That their information is in plain language. That they are aware that the population of people with disabilities may have increased risks or challenges that just kind of being aware of some of those different dynamics that are at play and working closely with those entities.

We know there is data out there that this is happening and there has been some response. But I don't know if we have heard much about whether that response has been accessible to the disability community.

>> KELLY: Hi. I'm at Anchorage, and I work with Faith, Kelly, and Julie. And I don't know if I have any great answers, but I'm thinking in terms of people who potentially are in a situation where they are experiencing domestic violence from their care giver or somebody within their home, how much more isolated they are during these times. And sometimes technology can be used as a weapon from people who are abusers. And you know, limiting a person's access to technology or supervising their technology use.

So I'm just trying to imagine how we can encourage the agencies that we interact with that support people with disabilities who are maybe more isolated than ever with fewer people coming in and out. Fewer trips out into the community. How can we encourage people to have direct contact with individuals apart from maybe the people who are in their homes?

Instead of going through a chain of communication through their care giver, just to directly interact with people and try to get some eyes on them and see if we can communicate with them to check in in some way about how they're feeling. I think the more checking in, I think it's really important.

People can -- it's kind of a desperate situation to think about how isolated a person can be, especially right now without people interacting with them as usual.

>> KELLEY: Sorry, I didn't have my video on. This is me. I'm Kelley, here in Anchorage.

>> JULIE: Let's move on, but if things come up, put them in the chat box. Let's

continue this conversation.

>> LINDSAY: There are really good points that are being brought up in ways that we can think through. We may not have the answers today, but planting the seeds especially with what you just said, Kelley, thinking how we can encourage the entities that we support and those agencies, thinking through how we can help keep people safe.

And also in thinking about what our next topic is, I think we will come back to staying safe when we look at number four. But thinking about what are those relationships that we're maintaining at home? So those that are quarantining with others, whether that's your family members, or in a group home. What does that look like? So on the next slide, you'll see some props -- prompts, excuse me, thinking about ways that we're working to support people in those living situations. Or maybe those individuals are ourselves, keeping ourselves healthy and our relationships healthy with those that we're working to still enjoy their company.

So, I'm going to turn it over to Lindsay to help lead us through the conversation.

>> LINDSAY: Thanks, Lindsey. If you wouldn't mind advancing to the next slide. Just thinking about, we have talked a bit about connecting with people outside the home through using Zoom and other virtual platforms. There's this fact that many of us maybe quarantining with other individuals, whether it's family members or roommates or folks who are quarantining within a group home.

So just thinking about how do we maintain those relationships with the people that we can't get away from? In our typical lives, many of us have breaks throughout the day from the folks that we live with. How do we support others that we're working with to maintain those relationships and to work through issues that might come up from being in close waters with other folks?

Maybe everybody's thinking wow, how do you do that? Ha ha!

>> LINDSEY: This might be the toughest one, right?

>> LINDSAY: Just thinking about group homes. I'm on a monthly call with folks who work in different agencies in Oregon. And there has been some really creative ways that group homes have tried to keep people distant from each other, but also doing different games. So just figuring out ways to help people kind of like interact in a fun and positive way.

Ways that will encourage social distancing and encourage some of the new hygiene practices that we have. Thinking about the folks that might be in the group home setting or living with a group of people, and how do you maintain fun and activity? And physical activity when the effort is to kind of to stay sheltered in place and safe. There have been creative ideas about different activities and different ways that people can still get outside.

Ways that people can still interact with the outside world in ways that are safe depending on what our states are doing around that.

>> JASON: I know LAD, from what they're doing, they had the LAD fit challenge, which was around when the flying pig was supposed to be in Cincinnati. So they had a fitness type thing.

Also part of the virtual, do some of the fitness. I know that everyone who lives in LAD housing has two face masks from LAD. There are people who have worked to do that. They have fostered some people's interests, whether it's coloring. Some people paint. I know even before, part of some of the things. So fostering some of the interest and getting activities and things.

But also, Ohio has to be able to go out with a face mask, and being able to

explain why they have two face masks, and the importance of the masks and the process of being using the face mask. Rather than just saying here's a face mask, wear it. Being able to talk about it and answer questions. Sort of incentive, I think an older model.

Explaining what's going on with the coronavirus in a way that is accessible about why it is that everybody, they're not doing activities now and what it is that people could do in the home. Sorry. I don't mean to talk too much. I know you said a lot of these things already.

>> JULIE: I love that you brought up fostering interests, right? I think this is a moment where we need to, like, talk a little about mutuality. Right? You only have so many people that you get to hang out with. And you might need to try something new that they're interested in. Or, you know, that mutuality. Give and take in relationships. I think this is a natural time when those are going to happen. And I also think communication is really important.

And being able to advocate when I need some time by myself. Or being able to talk with those around you so that there's moments of frustration. Or moments where things are awesome and you're able to talk and have a really good time. I think some of the core relationship skills that need to be reemphasized again and again.

We're in close quarters with one another. And we want to be able to enjoy the time with the people we are around.

>> LINDSEY: Absolutely. And one idea as you have been talking, a resource that I would like to share that came out of western Kentucky university. It was created more for elderly individuals and getting them to play BINGO and exercise, so it's BINGO-cize. Each of the numbers on the card come with an exercise for older adults to build their stamina and risk of falling reduction, those kinds of things. Now there is an app version of the BINGO-cize.

So being able to utilize Zoom technology to interact and also log into the BINGO-cize app and still being able to play the game and be physically fit. I'm assisted him on a sexual health educational module. So the education modules might not necessarily be finished just yet. But I know that the BINGO-cize app does.

So we can think about how we can do that. I don't know much about other than that's the name of it and what it takes to access it. But I think if we're able to support individuals doing that through zoom, and I have seen the app in being able to play it on some calls.

It's really straightforward with some universal design with videos that show the exercises. That might be something that you can look into or be interested in, in the BINGO-cize app.

As we continue to develop the sexual health piece, I will obviously keep the SIG informed as to what that looks like or loop you in as necessary to start the conversations.

Thank you. Awesome. Thank you for adding that link to the chat box. Does anybody else have anything else they're thinking about with maintaining relationships with those we're quarantined with?

>> AUSTIN: As a person who experiences a mental health diagnosis, a lot of the things that I typically rely on to stay kind of calm have been removed because of the shelter in place. So a big thing is like making sure that I'm trying to do my best to take care of myself so that does not enter my relationship with my boyfriend who I live with.

And also setting boundaries and recognizing we're not always going to see eye to eye on the response that the world has taken to COVID. Some days we're

frustrated. And trying to find the boundaries of not making it where we only talk about COVID and all the negative stuff in the world. And trying to find the positive things to balance out the situation. And keep our relationship positive.

That has been really important, but also a really challenging thing to do. Not let the stress take ahold and then cause tension.

>> LINDSEY: Thank you for sharing. I wonder if anybody on the call has resources to help do the things that Austin is talking about to look at the positivity or how to establish boundaries so that we're not only talking about COVID. Has anybody seen anything like that that would be a good resource to share that could help others that might not have those coping mechanisms already set in place?

>> JILLIAN: I haven't seen anything in terms of online or in print, but in talking with people for the last couple of months, I have a friend who for her, it's helpful to impose some more structure on the week, and it's helpful for me to schedule time and set aside time, like Austin, you were saying, we can't talk about COVID all the time.

So to kind of set aside time specifically for maybe for you, at-home date night with your boyfriend or Saturday morning is going to be my time alone. But to -- whatever that schedule might look like for you and maybe everyone is busy enough.

But for people who have all of this free time, you know, looking at it on a weekly chart or some kind of structure that can give people some kind of rhythm and sense that, you know, today's Saturday. Or today is Wednesday. You know?

But to schedule time, you know, and communication with whoever you're quarantining with, to schedule those times that you might need and for, you know, some people they may need help and supported decision-making there and what would be a good way to use this block of time or whatever.

But just, that was the first thing that came to mind.

>> AUSTIN: That's a good point. I have three younger brothers and two of them have had early child -- adverse childhood experiences so they're adopted, and I have a brother with Down's syndrome. That anxiety is manifesting differently, and they don't have the words to say I'm feeling anxious or I'm confused. So her trying to, like, provide that flexibility, but also recognizing that they need that structure. So it's like this really fine line and we want that structure.

But also recognizing that we are in a crisis right now. So being flexible and recognizing that there are going to be bumps along the way and that's okay. We work through them. But I like your idea of scheduling that. That alone time or that time with that person to have a date or movie night.

>> TANISHA: Hi. I'm so sorry. With my daughter, I have started watching some of her shows with her, and it builds conversation. So that's stepping into her world. But having conversations and talking about the show deflects, I guess, from her missing her friends and all of those things. And I've seen a couple of books, but I haven't purchased any. It's hard to talk to a teenager and be in the space all the time.

But I found some additional questions. There are things that you would typically use to get to know people. But I have tried to reframe them in a way to create conversations and get to know her on a different level. So that's something that I have been doing to try to maintain or build a relationship with my daughter.

>> JASON: I'm actually an autistic person. One of the reasons, I worked at Syracuse university with inclusive U, but I'm doing stuff with an organization in Cincinnati. Some of the reasons is I moved back to Cincinnati to live with my parents

during this because I wasn't getting support services in New York.

As an autistic person, it has been interesting to move back home. As much as I love my parents and trying to build boundaries and be there with each other but also on both ends, trying to be able to protect each other's space and being able to be mindful of not just barging in. They're work and I'm working.

So I mean even just the communication, you know, when there's times I'm more articulate or less articulate or we all have anxiety. So this in general is a family. So just being able to communicate or sometimes realizing that maybe sometimes arguments aren't going to be solved right away. Maybe it's sometimes giving space to it and then talking about it later. Sorry, I don't mean to make this whole big, long monologue.

But those are things I have noticed as an autistic person myself coming home and thinking about what those boundaries and stuff.

>> LINDSAY: Those are excellent suggestions, Jason. Since we only have ten minutes left, I will move us ahead to the next topic so we have time to talk about also thinking that there's a lot of folks out there who may be quarantining or sheltering in place by themselves. Or even if they're not, the loneliness and isolation and issues around mental health are real and happen and knowing the data out there around loneliness and isolation, that is already a major issue for people living with disability that this crisis is accelerating that for people and making it more difficult. So how do we support people who have been quarantining alone? And we've already talked about some really great ideas around supporting mental health. But maybe if others have more to share about supporting mental health and relationships during this time.

>> AUSTIN: Something that my therapist actually recommended for me, but I think would be helpful for everybody is to go back to that scheduling piece. She has me scheduling out like time for some level of physical activity. But also just stuff around prioritizing my mental health care. So before I dive into the day or whatever, like I will schedule some time for me to just check in with myself.

That's been really helpful. Because when you're living and working and whatever, all in the same place all the time, it's really hard to have that structure sometimes. So having that calendar, that schedule has been really helpful. And maybe it would be helpful to people who are living alone as well.

>> SCOTT: Hi. I'm at the university of southern Mississippi. I was going to share for our group during COVID-19, in order to continue to engage them, because these individuals, they do need their social engagement. They need their friends.

So what we started using is a program called Discord. It's a database-based program that is free that can run off of multiple devices. But it's a way to be able to continue communicating with each other, because you can talk through text channels, voice chat, GIFs, pictures, videos. And some of the things we have been doing with it, hosting events for our group.

We do trivia twice a week. We have been doing dungeons and dragons, virtual scavenger hunts, a movie night. We had Disney+ where we shared a movie. There are other thing that we are working with on that. One of the things that has been really good with our members and has engaged them the most during this time.

My supervisor submitted an article to AUCD, and I can send that to you if you're interested.

>> LINDSEY: That would be great. Maybe you can add that to the chat

box? Or if the time doesn't allot for you to do that today, if you can e-mail it, we will add it to the notes to send out to everybody who is on the call today. I think that's an incredible resource thinking about how do we support people with varying levels of technology? Understanding the application with technology devices themselves. I think that's a great opportunity to explore that as an option. Thank you.

>> Sure. I think I can put the link on there.

>> LINDSEY: Julie put discord.com in the chat box. If you have the article, I'm sure some of us would love to check that out.

>> LINDSAY: I shared a link to a video. Sharon and another team member created a video, a voice-over PowerPoint, which are tips on how to be social while physically distancing that's really great.

>> LINDSAY: We are coming up on our last five minutes together. With one of the efforts that I work on for the state of Kentucky, I run our CDC disability and health agreement. I have to ask with all of the things that have been brought up on the call what are the resources that maybe you're missing? A lot of people are focusing on hand washing videos or thinking through the public health messages. Are there resources that need to be created on helping to support people to understand how to access Zoom platforms?

Things that we can really think about self-advocates and individuals that we work to support? Are there things that we wish that someone could have brought to the table today?

Thank you, Aaron, for sending a video on how to stay physically connected while social distancing in the chat box as well. Awesome. Well, if anybody has any ideas that spark out of this conversation, that you don't think about within the next couple of minutes, definitely e-mail them. Julie has shared my e-mail. And Lindsey's e-mail in the chat box. And we definitely want to be able to create these resources. A big effort from the sexual health SIG that we serve through AUCD is making sure that we share resources.

If you joined us today and you're not a part of the SIG, we encourage you to connect with us. Join our list Serv. We would love to keep you connected with us and to receive updates. And in the future, we'll definitely be sending out the notes and the recording from this call there. And we would love to stay connected with you and continue this conversation and really be able to focus on the creation of those resources and supporting each other and staying connected and maintaining relationships.

So yeah. Thank you, Scott, for adding the link to your coordinator YouTube channel. Thanks to everybody for being a part of the chat today.

And stay healthy. Stay safe. And we'll hopefully talk again soon.