Repository of resources on disability inclusion and Covid-19

# Introduction

* This document is a repository of resources focusing on Covid-19, disability, mental health, chronic health conditions and related topics curated by the [International Disability and Development Consortium Inclusive Health Task Group (IDDC IHTG)](https://www.iddcconsortium.net/our-work/our-task-groups/inclusive-health-tg/) and the [CORE Group Disability Inclusive Health Technical Advisory Group](https://coregroup.org/our-work/working-groups/#1522091266574-a8036e7b-f9e1) co-chaired by Alessandra Aresu (Humanity & Inclusion), Leia Isanhart (Catholic Relief Services), Nick Corby (Equal International), Andrea Pregel (Sightsavers).
* Resources included in this list are for information purposes; the inclusion of a resource in this list does not represent an endorsement of its content, language or viewpoint
* The document is regularly updated thanks to the inputs we receive by organizations and individuals working on Covid-19.
* Please contribute to enriching this document by sharing relevant resources on Covid-19 and disability, mental health, chronic health conditions and related topics with Andrea Pregel ([apregel@sightsavers.org](mailto:apregel@sightsavers.org)) and Leia Isanhart ([leia.isanhart@crs.org](mailto:leia.isanhart@crs.org)). Thank you!

# Easy read and plain language

Inclusion Europe: [Easy-to-read information about Coronavirus in many languages](http://www.inclusion-europe.eu/easy-to-read-information-about-coronavirus/) (including English, French, Spanish, Italian, Danish, German, Swedish)

Mencap: [Easy read guidance on coronavirus](https://www.mencap.org.uk/advice-and-support/health/coronavirus)

Self Advocacy Resource and Technical Assistance Center (SARTAC): [Plain language COVID-19 Information By and For People with Disabilities](https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf)

Chosen Power (People First Hong Kong): [COVID-19 Prevention Guidelines (Easy Read)](https://drive.google.com/file/d/1u51V-CTVo5iAhMcsl-mKx5mMyB3KjhY6/view)

[Coronavirus en pictogramas](https://drive.google.com/file/d/1J2zbhyx-ZAiMnXRe8JJKzbFGwPGyyiOX/view) (Spanish)

# Mental health

WHO: [Mental Health Considerations during COVID-19 Outbreak](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_4)

WHO: [Covid-19 and mental health - video Q&A](https://www.pscp.tv/w/1OwxWQboPqDGQ)

Mind: [Coronavirus and your wellbeing](https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/)

Mentalhealth.org.uk: [Looking after your mental health during the Coronavirus outbreak](https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak)

British Association for Counselling and Psychotherapy: [Coronavirus anxiety: how to cope if you’re feeling anxious about the outbreak](https://www.bacp.co.uk/news/news-from-bacp/2020/28-february-coronavirus-anxiety-how-to-cope-if-you-re-feeling-anxious-about-the-outbreak/)

British Association for Counselling and Psychotherapy: [Coronavirus self-isolation: How to look after your mental health and wellbeing if you’re self-isolating](https://www.bacp.co.uk/news/news-from-bacp/2020/13-march-coronavirus-self-isolation-how-to-look-after-your-mental-health-and-wellbeing-if-you-re-self-isolating/)

OCD UK: [OCD and Coronavirus](https://www.ocduk.org/ocd-and-coronavirus/)

IASC Reference Group on Mental Health and Psychosocial Support: [Addressing Mental Health and Psychosocial Aspects of COVID-19 Outbreak](https://interagencystandingcommittee.org/other/interim-briefing-note-addressing-mental-health-and-psychosocial-aspects-covid-19-outbreak)

American Foundation for Suicide Prevention: [Taking Care of Your Mental Health in the Face of Uncertainty](https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/)

# Sign languages

NYC Mayor's Office for People with Disabilities: [What You Need to Know About Coronavirus](https://www.youtube.com/watch?v=Uu7PRKGK1_s) (video: American Sign Language - ASL)

Italian Civil Protection Department (Dipartimento Protezione Civile): [Daily press conference on Coronavirus](https://www.youtube.com/watch?v=6ekte5CXsWc&list=PLaLgDI0rVT4DiZeN2FF_tjVARL1BwlA3o) (video playlist with interpretation in Italian Sign Language - LIS)

Mill Neck International [Facts about COVID-19 in International Sign Language](https://www.youtube.com/watch?v=pF22gOdcJJI)

European Federation of the Deaf Youth: [Coronavirus - EUDY statement](https://vimeo.com/397964873)

World Federation of the Deaf: [WFD and WASLI joint statement on access to Health services](https://mailchi.mp/wfd.fi/information-on-the-coronavirus?e=dc778e54da)

# Governments

CDC (USA): [Covid-19: If You Are at Higher Risk](https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html)

UK Government: [Guidance on social distancing for everyone in the UK and protecting older people and vulnerable adults](https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults)

Administration for Community Living: [COVID-19: What do Older Adults and People with Disabilities Need to Know?](https://acl.gov/COVID-19)

NHS England: [Responding to COVID-19: Mental Health, Learning Disabilities and Autism](https://www.england.nhs.uk/coronavirus/publication/responding-covid-19-mental-health-learning-disabilities-autism/)

UK government: [COVID-19: residential care, supported living and home care guidance](https://www.gov.uk/government/publications/covid-19-residential-care-supported-living-and-home-care-guidance)

# UN / WHO

UN OHCHR: [COVID-19: Who is protecting the people with disabilities? – UN rights expert](https://www.ohchr.org/EN/NewsEvents/Pages/DisplayNews.aspx?NewsID=25725&LangID=E) - statement by Catalina Devandas, Special Rapporteur on the rights of persons with disabilities

WHO, IFRC, OCHA: [COVID-19: How to include marginalized and vulnerable people in risk communication and community engagement](https://reliefweb.int/report/world/covid-19-how-include-marginalized-and-vulnerable-people-risk-communication-and)

# Non-governmental organisations and international networks

International Disability Alliance: [COVID 19 and the disability movement](http://www.internationaldisabilityalliance.org/covid-19)

European Disability Forum: [Open letter to leaders at the EU and in EU countries: Covid-19 – disability inclusive response](http://www.edf-feph.org/newsroom/news/open-letter-leaders-eu-and-eu-countries-covid-19-disability-inclusive-response)

European Disability Forum: [Covid-19: Activities Of Our Members](http://www.edf-feph.org/newsroom/news/covid-19-activities-our-members)

Centre of Research Excellence in Disability and Health (CRE-DH): [People with disability and Covid-19](https://credh.org.au/news-events/covid-19-and-people-with-disabilities/)

Inclusion International: [Including Persons with Disabilities in Coronavirus Crisis Action](https://inclusion-international.org/including-persons-with-disabilities-in-coronavirus-crisis-action/)

Asthma UK: [Coronavirus (COVID-19) Health advice for people with asthma](https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/)

MacMillan: [Advice on coronavirus for people with cancer](https://www.macmillan.org.uk/cancer-information-and-support/get-help/physical-help/cancer-and-coronavirus)

UK Cystic Fibrosis Medical Association: [UK CF Medical Associations statement on coronavirus](https://www.cysticfibrosis.org.uk/news/uk-cf-medical-associations-statement-on-coronavirus)

Disability Rights UK: [DR UK statement on Coronavirus](https://www.disabilityrightsuk.org/news/2020/march/dr-uk-statement-coronavirus)

CDC: [People at Risk for Serious Illness from COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html)

Light for the World: [Leaving no one behind during the COVID 19 outbreak](https://www.light-for-the-world.org/leaving-no-one-behind-during-covid-19-outbreak)

EASPD and European Ageing Network: [Ensuring EU Response to COVID-19 tackles threat of social care emergency](https://www.easpd.eu/sites/default/files/sites/default/files/Publications/easpd-ean_letter_to_president_von_der_leyen_re._covid-19.pdf)

European Association of Service Providers for Persons with Disabilities: [Priorities for EU Response to COVID-19 regarding threat to Social Service provision (NACE Code 87-88)](https://www.easpd.eu/sites/default/files/sites/default/files/Publications/annex_-_instruments_to_deal_w_covid-19_and_threat_to_social_care.pdf)

U.S. Equal Employment Opportunity Commission: [Pandemic preparedness in the workplace and the Americans with Disabilities Act](https://www.eeoc.gov/facts/pandemic_flu.html)

Help Age: [COVID-19: Guidance and advice for older people](https://www.helpage.org/download/5e70b26ac7302)

Special Olympics: [Coronavirus outbreak: what you need to know](https://www.specialolympics.org/stories/news/coronavirus-outbreak-what-you-need-to-know)

Creaky Joints: [A Chronic Illness Patient's Guide To Coronavirus](https://awareness.creakyjoints.org/coronavirus/)

Business Disability Forum UK: [Coronavirus and disability: What you need to know](https://businessdisabilityforum.org.uk/media-centre/newsletter/legal-update/legal-march-2020-coronavirus/)

Alzheimer’s Disease International: [ADI offers advice and support during COVID-19](https://www.alz.co.uk/news/adi-offers-advice-and-support-during-covid-19)

# Research

The Lancet: [Mental health care for medical staff in China during the COVID-19 outbreak](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(20)30078-X/fulltext)

The Lancet: [Online mental health services in China during the COVID-19 outbreak](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(20)30077-8/fulltext)

The Lancet: [Psychological interventions for people affected by the COVID-19 epidemic](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(20)30073-0/fulltext)

The Lancet: [Mental health services for older adults in China during the COVID-19 outbreak](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(20)30079-1/fulltext)

The Lancet: [The psychological impact of quarantine and how to reduce it: rapid review of the evidence](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30460-8/fulltext)

# Media, articles, blogs

South China Morning post: [Left at home for six days: disabled Chinese boy dies after carer dad and brother are quarantined for coronavirus checks](https://www.scmp.com/news/china/society/article/3048208/left-home-six-days-disabled-chinese-boy-dies-after-carer-dad-and)

Guardian: [Coronavirus hits ill and disabled people hardest, so why is society writing us off?](https://www.theguardian.com/commentisfree/2020/mar/11/coronavirus-ill-disabled-people)

New York Times: [Afraid of Coronavirus? I Know What That Fear Is Like – I live with chronic illness. Here is my advice for keeping calm in a health crisis.](https://www.nytimes.com/2020/03/10/opinion/coronavirus-disability-fear.html)

Sydney Morning Herald: [Italian doctors propose intensive care age limit to save younger patients](https://www.smh.com.au/world/europe/italian-doctors-propose-intensive-care-age-limit-to-save-younger-patients-20200312-p5499t.html)

Guardian: [Health groups step up UK coronavirus plans to reassure vulnerable](https://www.theguardian.com/world/2020/feb/28/health-groups-step-up-uk-coronavirus-plans-to-reassure-vulnerable)

Guardian: [Care workers could be redeployed to UK coronavirus hotspots - Officials considering whether to loosen criminal records checks to help fill gaps](https://www.theguardian.com/society/2020/mar/04/care-workers-could-be-redeployed-to-uk-coronavirus-hotspots)

Forbes: [5 Things To Know About Coronavirus And People With Disabilities](https://www.forbes.com/sites/andrewpulrang/2020/03/08/5-things-to-know-about-coronavirus-and-people-with-disabilities/#793e42e01d21)

Metro UK: [How to deal with coronavirus panic when you’re experiencing health anxiety](https://metro.co.uk/2020/03/04/deal-coronavirus-panic-health-anxiety-12344957/)

Creaky Joints: [I Still Have Complications from the 2009 Swine Flu, So Understand Why Coronavirus Is Worrying People with ‘Underlying Health Conditions](https://creakyjoints.org/living-with-arthritis/swine-flu-lessons-for-coronavirus-chronic-illness-patients/)

Creaky Joints: [‘I Have Many Reasons to Be Worried About the Coronavirus But No Cares’: A Chronic Illness Patient Speaks Out](https://creakyjoints.org/living-with-arthritis/coronavirus-chronic-illness-patients-dismissed/)

Creaky Joints: [‘The Cripples Will Save You’: A Critical Coronavirus Message from a Disability Activist](https://creakyjoints.org/living-with-arthritis/coronavirus-disability-activism/)

Creaky Joints: [Coronavirus Facts: What You Need to Know If You Have Chronic Illness or Are Immune-Compromised](https://creakyjoints.org/living-with-arthritis/coronavirus-facts-for-chronic-illness-patients/)

Independent: Coronavirus: [Weakest patients could be denied lifesaving care due to lack of funding for NHS, doctors admit](https://www.independent.co.uk/news/health/coronavirus-uk-deaths-nhs-intensive-care-flu-wise-men-protocol-a9361916.html)

ABC: [How will people with disabilities deal with the COVID-19 lockdown?](https://www.abc.net.au/radio/programs/am/how-will-people-with-disabilities-deal-with-covid-19-lockdown/12056176) (audio)

Huffington Post: [Protecting Yourself From Coronavirus Is Proving Harder For Disabled People Like Me](https://www.huffingtonpost.co.uk/entry/coronavirus-symptoms-disability_uk_5e692c6ec5b66ceffa29d2c4)

Los Angeles Times: [The mentally ill. The disabled. The elderly. The coronavirus hit hardest where the frail gathered](https://www.latimes.com/world-nation/story/2020-03-07/the-mentally-ill-the-disabled-the-elderly-the-coronavirus-hit-hardest-where-the-frail-were-housed)

Guardian: [Anxiety on rise due to coronavirus, say mental health charities](https://www.theguardian.com/world/2020/mar/13/anxiety-on-rise-due-to-coronavirus-say-mental-health-charities)

Peter Vermeulen blog: [Autism and the Corona virus: 20 tips](https://petervermeulenblog.wordpress.com/2020/03/16/autism-and-the-corona-virus-20-tips/)

ProBono Australia: [Urgent calls for targeted COVID-19 response for people with disability](https://probonoaustralia.com.au/news/2020/03/urgent-calls-for-targeted-covid-19-response-for-people-with-disability/)

Huffington Post: [People Most Vulnerable To Coronavirus Are Urging Others To Stay Home. Here’s Why](https://www.huffingtonpost.co.uk/entry/people-vulnerable-coronavirus-stay-home_n_5e6e64bac5b6dda30fcb387e?ri18n=true)

The Small Places: [Coronavirus and the Mental Capacity Act 2005](https://thesmallplaces.wordpress.com/2020/03/10/coronavirus-and-the-mental-capacity-act-2005/)

BBC: [Coronavirus: How to protect your mental health](https://www.bbc.co.uk/news/health-51873799)

Global Citizen: [Coronavirus: Australia's Largest Supermarket Introduces Exclusive Shopping for Elderly and People With Disabilities](https://www.globalcitizen.org/en/content/coronavirus-woolworths-elderly-disability/)

Guardian: [Australians with disabilities missing out on essential services as Covid-19 crisis escalates](https://www.theguardian.com/world/2020/mar/17/australians-with-disabilities-missing-out-on-essential-services-as-covid-19-crisis-escalates)

Disability Scoop: [Coronavirus Brings Added Worries For People With Disabilities](https://www.disabilityscoop.com/2020/03/17/coronavirus-brings-added-worries-disabilities/27989/)

New Mobility: [Disability-Specific Recommendations for COVID-19](https://www.newmobility.com/2020/03/disability-specific-recommendations-for-covid-19/)

Guardian: [Disabled people cut off from vital supplies due to panic buying](https://www.theguardian.com/world/2020/mar/18/disabled-people-cut-off-from-vital-supplies-due-to-panic-buying-coronavirus)

Guardian: [Benefits assessment suspension does not go far enough, says charity](https://www.theguardian.com/society/2020/mar/16/benefits-assessment-suspension-does-not-go-far-enough-says-charity)

Disability Debrief: [News on coronavirus response](https://disabilitydebrief.substack.com/p/disability-debrief-news-on-coronavirus)

BuzzFeed News: [The Coronavirus Response Shows How Crucial Accessibility Is](https://www.buzzfeednews.com/article/amymeng/coronavirus-working-from-home-disability-accessibility)

Washington Post: [Disabled people have worked remotely for years, and they’ve got advice for you and your bosses](https://www.washingtonpost.com/lifestyle/wellness/disabled-people-have-worked-remotely-for-years-and-theyve-got-advice-for-you-and-your-bosses-/2020/03/17/f99dfd54-67d1-11ea-b313-df458622c2cc_story.html)

Forbes: [5 Things To Know About Coronavirus And People With Disabilities](https://www.forbes.com/sites/andrewpulrang/2020/03/08/5-things-to-know-about-coronavirus-and-people-with-disabilities/#34ac7e1d1d21)

Mugambi Paul blog: [Will the “Disabled” Kenyans cry foul after being left in Coronavirus conversations?](http://www.mugambipaul.com/2020/03/10/will-the-disabled-kenyans-cry-foul-after-being-left-in-coronavirus-conversations-author-mugambi-paul/)

Mugambi Paul blog: [The catastrophe of being Blind and Disabled in the Corona era “Lessons for Policy makers!”](http://www.mugambipaul.com/2020/03/17/the-catastrophe-of-being-blind-and-disabled-in-the-corona-era-lessons-for-policy-makers-author-mugambi-paul/)

# Social media

Twitter: [#Coronavirus and the disability community #COVIDー19 #COVID19](https://wakelet.com/wake/1633ef52-2ade-43a9-b118-50d19f821cb7)

Twitter: [#HighRiskCovid19](https://twitter.com/search?q=%23HighRiskCovid19) - posts by people with disabilities and people with underlying health conditions