

## Disability Related Information

### Shopping Assistance:

Some stores opening an hour early or devoting their first hour as a “senior hour.”  
Contact your local stores for more information.

Many pharmacies are delivering medications for free.

HEB grocery store partnering with Favor delivery app to deliver food to seniors:

<https://favordelivery.com/seniors>

833-397-0080 (available in select areas)

Capital Metro para-transit service and HEB partnering to provide “help at home” food kits to Metro Access clients (Austin area):

<https://www.kvue.com/article/news/community/h-e-b-capmetrol-to-deliver-help-at-home-kits-in-austin-to-elderly-disabled/269-536b35b3-3ebe-4689-828e-94700d91fcd3>  
512-369-6050

Connect ATX

833-512-2289

<https://www.unitedwayaustin.org/connectatx/>

For assistance in the Austin area. Categories include help with food, housing, utilities, transportation, and other services

DART paratransit is offering free grocery delivery for paratransit passengers in Dallas and surrounding areas

214-828-8588

Drive a Senior – West Austin

Food Pantry Delivery System

Can deliver a week’s worth of food to seniors age 60 and over in the Austin area

512-472-6339

[director-west@driveasenior.org](mailto:director-west@driveasenior.org)

El Paso Food Delivery Pilot Project

<https://elpasoansfightinghunger.org/details/news/home-delivery-pilot-project>

Go Puff

App for Android and iOS that delivers snacks, drinks, and some essentials. Only \$1.95 for delivery. Available in Austin, Dallas, Houston, and San Antonio

GoGoGrandparent:

Transportation service that doesn't require a smartphone app

855-464-6872

Once you sign up, you can have access to:

GoGoGroceries: 855-754-5328

[www.gogograndparent.com](http://www.gogograndparent.com)

Good Apple

Stay at Home, Stay Healthy program

A bag of shelf stable items and fresh produce will be delivered to elderly and/or immunocompromised individuals in the Austin area.

Food and delivery are free

One time offer

737-228-3558

[contact@goodapplefoods.com](mailto:contact@goodapplefoods.com)

<https://goodapplefoods.com/covid-19>

Next Door app

For iOS and Android

Connects neighbors

People are offering to shop and run errands for vulnerable populations.

Can pay without using cash by signing up for PayPal or Venmo, or using PayPal through Facebook Messenger

Senior Access

<https://www.senioraccesstx.org/>

512-310-1060

Volunteers can grocery shop and run errands for seniors, also provide phone companionship. Serves the Round Rock, Pflugerville, Hutto, and East Austin areas

Teens 4 Help

<https://www.teens4help.org/home>

Grocery delivery in the Pearland area

### **Financial Assistance / Free Resources:**

Austin Public Health

512-972-5560

Offering free in-home COVID-19 testing for people with mobility impairments or underlying health issues that do not have transportation to get testing.

Comcast offering free Internet

[https://corporate.comcast.com/covid-](https://corporate.comcast.com/covid-19?fbclid=IwAR1OwKkEHoD2hAY8dq5bh2IJ3YurqmWaYU3suwsb9nOobTExM1-uNfzhTXA)

[19?fbclid=IwAR1OwKkEHoD2hAY8dq5bh2IJ3YurqmWaYU3suwsb9nOobTExM1-uNfzhTXA](https://corporate.comcast.com/covid-19?fbclid=IwAR1OwKkEHoD2hAY8dq5bh2IJ3YurqmWaYU3suwsb9nOobTExM1-uNfzhTXA)

CURE SMA COVID 19 Care Package

[https://www.curesma.org/new-covid-19-support-](https://www.curesma.org/new-covid-19-support-package/?fbclid=IwAR0hz8MSFIGdK6_GzOxQAeQD1WGT9K8QCThXQHloA7ZupsLri1xj2EapqZE)

[package/?fbclid=IwAR0hz8MSFIGdK6\\_GzOxQAeQD1WGT9K8QCThXQHloA7ZupsLri1xj2EapqZE](https://www.curesma.org/new-covid-19-support-package/?fbclid=IwAR0hz8MSFIGdK6_GzOxQAeQD1WGT9K8QCThXQHloA7ZupsLri1xj2EapqZE)

Available to anyone in the US that has Spinal Muscular Atrophy (SMA). Packages include health care items like hand sanitizer, wipes, and tissues, plus fun items like coloring books and games.

CURE SMA also providing gift cards to help pay for supplies.

COVID 19 Breaking News Available for Newline subscribers:

<https://www.nfb.org/programs-services/nfb-newsline>

Houston Center for Independent Living

Can help with food, rent, and utilities

713-974-4621

Houston Mayor's Office for People with Disabilities

832-394-0814

Will help provide transportation to anyone with a disability who cannot access a drive-thru COVID-19 test site.

Laughing at the My Nightmare COVID 19 Resource Relief

<https://www.laughingatmynightmare.com/covid>

\$100 Visa gift cards available to anyone with a physical disability or chronic illness.

Limit has been reached for now, but may re-open

NORD COVID-19 Critical Relief Program

203-242-0497

[COVID19assistance@rarediseases.org](mailto:COVID19assistance@rarediseases.org)

[rarediseases.org](http://rarediseases.org)

Up to \$1000 for a variety of needs, including home repair, rent, utilities, or Internet – for people with rare diseases

United Spinal Association

COVID-19 Relief Grant

\$500 grant for individuals with a spinal cord injury

<https://unitedspinal.org/covid-support/>

United Way COVID 19 Community Economic Relief Fund: 1-866-211-9966

For help with rent, food, and bills

By calling this number people will be referred to list of local agencies

## **On-Line and By Phone Enrichment / Companionship Resources:**

Aging is Cool

<https://www.agingiscool.com/calendar>

Offers free virtual programming for seniors including exercise, socializing, brain training and games

Aspire to Age

Virtual chats for seniors

512-347-7722

[www.aspiretoage.com](http://www.aspiretoage.com)

**Cyber-Seniors ~ New!**

<https://cyberseniors.org/>

Seniors can schedule phone chats for assistance with using technology or sign up for technology-related webinars or view previous webinars. Site also features virtual exercise classes, community chats, movie, and trivia nights

Fort Worth Lighthouse

Virtual meetings on a variety of topics for people who are blind / visually impaired

[khiggins@lighthousefw.org](mailto:khiggins@lighthousefw.org)

Jewish Family Service of Austin

Programs for Seniors Age 60+

Includes virtual programming, phone check-ins, and food/supplies deliveries

Contact Annie Skelton: [annie.skelton@shalomaustin.org](mailto:annie.skelton@shalomaustin.org)

[www.shalomaustin.org/virtual-shalom-austin](http://www.shalomaustin.org/virtual-shalom-austin)

<https://www.facebook.com/groups/AdultPrograms>

Lifetime Connections without Walls

Enrichment activities by phone for seniors

Small if you are not low income (fee will be waved during COVID 19)

<https://www.familyeldercare.org/programs/lifetime-connections-without-walls/>

Myerberg Center

410-358-6856

<https://www.myerberg.org/>

Based in Maryland, the Myerberg Center offers a virtual center with online and by phone fitness, humanities, art, social and technology programs for seniors. A few classes are free, but most require a paid subscription.

#### Panhandle Independent Living Center

806-374-1400

Contact person: Pamela Ware

Offers Zoom peer support groups and Facebook events. The peer support groups are for consumers of the Panhandle ILC.

#### Papa Pal

Seniors are connected with a volunteer for virtual visits

800-348-7951

<https://www.joinpapa.com/activities/video-visits>

#### Plano Senior Care Bi-Weekly Calls

<https://www.surveymonkey.com/r/SeniorCall>

#### REACH of Plano

Quarantine Support Group – online only

Group will meet every Wednesday, from 2:00 PM- 3:00 PM, starting on April 15th, 2020.

Must be a consumer of REACH of Plano to participate, and RSVP in advance.

RSVP to Kathryn Kososki at (432) 242-1053, or email [Kkososki@yahoo.com](mailto:Kkososki@yahoo.com)

#### Senior Planet San Antonio

<https://seniorplanet.org/locations/san-antonio/>

Offers free online and by phone classes about a variety of topics for seniors. You do not have to live in San Antonio.

#### Well Connected

Free by phone and online virtual community for seniors age 60 and over. Sessions are available on a wide range of topics.

<https://covia.org/services/well-connected/>

FAQ: <https://covia.org/services/well-connected/faqs/>

### **Guides/Sites/Hotlines:**

#### Alzheimer's Association

Tips for Dementia Caregivers

[https://www.alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

American Association on Health and Disability  
<https://www.aahd.us/covid-19/>

The ARC COVID-19 Resource List  
<https://thearc.org/covid>

Muscular Dystrophy Canada  
Ask the Experts: COVID 19 and People with Neuromuscular Disorders  
<https://muscle.ca/covid-19/ask-the-experts/>

Know Your Rights Guide to Surviving COVID-19 Triage Protocols:  
<http://nobodyisdisposable.org/know-your-rights>

Know Your Rights Resource List:  
[https://docs.google.com/document/d/1XWkrHcgbUM71Qk\\_WenI8a3NjxEZM0fCE6V95GaCAH5Q/edit](https://docs.google.com/document/d/1XWkrHcgbUM71Qk_WenI8a3NjxEZM0fCE6V95GaCAH5Q/edit)

National Disability COVID-19 Healthcare Support and Advocacy Hotline  
800-626-4959

Run by a group of disabled advocates, this hotline can provide COVID-related medical information, support, and advocacy for people with disabilities

NMD United COVID 19 Plan and Prep Guide  
<https://www.nmdunited.org/covid-19-guide>  
A guide for people with disabilities

COVID 19 Information by and For People with Disabilities  
<https://scdd.ca.gov/wp-content/uploads/sites/33/2020/03/Green-Mountain-SA-Info-By-and-For-People-with-Disabilities.pdf>  
A guide for people with IDD (Intellectual and Developmental Disabilities)

Masks for People who are Deaf / Hard of Hearing:  
[dhhmaskproject@gmail.com](mailto:dhhmaskproject@gmail.com)  
<https://www.lex18.com/news/coronavirus/college-student-makes-masks-for-the-deaf-hard-of-hearing?fbclid=IwAR1SpTDG17KGEeKoyauGhscXnpG3CBIRTruJnbiVbZe6TxWN8aW18fYxKog>

**Project Connect ~ New!**  
888-847-3209

Free, nationwide telehealth line for support, guidance, and resources for individuals with developmental disabilities and their families and support staff

**Tele-Health:**

Ascension Online Care

<https://healthcare.ascension.org/Specialty-Care/Online-Care>

833-433-5927

[ascensionsupport@americanwell.com](mailto:ascensionsupport@americanwell.com)

Telemedicine, either through the website, or by iOS or Android platforms.

Medical care available 24/7

**Other Information:**

U.S. Department of Education Releases Webinar, Fact Sheet for Protecting Students' Civil Rights During COVID-19 Response:

<https://www.ed.gov/news/press-releases/us-department-education-releases-webinar-fact-sheet-protecting-students-civil-rights-during-covid-19-response>

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**NOTE:** Please contact the Disability Information and Referral Center (DIRC), a service provided by the Talking Book Program (TBP), for more information on assistive technology resources and on learning disabilities. TBP is a free lending library that provides recreational reading materials in alternative formats for qualified individuals in Texas who cannot read standard print or physically hold a book.

Disability Information and Referral Center (DIRC)

Talking Book Program (TBP)

Texas State Library and Archives Commission

PO Box 12927, Austin TX 78711-2927

Created by DIRC Staff, [www.texastalkingbooks.org](http://www.texastalkingbooks.org)

800-252-9605 (toll free in Texas) / 512-463-5458, [tbp.services@tsl.texas.gov](mailto:tbp.services@tsl.texas.gov)