



# COVID 19 Resources for People with Disabilities

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## Disability Rights Vermont Continues to Help People with Disabilities

Our staff remains committed to our clients and to protecting the rights of individuals with disabilities throughout Vermont. We are aware that our clients may be at greater risk in times of crisis and may need access to advocates and lawyers.

Call our confidential intake line at **1-800-834-7890** anytime and leave a message, we will contact you as soon as possible. You can also email us at: [info@disabilityrightsvt.org](mailto:info@disabilityrightsvt.org). If you are currently working with one of our advocates or attorneys, they are available via telephone or email.

Basic about COVID-19 by Green Mountain Self-Advocates. 1. [Plain Language Booklets on COVID-19](#). 2. [Tips for Working with Support Staff during COVID-19](#)

## Accessing Medical Care

Disability Rights New York created [a factsheet for people seeking medical care during the COVID-19 Emergency](#).

Even during this global crisis, the Americans with Disabilities Act applies when people with disabilities need reasonable accommodations when they need to access community services. Just remember that the request for the accommodation needs to be "reasonable" during this crisis. When resources are limited, money and staff, having personal care attendants, therapists, job support specialists, may not be a societal priority despite the need of the individuals.

Here are some examples of what requests for "reasonable" accommodations might be:

1. Having support people go to appointments and emergency medical care with them as an accommodation;
2. Having access to ASL and lipreading in times of limited personal contacts and mask-wearing;

It is illegal to be denied life-saving treatment because of medical rationing (e.g.: ventilators) due to disability;

# Accessing Daily Self-care

## COVID Food Access Resources

This link will direct you to information on [COVID Food Access Resources](#) created by Hunger Free Vermont.



This link will direct you to [Farmers to Families Food Box Distributions](#).

Groceries & Food Delivery--Store Policies May Change Daily, Please Call to Confirm.

1. There is [a list of VT stores with shopping hours](#) for vulnerable members of the community, curbside pickup, and other services.
2. Some Regional Food Delivery Services:<sup>1</sup>
  - Rutland and Bennington County. A resource for grocery delivery service for adults aged 60 and over, plus younger people with disabilities. To sign up, call SVCOA at 786-5990 and ask to speak with Ellen Green.
  - Chittenden County BTV [Quarantine delivery request](#)
  - Chittenden County Underhill/Jericho Residents: Delivery/Shopping Request fill out [this form](#)
  - Northeast Kingdom (Orleans, Essex, Caledonia Counties) [Southern NEK Delivery Request Form](#)  
[Northern NEK Delivery Request Form](#)
  - **Craftsbury Neighbors weekly Soup Supper** every Monday 5-6pm a nutritious soup and bread meal is available to pick-up curbside (side door of the United Church of Craftsbury) or can be delivered to your home. Meals are free and available to all. Please call for delivery and to let us know you are coming: #586-8022 or email [mama.kris.coville@gmail.com](mailto:mama.kris.coville@gmail.com).

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<sup>1</sup> [https://docs.google.com/document/d/17DJMyLZR\\_Fk7MzaCD9AU008a61VGVvvoeNs4qbVvK0z3E/edit?ts=5e764f54#](https://docs.google.com/document/d/17DJMyLZR_Fk7MzaCD9AU008a61VGVvvoeNs4qbVvK0z3E/edit?ts=5e764f54#)

3. Instacart. Grocery delivery available in 93 Vermont towns. Call 1-888-246-7822 if you have questions. Here's how it works:
  - 1) Get a computer or digital device and go to [Instacart](#).
  - 2) Put your zip-code in and shop online.
  - 3) Pay online.
  - 4) Schedule a delivery.

### Medicine Delivery - Store Policies May Change Daily, Please Call to Confirm.

1. [Kinney Drugs](#) offers FREE prescription delivery. Drive-thru services are also available in 16 towns of Vermont. How to do it? Call your local stores, and order a delivery.
2. [Walgreens Pharmacy](#) (seniors-only hour is 8–9am every Tuesday): They offer Drive-thru shopping for you to safely pick up Rx & select household essentials. They offer eligible Rx delivered right to your door. Moreover, you can order household essentials for health & wellness for same-day delivery in 4 stores in Burlington. How? 1. Download the [Postmates](#) app; 2. Shop online; 3. Order.

### Emergency Housing

If you are Vermonter over age 60, or have underlying health conditions as identified by the Centers for Disease Control and Prevention (CDC) in need of housing, contact the Benefits Service Center at 1-800-479-6151.

If you need help with emergency housing or paying your rent, you can also call 2-1-1 or go online to [Vermont211.org](#).

### Evictions

The new federal CARES Act includes a 120-day ban on new nonpayment evictions from properties that participate in federally subsidized housing programs. This includes Section 8, public housing, or housing for seniors or people with disabilities; the rural housing voucher program; and properties with federally backed mortgage loans. A full list of covered programs is on the National Housing Law Project website. The new law does not ban for-cause evictions (example: you broke housing rules) or no-cause evictions. The law bans evictions for nonpayment of rent started between March 27 and July 25, 2020. If you get a notice that your landlord is evicting you and you do not know whether the law protects you, Call Vermont Legal Aid at **1-800-889-2047**.

## Utility Cut-Offs - Heat/Water/Electricity/Gas

If you have no heat, water, electricity, or gas, call Vermont Legal Aid at **1-800-889-2047**.

## Accessing the Internet

1. Here is a [Vermont Public Hotspot Map](#).
2. Here is [a list of new connectivity resources](#) to support you during the covid-19.
3. Here is [a list of programs for low-income internet access and government assistance](#) to support you.
4. [Internet Essentials from Comcast](#) is a new internet service. Customers can get two free months of Internet service if they apply by April 30, 2020.
5. Until May 15, 2020, [Cox offers the first month of Internet Starter 10 for free](#).

## Accessing Social Security Benefit Information

### [Social Security & Coronavirus Disease \(COVID-19\)](#)

Updates: You can use [this guide](#) to quickly and easily determine whether you need to take any action to receive your economic impact payment, or a payment for your qualifying child. [More on SSA website](#).

### [Watch Out for Schemes Tied to Economic Impact Payments](#)

"The IRS isn't going to call you asking to verify or provide your financial information so you can get an economic impact payment or your refund faster," Watch not only for emails but text messages, websites, and social media attempts that request money or personal information. Go to [IRS.gov](#) for the more information. Watch a video about [Social Security Phone Scam PSA](#).

### [The Disabled Person's Guide to Economic Impact Payment](#)

Updates: Many reports of problems including: Checks going to wrong bank accounts, child payments being missing, overpayments, underpayments, checks going to people who have died, etc. IRS states that they are aware of these problems and are working

on them. They have not yet released information on what you can do to resolve the problem. Stay tuned. [See details here.](#)

### [Stimulus Checks for Adults Who are Dependents](#)

The IRS will decide if you are dependent by looking at 2018 or 2019 tax returns and confirming whether you were claimed as a dependent. In short, if you are claimed as a dependent, you are ineligible. If not, you are eligible for \$1,200.

## **Accessing Federal/State Assistance**

### [Unemployment Benefits in Response to COVID-19 Coronavirus](#)

If you lost your job or had your hours cut due to the COVID-19 coronavirus, you probably can get some help. You can apply for benefits even if your employer says not to. Employers do not make decisions about unemployment benefits — the state does. Learn more from [Vermont Legal Aid.](#)

### [Unemployment Claims](#)

Establish Initial Claim: 1-877-214-3330 or 1-888-807-7072

Claimant Assistance: 1-877-214-3332

## **Accessing Crisis Service**

We're all in this together. It is important to know that you are not alone during this time. Call 211 with questions or concerns related to COVID-19.

**You  
Are  
Not  
Alone**

Available 24/7 – If you need help, text VT to 741741

The National Suicide Prevention Lifeline  
is available 24/7 at 800-273-8255

Dial 2-1-1 to find mental health services in your area

Vermont Peer Support Line – open 24/7!  
Call or text 833-888-2557

You can rely on trusted friends, family, or neighbors to help in these troubling times. Please also rely on agencies who specialize supporting people experiencing crisis and stressful times. The following is [a list local crisis lines](#) if you are feeling stressed and need emergency services.

## Accessing Court System

At this time, Vermont courts are postponing many court hearings through May 31. Learn more about [court hearings in Vermont](#).

If you have a disability and have questions about how to access the court system, or you need to learn more about involuntary commitment hearings, you can contact DRVT at **1-800-834-7890** for information, and the Mental Health Law Project of Vermont Legal Aid at **1-800-265-0660** for assistance.

## Accessing Victim Services

If you have a disability and believe that you have been harmed physically, emotionally, financially, or mentally by a crime or abuse and would like support you may contact DRVT at **1-800-834-7890** for help.

You may contact your local domestic and sexual violence programs including hotline services, you may report crimes to police and access state agencies. If you need help with reporting crimes, or getting your voice heard in the manner and extent you want to be heard, or if you need a person to listen to you for emotional support you can contact DRVT **1-800-834-7890**.

## Assistance for Children with Disabilities

Many services for children with disabilities are being impacted, as are their parents or guardians. We know the problems are great and causing many hardships for families and children. There are agencies who can assist you with problem solving during this time.

For example, and there are many others, if you have school age children with disabilities you may need to set up technology so that your children can have equal access to education that they have the right to even during the stay at home order. The technology may not be compatible for your child's disabilities. You can call DRVT at **1-800-834-7890** or contact VT Legal Aid at **1-800-889-2047** for consultation. The Vermont Family Network offers a variety of supports for families of children with special needs. They can be reached at **1-800-800-4005** or at [info@vtfn.org](mailto:info@vtfn.org).

## VCIL Resources Page

[COVID-19 resources from Vermont Center for Independent Living](#)

