



SOCIAL/EMOTIONAL SUPPORT AND CONNECTION

Stuck at home? Don't isolate. Keep that date! Connect virtually with friends and family without the travel or traffic. [Note: This is a sample list and does not constitute endorsement of businesses offering free resources. Information courtesy of informingfamilies.org]

Facebook

Many disability organizations have formed private and public groups where you chat and connect with others who share similar interests and needs. Some, like People First of Washington, hold watch parties for shared online social time.

FaceTime

This is a great way to visit family members who live in facilities and settings with visitor restrictions. If your family member does not have a cell phone to receive calls, ask their care provider if they can provide a (wiped down/clean) phone for your family member to use.

Google Hangouts

Make voice calls, send text messages, and even have group video chats from your mobile device or computer without paying a dime.

Zoom

This video conferencing platform has lifted its paid subscription during the COVID-19 outbreak. Have virtual coffee or lunch with a friend, or a get together with several. It's easy to set up for anyone with a device that has a camera and internet connection.