

# COVID-19 Public Health Webinar Series

## Webinar Series Description:

Join us for this 4-part webinar series, as we review what we currently know on disability inclusion as it relates to this emerging issue. Each session will be 75-minutes.

### Webinar Descriptions:

Session 1: Advice from Medical Providers

*Wednesday, April 15, 2020, 4:00 p.m. - 5:30 p.m. ET*

Hear from experts on steps to prevent COVID-19 for people across the lifespan who have a disability. Discussion will include staying safe and receiving community-based services and supports, as well as tips for wellness and what to do in case someone with a disability becomes ill. [Register today!](#)

### Session 2: Advice from Family Members and Caregivers on Dealing with COVID-19

*Wednesday, April 22, 2020, 4:00 p.m. - 5:30 p.m. ET*

Learn tips and strategies from caregivers and family members on how to organize daily life of caring for someone who has ID/DD and planning what to do if you get sick. Hear thoughts on balancing needs of taking care of children/adults with disability with caregiver's needs. Ideas on how to help address/relieve anxiety, stay calm and carry on will be shared. [Register today!](#)

### Session 3: Advice from People who have a Disability on Dealing with COVID-19

*Wednesday, April 29, 2020, 4:00 p.m. - 5:30 p.m. ET*

Hear from self-advocates and allies on how to deal with COVID-19 as they share tips and strategies on hand washing, mental health, nutrition, and exercise. Steps on how to work with personal care attendants and direct support providers will be reviewed. Be safe in your relationships - what does social distancing mean in your friendships and relationships. [Register today!](#)

### Session 4: Advice on Your Questions

*Thursday, April 30, 2020, 4:00 p.m. - 5:30 p.m. ET*

Join this webinar for an Open Question and Answer Session, with a panel of representatives from the medical field, self-advocates, caregivers and federal partners. [Register today!](#)

### Please Note:

- CEUs are not offered for this webinar.
- You can test your connection to AdobeConnect prior to the scheduled time by visiting this [test webpage](#).
- For disability accommodations e-mail [aucdinfo@aucd.org](mailto:aucdinfo@aucd.org).
- This webinar will be archived.