

# COVID and Beyond: Emergency Resources for Adults with Disabilities

This tip sheet can connect you with resources for dealing with the coronavirus and related disruptions to individual and family schedules, activities and wellbeing. There is also a tip sheet for children and youth.

## COVID-specific Resources

**Delaware's website for COVID-19 updates and resources**  
online: <https://coronavirus.delaware.gov>



PHYSICAL DISTANCING  
IS REQUIRED

## Crisis Lines

### Medical emergency

call or text: 9-1-1  
Register for **Smart 911** to share important personal information with emergency responders.  
online: <https://smart911.com/>

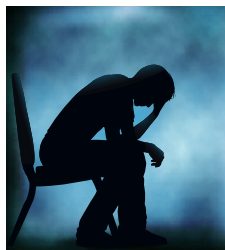


### National Suicide Prevention Lifeline

online: <https://suicidepreventionlifeline.org/>  
call: 800-273-8255

### Delaware Coalition Against Domestic Violence (DCADV)

online: <http://www.dcadv.org/>  
call: 302-658-2958



### Substance use and mental health

online: <https://www.helpisherede.com/>  
call: 833-946-7333 (DE Hope Line)  
call: 800-652-2929 (Mobile Crisis Intervention Services)  
text: DEHOPE to 55753

## Basic Needs

### The United Way Delaware 2-1-1 hotline

connects callers to critical services, including food, affordable housing, financial assistance, transportation and legal services.  
online: <https://delaware211.org/>  
phone: 2-1-1 or 800-560-3372  
text: your zip code to 898-211



## First State Community Action Agency

connects families with emergency supports such as food and shelter.  
online: <https://www.firststatecaa.org/>  
call: 800-372-2240

## Statewide emergency resources list

online: <https://coronavirus.delaware.gov/community-resources/>

## Internet & Communication

**Delaware public libraries**, most of which offer free WiFi hotspots  
online: <https://lib.de.us/list-of-libraries/>



## Google Live Transcribe

is a free Android app that automatically transcribes speech in near-real time.  
online: <https://www.android.com/accessibility/live-transcribe/>

[NOTE: This app is not available for iPhones, only Android phones.]

## InnoCaption

is a mobile app that captions phone calls in real time using live stenographers and speech recognition software.  
online: <https://innocaption.com/>

## Relay Conference Captioning (RCC)

offers free conference calls, live captioning and web conferencing supports for people who are Deaf, hard of hearing or have speech difficulty.  
online: <https://delawarerelay.com/rcc>  
call: 833-250-2784

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## Disability Services

### Center for Special Health Care Needs

provides primary care for adults with complex medical and social conditions.

online: <http://www.christianacare.org/services/primarycare/center-special-health-care-needs-primary-care/>

call: 302-320-6300

### The Accessible Pharmacy

delivers meds to your home.

online: <https://www.accessiblepharmacy.com/>

call: 215-799-9900

### Delaware Aging and Disability Resource Center

offers information and services for older persons and adults with physical disabilities.

online: <http://www.delawareadrc.com/>

call: 800-223-9074

TDD: 302-424-7141

### Delaware Assistive Technology Initiative

offers free lending libraries of assistive technology in each county and consultation with specialists.

online: <https://www.cds.udel.edu/at/dati/>

call/TDD: 800-870-3284

### Easterseals of Delaware & Maryland's Eastern Shore

offers caregiver support and respite services.

online: <http://www.easterseals.com/de>

call: 302-324-4444

### EPIC Delaware

offers fitness and social activities for individuals with disabilities.

online: <http://epicdelaware.org/>

call: 302-753-3487



## Disability Advocacy

### Governor's Advisory Council for Exceptional Citizens

provides broad advocacy and advises on special education policy

online: <https://gacec.delaware.gov/>

call: 302-739-4553



### State Council for People with Disabilities

provides broad advocacy and specializes in brain injury

online: <https://scpd.delaware.gov/>

### Delaware Developmental Disabilities Council

provides advocacy centered on developmental disabilities

online: <https://ddc.delaware.gov/>

call: 302-739-3333

### Delaware Disabilities Law Program

online: <http://www.declasi.org/disabilities-law-program/>

call: 302-575-0690



UNIVERSITY OF DELAWARE  
**CENTER FOR  
DISABILITIES STUDIES**

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