

## I/DD Provider Networking Group Resource List (from chat log)

### Socialization

- Ways to socialize remotely: Facetime, Drive-way visits, person stays in the car, the other in the garage. Also, Facebook workplace App via portals in CILAS, Skype visits for family and birthday parties, window visits, car parades, creating a newsletter.
- NWSRA has virtual adult programming through the PURSUIT program.  
<https://www.nwsra.org/activity>
- ZOOM daily coffee breaks lead by staff and connecting Cilas
- It can help to use breakout rooms in zoom for smaller groups - because sometimes the larger groups can be overwhelming, also, a lot of schools have produced resources for zoom skills training
- Zoom white board is great for socializing time. . . you can draw collaboratively in real time and also play Pictionary if you want something more structured.
- Blue Tower Consulting is providing social groups for any IDD individual in the state via Zoom - they got a grant. Email [amanda.norris@uhsinc.com](mailto:amanda.norris@uhsinc.com) for more info.

### Recreation

- A free, curated list of at-home activity resources for staff and families supporting adults with idd. it's updated weekly and includes on-and-offline activity options. available here:  
<https://bit.ly/362Yzsd>
- Google "collaborative art projects for fundraisers" and check out all the lists and photos. you can make the art creation by individual or by house its own activity, and then (with permission) post the creations on social media, get the community to vote on the winner/s, and then auction off the creations to raise money for activity supplies/materials or just agency needs in general.
- Arts of Life has been hosting "virtual studio visits" in which professional artists join our virtual programming sessions on zoom to show us their studios and discuss their works with the Arts of Life Artists. There is also programming available on zoom everyday as well as a list of videos [artsoflife.org/remote/](http://artsoflife.org/remote/)
- Weekly art groups with different classrooms at our therapeutic day school. Practice deep breathing, walk them through art groups, and provide opportunities for them to see their classmates. Sometimes we send out little "kits" with the supplies in advance to make it easy for them.
- Live music concerts outside CILA homes by staff family members who are musical
- Mindfulness scavenger hunts during daily walks can make going for a walk more engaging for the clients
- Customizing tablets for my folks who are getting antsy and that has helped a ton!
- An "80's workout outside of a couple of CILAS. Staff members dressed up in 80s clothing and lead a "workout" with music from the street while the clients were in the driveway completing the moves

**PPE:** Not cheap, but masks made out of swimsuit material. The swimsuit material masks also have a spot for a filter and come with filters. <https://www.dippindaisyswimwear.com/collections/face-masks>