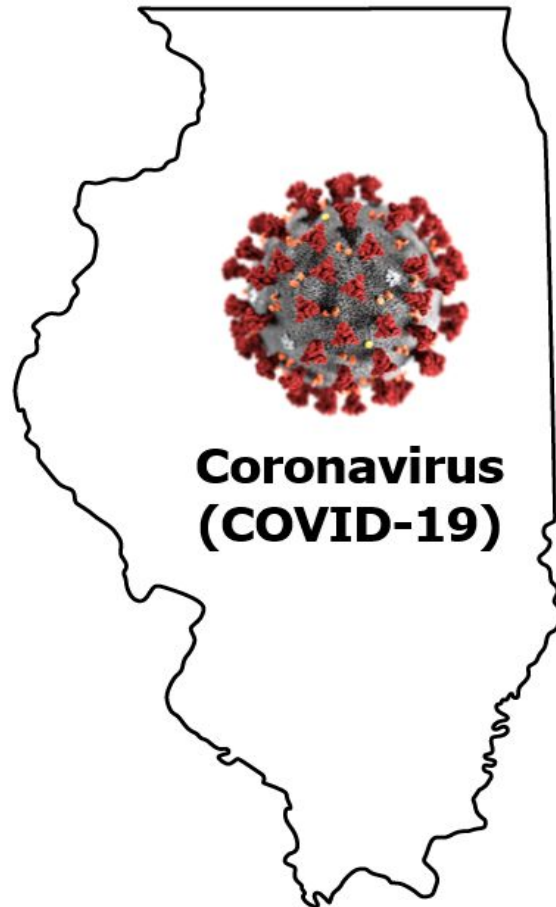


# COVID-19 Resources for People with Disabilities in Marginalized Communities



Developed by Chicagoland Disabled People of Color  
Coalition (DPOCC) and the  
Illinois Self-Advocacy Alliance, Inc. (The Alliance)  
© April 2020



The Chicago Disabled People of Color Coalition (DPOCC), with support from the Illinois Self Advocacy Alliance, Inc. (The Alliance) developed this centralized list of resources for people with intellectual and developmental disabilities in marginalized communities; these marginalized communities include people of color, people in the LGBTQIA (Lesbian, Gay, Bi-Sexual, Transgendered, Questioning/Queer, Intersexed, Asexual) community, and immigrants.

This listing includes but is not limited to the following resources: COVID-19, legal, housing, health/medical, food, and legislative. The goal is to help reduce anxiety by providing information specific to marginalized communities.

**Note:** The resource list includes information from national and statewide organizations along with organizations and state-wide places, plus some information for people of color, people in the LGBTQIA community, and immigrants in disabilities in Illinois.

This list does not have information and resources for all the cities, towns, and counties of Illinois; it is an example of resources you can go to or look for. If you would like to get information and resources for your local place, search for those resources on the internet or your local city, town, or county office.

Some links to resources may not include plain language or visual information. Please seek someone you trust if you need help with looking through resources that may not be written in plain language or include visual information.

The resource list is available in English and Spanish. If you would like to access the list in a language other than English and Spanish, encourage your local organizations or cultural centers to translate the list to the language you're familiar with. Also note that some resources may only be available in English.

# COVID-19 Resources for People with Disabilities in Marginalized Communities was developed by



**DISABILITY AND  
HUMAN  
DEVELOPMENT  
COLLEGE OF  
APPLIED HEALTH  
SCIENCES**



Chicagoland Disabled People of Color Coalition (DPOCC) is supported by the Institute on Disability and Human Development at University of Illinois at Chicago

<https://chicagolanddpocc.wordpress.com/>



[www.selfadvocacyallianc.org](http://www.selfadvocacyallianc.org)



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



<https://www2.illinois.gov/sites/icdd/Pages/default.aspx>

Thank you to The Arc of Illinois and the Illinois Council on Developmental Disabilities (ICDD) for funding this resource.

This project is supported in part by grant number CFDA 93.960, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

## **List of Resources**

Are you looking for help on paying rent or making sure that your house is accessible during COVID-19? Are you looking for places to go to the doctor for free? Are you looking for food pantries or mutual aid where people can help you get groceries?

We have a list of resources where you can find what you need, whether it's legal resources, getting food and other important items, support, etc. Keep in mind that the list has information on state-wide and some nation-wide places, along with some examples of places you can go to locally or through the internet. If you cannot find what you're looking for, you could find it on the Internet or go to your local or state office and organizations.

### **What questions do I ask myself when looking through these resources?**

Because of how the coronavirus outbreak is affecting people, organizations throughout the United States (and even in Illinois) are sending out lists of resources that people could check out. Those lists could have many things, such ideas for fun things to do inside, ways to connect with family and friends online, access to money and needs that can help you live through the day, and much more! But there's so much information that you may not have time to go through it all, or you don't know if the resource applies to you or your city or town.

We came up with these following questions that you can ask yourself or organizations when you're looking through resource lists:

- Are those resources for people in certain neighborhoods or groups? What about people in my city or town, my county, the whole state of Illinois, or anyone in the United States or around the world?
- Do those resources focus on people with disabilities? Do they include people with disabilities? Do they include immigrants with disabilities, people of color with disabilities, or people with disabilities who are LGBTQA?
- How can I get to those resources? How can I get those resources if I can't go in person?

### **Can I use examples from this resource list to make my own list for people with disabilities in my neighborhood, city, town, or county?**

Yes you can! You can make your own resource list that focuses on your local area, and you can use our resource list as a guide.

You can also create a resource list, based on this list, for ANY disaster that hits your city, town, neighborhood, etc. While this resource list focuses on surviving the COVID-19 outbreak, people and organizations can make a different list, using examples from this one, to address any state-wide emergencies, such as floods, tornados, blizzards, mass violent attacks, and more.

## **What is COVID-19?**

COVID-19, also known as the coronavirus, is a new illness that is spreading around the world, especially the United States. It is not just an illness happening in China and we do not call it “the China coronavirus” like some people on TV, because saying that name of the coronavirus bullies Chinese people and anyone from an Asian background, and bullying is not tolerated at any time for any reason.

COVID-19 is like having the flu, but it’s worse than the flu. It could be passed around from person to person by coughing and sneezing, or touching things that are covered with the virus and other germs. Signs of having COVID-19 may include: a fever, cough, having a hard time breathing, being tired, body aches, a runny nose, and a sore throat. If you have any of those signs, call your doctor or go to your closest clinic or hospital IMMEDIATELY. Your doctor can test you to see if you have a cold, the flu, or COVID-19.

The COVID-19 outbreak can be scary; there are no cures or good treatments for the virus right now, though people around the world are working on it. But, you can still do your part in not catching or spreading the virus while doctors are working on cures for COVID-19.

For example, make sure to wash your hands with soap and warm water often. Wear a face mask, or something that covers your face and nose, wherever you go outside; bring some wet wipes or hand sanitizer with you to wipe your hands. Cough with elbows. Cough with a tissue, then throw it away immediately. Wipe anything you touch, like tables and door knobs, with wet wipes, wet and clean rags, or disinfectant wipes. Stay home if you're feeling sick; it will keep you and others around you safe.

Due to high demand, some places may run out of hand sanitizer or disinfectant wipes. But, no worries...you can make your own! This link from WHAS 11 in Kentucky has examples of how you can make your own hand sanitizer and disinfectant wipes:

<https://www.whas11.com/article/news/health/wipes-do-it-yourself-diy-sanitizer-hand-bleach-alcohol/417-c87a7bbe-5246-40ec-8dd-d5c4d79b94a1>

The CDC (Centers for Disease Control) has posted visual steps on how you can wash your hands. You can go to see those steps here:

<https://www.cdc.gov/handwashing/pdf/wash-your-hands-steps-8x11.pdf>

For more information on what COVID-19 is and how to protect yourself from the virus, SARTAC (a national organization for self-advocates) made a booklet on what you can do to know that it is and how to take care of yourself during this outbreak. The booklet comes in eleven different languages. You can go to the booklet at:

<https://selfadvocacyinfo.org/resource/plain-language-information-on-covid-19>



Additional resources about COVID-19 can be found at:

Centers for Disease Control

English - <https://www.cdc.gov/>

Spanish - <https://www.cdc.gov/spanish/>

ASL (American Sign Language) -

<https://www.youtube.com/playlist?list=PLvrp9iOILTQatwnqm61jqFrsfUB4RKh6J>

COVID-19 Information By and For People with Disabilities  
(English) from Equip for Equality's website

<https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus-accessible-.pdf>

COVID-19 Information By and For People with Disabilities  
(Spanish) from Equip for Equality's website

<https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Spanish-Plain-Language-Information-on-Coronavirus.pdf>

Visual Social Stories on COVID-19

<https://littlepuddins.ie/wp-content/uploads/2020/03/The-Coronavirus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

<https://www.autismresourcecentral.org/social-stories-for-young-and-old-on-covid-19/>

<https://www.autismsociety-nc.org/wp-content/uploads/Germs-Social-Story.pdf>

[https://www.autismsociety-nc.org/wp-content/uploads/Coronavirus\\_social-story.pdf](https://www.autismsociety-nc.org/wp-content/uploads/Coronavirus_social-story.pdf)

[https://www.autismsociety-nc.org/wp-content/uploads/Coronavirus\\_Day-Program.pdf](https://www.autismsociety-nc.org/wp-content/uploads/Coronavirus_Day-Program.pdf)

[https://www.autismsociety-nc.org/wp-content/uploads/Coronavirus\\_Stay-Home.pdf](https://www.autismsociety-nc.org/wp-content/uploads/Coronavirus_Stay-Home.pdf)

Videos on COVID-19 in different languages including Vietnamese, Swahili, Nepali, Kirundi, Bosnian, Arabic, Spanish, Lingala, Somali, Dinka, and French

<https://www.youtube.com/channel/UC3zjPpeFnXqvESr1y3d4DvQ/videos?app=desktop>

COVID-19 Tips in American Sign Language

<https://www.youtube.com/watch?v=CkbqWxtLe3E&fbclid=IwAR3mSLODhUoNNUPO5tYIJw9IujRp0DqLltioENNZx440dSkrGOrCYo-a-Hg&app=desktop>

Help Is Here, from the Illinois Department of Human Services, contains quick links to Food, Shelter, Help at Home, Medical, Recovery, and To Talk To Someone.

<http://www.dhs.state.il.us/page.aspx?item=123529>

**Note:** The State of Illinois Coronavirus (COVID-19) Response website provides the latest news releases related to coronavirus, video archives of press conferences and tips from leading experts to keep you and your family safe.

<https://coronavirus.illinois.gov/s/>

# What Do They Mean By “Shelter-In-Place” Order?



*Image Description: Smiling middle-aged man with pink complexion, black and grey hair, wearing a navy blue suit, light blue shirt, and dark blue tie*

On March 20<sup>th</sup>, 2020, Illinois governor JB Pritzker placed a “[shelter-in-place](#)” order, which started on [Saturday, March 21, 2020 at 5pm](#). Some people also call it the “stay-at-home” or “stay-in-shelter” rule. For now, it will last until May 30, 2020, but Governor Pritzker could make it last longer if the coronavirus outbreak doesn’t end soon. All cities and towns in Illinois must follow Governor Pritzker’s order.

The shelter-in-place order means that people should stay inside your own home or someone’s house as much as they can. Staying inside helps people get less of a chance of getting the coronavirus and it also helps hospitals have more space for people who are sick with the virus or anything close to coronavirus.

His order DOES NOT mean you have to stay inside all day and all night long. It DOES NOT mean that there is a curfew where you have to be at home at a certain time.

You can still go out to do the following things:

- Go to work if your workplace is still open
- Go out for a walk, jog, or run
- Go to a state park that's open to hiking, biking, fishing, or paddling a boat...as long as you practice social distancing
- Taking your pet out for a walk
- Taking care of family members and other people you love so much (like a partner or close friend)
- Go to the store to get food, medicine, clothes, and other things you need at home
- Picking up mail at the post office
- Picking up packages at the post office or retail store where you can pick things up
- Wash clothes at a laundromat or pick up clothes at a dry cleaner place
- Go to a restaurant to pick up something to eat and/or drink
- Getting gas for your car
- Going to your doctor visits and other important appointments (like public aid office, social security office, or dentist)
- Going to the bank

If you are going out for any of the above reasons, call the business first to make sure they are open.

## What is Social Distancing?



*Image Description: Green sign that reads "Stay Healthy; Maintain Approx. Six Feet of Distance from Others". In between words are two people pointing at each other, and between the two people is a series of dotted lines and the word "6 ft".*

Social distancing, also called "physical distancing," means keeping space between yourself and other people outside of your home. To practice social or physical distancing:

- Stay at least 6 feet (2 meters) from other people
- Do not gather in groups when you're outside at home
- Sit a few seats away from others when riding the train or bus
- Stay out of crowded places and avoid gatherings of more than 10 people
- Suggest having parties, gatherings, and events online if there's more than 10 people

In addition to everyday steps to prevent COVID-19, keeping space between you and others is one of the best tools we have to avoid being exposed to this virus and slowing its spread locally and across the country and world.

## How Can I Find A Face Mask? What Can I Use to Cover My Face if I Don't Have Access to A Face Mask?



*Image description: Illustration of a person with medium complexion and black hair, wearing eyeglasses and white mask covering their mouth and nose*

As of April 23, 2020, Governor Pritzker requires everyone to either wear a cloth mask or wear something to cover your mouth and nose in public, especially when you are going to places where it is harder to practice social distancing (like grocery and retail stores). The Center for Disease Control, or CDC, also recommends people to cover their faces when going out in public; they have tips on the following websites where you make your own cloth masks or find something to cover your mouth and nose if you don't have cloth masks:

- <https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf>
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-faq.html>

By covering your mouth and nose, you are helping other people not get sick from COVID-19 and you are helping yourself be safe from the virus.

If you already have one, use a surgical mask or N95 mask. However, you cannot buy any more of those masks because stores are only giving those masks to doctors, nurses, and other people who are working in health care and medicine fields. There are other ways that you could cover your mouth and nose. You can use a scarf, handkerchief, gaiter scarf, ski mask, training mask (for running or working out), cycling mask, biker mask, or bandana to protect your mouth and nose. You can also use a cloth face mask to cover your mouth and nose. They work just like surgical and N95 masks, and they are available to everyone, not just people working in the medical field.

There are different ways you can find cloth face masks:

- You can buy them from stores or online like Amazon or etsy
- You can call stores in your area to see if they have masks to buy
- You can ask your friends, family if they help find masks
- You can contact places of worship and faith communities in your area to see if they have masks
- You can make your own mask. Some masks you can make on your own don't require a sewing machine; you can use glue or staples as tools to hold masks together. Here are some examples of sites you can go to where you could learn how to make your own cloth mask:
  - CNN <https://youtu.be/Kd54zrv8nSg>
  - Jennifer Maker  
<https://www.youtube.com/watch?v=X-OCwuiefzY>  
<https://www.youtube.com/watch?v=6D42zEiM0pM>



- ASL Community Accessible Masks  
<https://www.youtube.com/watch?v=ijC3BIGh0pc>

There are also places where you can buy cloth masks:

- Amazon
- [Custom Ink](#)
- Etsy.com
  - Etsy.com has options where you can ask someone to make a cloth mask based on things or colors that you like (like superheroes, cartoon characters, sports teams, and much more). You can also buy cloth masks from people from marginalized communities (especially people with disabilities from those communities) who make masks.

Also, there are people in your neighborhood or networks who make masks for anyone, especially people in marginalized communities. Here are a couple of examples of people or organizations who make masks:

- Harls Barkley (Message Harls Barkley on Facebook or e-mail [simplyharlie@gmail.com](mailto:simplyharlie@gmail.com))
- Masks for the Disability Community  
[https://docs.google.com/forms/d/e/1FAIpQLSd\\_V8PjI1b5cwnckwMFDncq9E5sb9\\_viAmt07eYK9igcxazGw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSd_V8PjI1b5cwnckwMFDncq9E5sb9_viAmt07eYK9igcxazGw/viewform)
- Beatrice (Message Beatrice London-Purrry on Facebook for more information on pricing, shipping, and mask design options)

Public places cannot turn you away when you are wearing anything to cover your face. That is discrimination.

**Note:** Some people sell masks while others donate masks. The people and organizations listed also serve marginalized communities. Contact the people and organizations listed for more information on how to get masks.

## Mutual Aid

Mutual aid is where people in your neighborhood come together, share their resources and talents, and help each other out, especially when there are fewer resources in certain neighborhoods. You could help people by bringing groceries to others, sharing information, donating food and basic items like toothpaste or tissue, driving people to doctor appointments, and much more. Or you can use mutual aid to ask people to help you with certain things like grocery shopping or delivering things to your house.

Mutual aid is done locally; ask around or search on the Internet for organizations or local offices who are doing mutual aid in your local area. One example of an organization doing mutual aid is [Block Club Chicago](#).

You can also help make a mutual aid project happen in your area. United States Representative Alexandria Ocasio Cortez made a tool kit on how you and others can create a mutual aid project; you can go to the toolkit here:

[https://gdoc.pub/doc/e/2PACX-1vRMxV09kdojzMdyOfapJUOB6Ko2\\_1iAfIm8ELeIgma21wIt5HoTqP1QXadF01eZc0ySrPW6VtU\\_veyp?fbclid=IwAR1Bwgc7BZjxdFz8tsIEDMSNqr82viqpBVdsCc5EFeiJpOGnRY\\_LN9PfHPs](https://gdoc.pub/doc/e/2PACX-1vRMxV09kdojzMdyOfapJUOB6Ko2_1iAfIm8ELeIgma21wIt5HoTqP1QXadF01eZc0ySrPW6VtU_veyp?fbclid=IwAR1Bwgc7BZjxdFz8tsIEDMSNqr82viqpBVdsCc5EFeiJpOGnRY_LN9PfHPs)

## **What can I do if I'm bored or if I want to connect with family, friends, and other loved ones?**



*Image Description: Illustration of a grey and black video game controller, inside a red circle*

Because of the shelter-in-place order, you won't be able to go to some of the places you probably liked to go to, do the things you usually do for fun, or hang out with people you usually love to hang out with before the COVID-19 outbreak. You may feel alone, sad, and bored because of how COVID-19 changed the way you like to have fun.

But, there are ways where you can still have fun under the shelter-in-place order. You can connect with family and loved ones over the phone, on social media (like Facebook, TikTok, and Instagram), or on video-calling apps like House Party, Facebook Messenger, Google Duo, or FaceTime. You can learn hobbies that you can do inside or catch up on movies or TV shows that you really wanted to see.

You can also play games by yourself, or with a few people, no matter where you go, whether you're inside at home or you're outside to catch some fresh air. In fact, the Alliance and Chicagoland DPOCC teamed up to create the #StayAndPlay campaign, where you can show off the games that you enjoy playing while following the shelter-in-place order. For more ideas on games and #StayAndPlay, check out the webinar at <https://register.gotowebinar.com/recording/5238320091485412610?assets=true>

## A Message from Grace Hou, Secretary of the Illinois Department of Human Services



*Image Description: Smiling woman with peach complexion, long black hair, wearing a black and white shirt*

Dear Partners,

The Illinois Department of Human Services' Mental Health Division has launched a free-of-charge emotional support text line, Call4Calm, for Illinois residents experiencing stress and mental health issues related to COVID-19. Individuals who would like to speak with a mental health professional can text "TALK" to 5-5-2-0-2-0, or for Spanish, "HABLAR" to the same number: 5-5-2-0-2-0.

Call4Calm is free to use, and individuals will remain anonymous. Once a resident sends a text to the hotline, within 24 hours they will receive a call from a counselor employed by a local community mental health center to provide support.

Individuals can also text 5-5-2-0-2-0, with key words such as “unemployment” or “food” or “shelter” and will receive information on how to navigate and access supports and services.

Click [here](#) to find the Governor's press release about Call4Calm, telehealth programs, and the Governor's Youth Town Hall.

Sincerely,

Grace B. Hou  
Secretary, IDHS

## Legal Resources

Equip for Equality's mission is to advance the human and civil rights of children and adults with disabilities in Illinois.

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

Illinois Coalition for Immigrant and Refugee Rights (ICIRR) is dedicated to promoting the rights of immigrants and refugees to full and equal participation in the civic, cultural, social, and political life of our diverse society.

<https://www.icirr.org/immigrant-community-resources>

Land of Lincoln Legal Aid provides low-income and senior residents of Illinois with high-quality civil legal services in order to obtain and maintain their basic needs.

<https://lincolnlegal.org/>

Legal Aid Chicago provides free legal assistance in civil cases to people living in Chicago and suburban Cook County.

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



## Housing Resources

**Note:** While there are local housing resources out there, people in Illinois are experiencing a shortage of affordable housing and trouble paying their mortgage or rent. We encourage you to check out these resources, and if you can't find the resources you need for housing, search for resources on the Internet or contact your local organization or legislative office. Some housing resources listed are state-wide while others may apply to certain local areas.

Affordable Housing Online has a list of public housing agencies throughout Illinois that you can reach out to if you're looking for affordable, accessible housing

<https://affordablehousingonline.com/housing-authorities/Illinois>

Centers for Independent Living (CILs) can be a resource for housing related questions. You can find and contact your local Center for Independent Living ask to speak to their housing services.

<https://www.incil.org/locate/>

COVID-19 Resources for People Under CountyCare (in Cook County, IL), including housing assistance and housing rights

<http://www.countycare.com/members/coronavirus>

Equip for Equality can help with questions on housing discrimination and disability.

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

A Guide for Seniors and Their Families Protecting Your Housing Rights from Equip for Equality

<https://www.equipforequality.org/wp-content/uploads/2014/01/R067-HousingBrochureLgPrint.pdf>

Housing Action Illinois is a statewide coalition formed to protect and expand the availability of quality, affordable housing throughout Illinois.

<http://ilhousingguide.org/>

Housing and Urban Development (HUD) creates strong, sustainable, inclusive communities and quality affordable homes for all.

<https://www.hud.gov/>

Illinois Department of Human Services provides emergency and transitional housing supports, homelessness prevention, in home supports, supportive housing, temporary mortgage payment assistance, public housing assistance, etc.

<http://www.dhs.state.il.us/page.aspx?item=29723>

Single Room Housing Assistance Corporation (SRHAC) has successfully provided homelessness intervention assistance and supportive permanent housing for thousands of homeless men and women.

<http://www.srhac.org/index.html>

## Health/Medical Resources

AIDS Foundation of Chicago connects people with HIV/AIDS to health resources and more basic resources like rental assistance  
<https://www.aidschicago.org/page/our-work/care-services/hiv-resource-hub>

Center for Online Education has critical mental health resources for college students students  
<https://www.onlinecolleges.net/for-students/mental-health-resources/>

Find free clinics and community health centers  
<https://freeclinicdirectory.org/>

The Illinois Coalition Against Domestic Violence (ICADV) is a statewide voice for survivors of domestic violence and their children. With over 50 member organizations providing direct service to survivors, together we work towards ending domestic violence in Illinois.

[www.ilcadv.org](http://www.ilcadv.org)

Domestic Violence Helpline: 1-877-TO END DV or  
1-877-863-6338 (Voice) 24hr helpline  
1-877-863-6339 (TTY)

The Illinois Coalition Against Sexual Assault (ICASA) is a unified network of rape crisis centers, envisioning a world free of sexual violence. ICASA is a not-for-profit corporation of 30 community-based sexual assault crisis centers working together to end sexual violence. Find your local ICASA rape crisis center in Illinois with this link

<http://icasa.org/crisis-centers>

Illinois Department of Public Health (IDPH), protects health and improves lives.

<http://www.dph.illinois.gov/>

Locate the local health department in your area at

[http://www.idph.state.il.us/IDPHPrograms/v\\_LHDDirectory/Show-V-LHDDirectory-Public.aspx](http://www.idph.state.il.us/IDPHPrograms/v_LHDDirectory/Show-V-LHDDirectory-Public.aspx)

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

<https://suicidepreventionlifeline.org/>

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE)

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

Research healthcare access for undocumented people in the time of COVID-19 at United We Dream

<https://unitedwedream.org/2020/03/healthcare-access-for-undocumented-folks-in-the-time-of-covid19/>

SAGE National LGBT Elder Hotline connects LGBT older people who want to talk with friendly responders who are ready to listen.

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

Yo Soy Ella offers FREE mental health and emotional support services for women, in Spanish and English, with low to moderate needs/symptoms.

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

## **Food Resources**

FoodPantries.Org helps you find local pantries, soup kitchens, food shelves, food banks and other food help in Illinois.

<https://www.foodpantries.org/st/illinois>

Greater Chicago Food Depository is Chicago's food bank. We provide food for hungry people while striving to end hunger in our community.

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

Illinois Pet Food Pantry lists locations around that state that provide assistance with pet food

<https://www2.illinois.gov/sites/agr/Animals/AnimalHealth/Pages/Pet-Food-Pantries.aspx>

\*\* contact your city hall or local faith communities to learn about other food resources in your area.

## **Legislative Resources**

Find My Elected Officials helps you find names and contact information for your state and national elected officials by entering your address.

<https://www.elections.il.gov/electionoperations/districtlocator/AddressFinder.aspx>

## **Mayoral Resources**

The Chicago Mayor's Office for People with Disabilities (MOPD) works to make Chicago the most accessible city in the nation on behalf of residents and visitors with disabilities.

<https://www.chicago.gov/city/en/depts/mopd.html>

To find your mayor's office, you can search for your city's mayor's office in [google maps](#). This will find your mayor's office contact information. For example, you can search for "Peoria, Illinois mayor's office".

## **Disability Resources**

The Arc of Illinois is committed to empowering persons with disabilities to achieve full participation in community life through informed choices.

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

The Arc of the United States promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes.

<https://thearc.org/>

Centers for Independent Living (CILs) can help connect people with disabilities to a wide range of services and resources in their local communities. All centers for independent living provide services and resources on advocacy, peer counseling, information and referral, transition, and independent living skills.

- Chicagoland CIL's
  - Access Living
    - <https://www.accessliving.org/>
    - Progress Center
      - <http://progresscil.org/>
- Find your Center for Independent Living at this directory:  
<https://www.incil.org/locate/>

The Illinois Council on Developmental Disabilities (ICDD) helps lead change in Illinois so all people with developmental disabilities exercise their right to equal opportunity and freedom.

<https://www2.illinois.gov/sites/icdd/Pages/default.aspx>

The Illinois Deaf and Hard of Hearing Commission (IDHHC) is an executive state agency that promotes education and awareness of the legal requirements for effective communication on behalf of people with hearing loss in Illinois.

<https://www2.illinois.gov/idhhc/inside/Pages/About.aspx>

The Illinois Deaf and Hard of Hearing Commission (IDHHC) has developed ASL videos of key guidance regarding COVID-19 based upon publications by the Illinois Department of Public Health. IDHHC will continue adding new videos as new information becomes available.

<https://www2.illinois.gov/idhhc/Pages/COVID-19-Resources.aspx>

The Illinois Self-Advocacy Alliance, Inc. (The Alliance) works together to make life better in our communities and works to make services better for people with disabilities in our state. There are currently 37 self-advocacy member groups around Illinois.

<http://selfadvocacyalliance.org/>

NAMI (National Alliance on Mental Illness) Illinois is a not-for-profit membership organization created to improve the lives of individuals and families challenged by mental illness.

<https://namiillinois.org/>

SARTAC (Self Advocacy Resource and Technical Assistance Center) strengthens the self-advocacy movement by supporting self advocacy organizations to grow in diversity and leadership.

<https://selfadvocacyinfo.org/>

Self-Advocacy Online helps to find Self-Advocacy groups, view stories from self-advocates, and learn about self-advocacy.

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



Self Advocates Being Empowered (SABE) ensures that people with disabilities are treated as equals and that they are given the same decisions, choices, rights, responsibilities, and chances to speak up to empower themselves; opportunities to make new friends, and to learn from their mistakes.

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

The Statewide Independent Living Council (SILC) of Illinois provides leadership, research, planning and education required to support independent living services in Illinois.

<https://silcofillinois.org/>

## **Examples of Self-Advocacy Groups in Marginalized Communities**

There are self-advocacy groups you could join within your Center for Independent Living (CIL), and you can use your self-advocacy skills in those groups to help your disability community during the COVID-19 outbreak.

You can also join existing self-advocacy groups that are led by people with disabilities in marginalized communities. Examples of such groups include:

- Disability Rights Action Coalition for Housing  
<https://www.accessliving.org/get-involved/join-a-community-organizing-group/disability-rights-action-coalition-for-housing/>
- Advancing Your Leadership Power  
<https://www.accessliving.org/get-involved/join-a-community-organizing-group/advancing-your-leadership-power/>

- Cambiadas Vidas  
<https://www.accessliving.org/get-involved/join-a-community-organizing-group/cambiando-vidas/>
- Chicagoland Disabled People of Color Coalition  
<https://chicagolanddpocc.wordpress.com/>
- Trailblazers (Chicagoland Autism Connection)  
<https://www.facebook.com/ChicagolandAutismConnection>

If you don't see any self-advocacy groups that serve marginalized communities in your local area on the list, you can always search the internet for those groups or ask your local office (like the mayor's office) to see if such groups exist in your area. Or, you can make up your own self-advocacy group for people in marginalized communities, and The Alliance can help! Please go to [selfadvocacyalliance.org](http://selfadvocacyalliance.org) or contact them at [info@selfadvocacyalliance.org](mailto:info@selfadvocacyalliance.org) for more information.

## Other

EveryoneOn works to connect people living in the United States to low-cost home internet service, affordable computers and tablets, and digital literacy training. <https://www.everyoneon.org/>

Fun4thedisabled is a disability blog about people, products, organizations, events, and accessible activities for people with ability challenges and their friends and families of all ages to enjoy themselves, including experiencing new lives when you are disabled during a pandemic.

<https://www.fun4thedisabled.com/>

Great Lakes ADA Center works to increase awareness and knowledge with the ultimate goal of achieving voluntary

compliance with the Americans with Disabilities Act (ADA).

[www.adagreatlakes.org](http://www.adagreatlakes.org)

The Illinois Assistive Technology Program (IATP) provides access to any equipment that you need to do daily functions, such as devices for the Deaf and hard-of-hearing.

<https://www.iltech.org>

Illinois Department of Human Services (IDHS) is responsible for providing a wide variety of safety net services to Illinois residents in poverty, who are facing other economic challenges, or who have any of a variety of disabilities or health challenges.

<http://www.dhs.state.il.us/page.aspx?>

The Salvation Army exists to meet human need wherever, whenever and however we can. Our presence in the Central U.S. spans 11 Midwestern states, and is part of a global mission to do good.

<https://centralusa.salvationarmy.org/usc/>

**Please complete the [Satisfaction Survey](#) to let us know how this resource helped you.  
Thank you.**