



Social Connectedness Resources

With restrictions in place, the ways we interact with others has changed drastically. When we leave our homes, we must maintain social distance and stay at least 6 feet away from others. This limits our contact with family and friends who do not live in our house. The resources below can help us remain connected during this time.

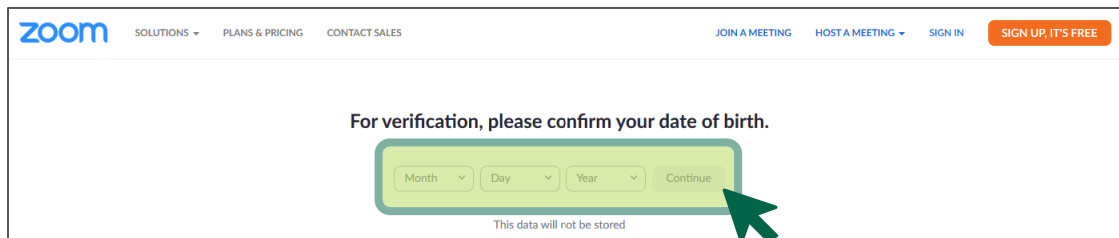


Resources include:

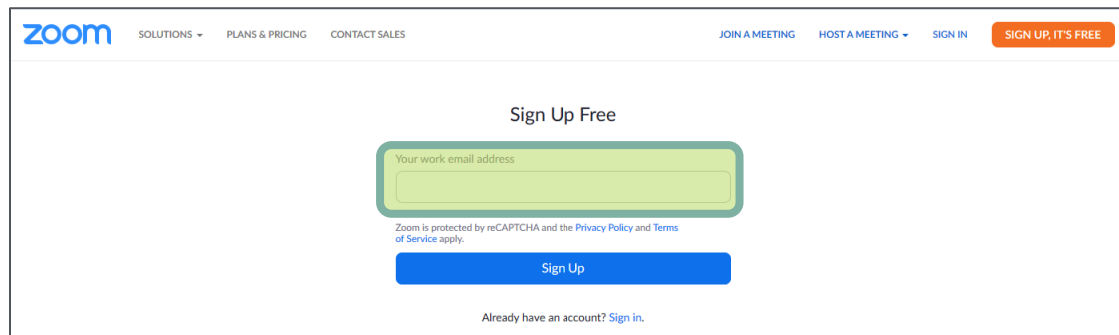
- How to Create a Zoom Account and Host a Meeting
- Joining Zoom from Email
- Joining Zoom from Phone (Apple device)
- Fun Group Video Call Ideas
- Websites for Social Connectedness Resources

How to Create a Zoom Account and Host a Meeting

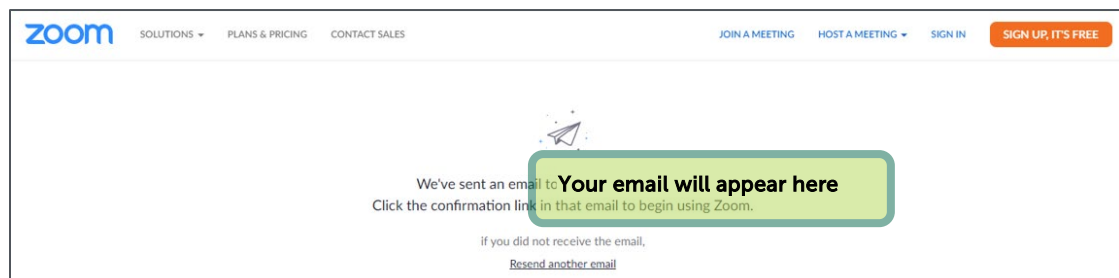
1. Go to <https://zoom.us/signup> and begin the steps to sign up for a free account.



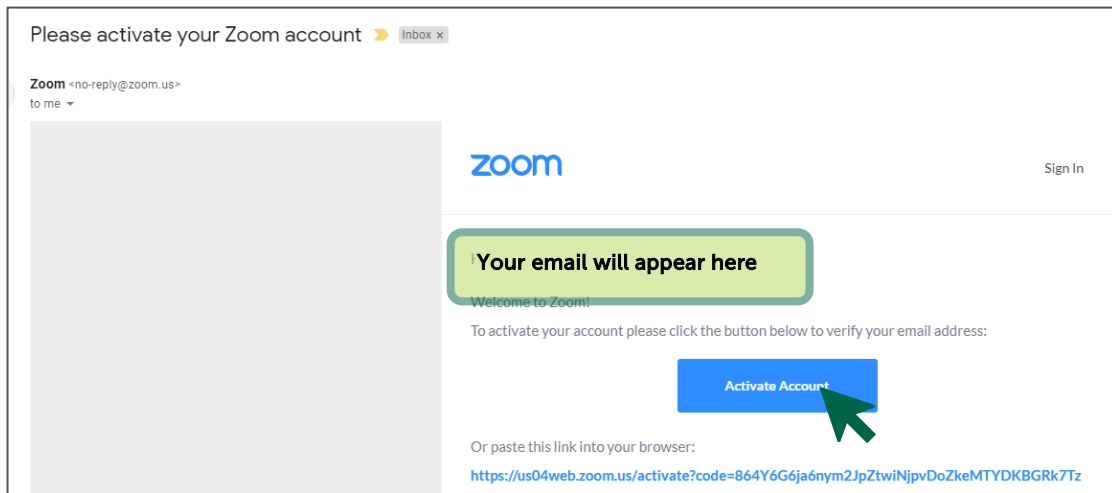
2. Enter in your email address.



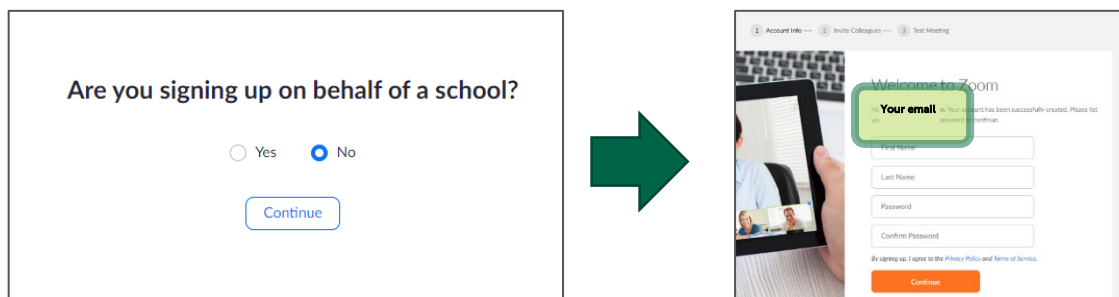
3. Go to your email and open the *Please activate your Zoom account* email sent by Zoom, email: no-reply@zoom.us



4. Click **Activate Account** or paste the link into your browser.

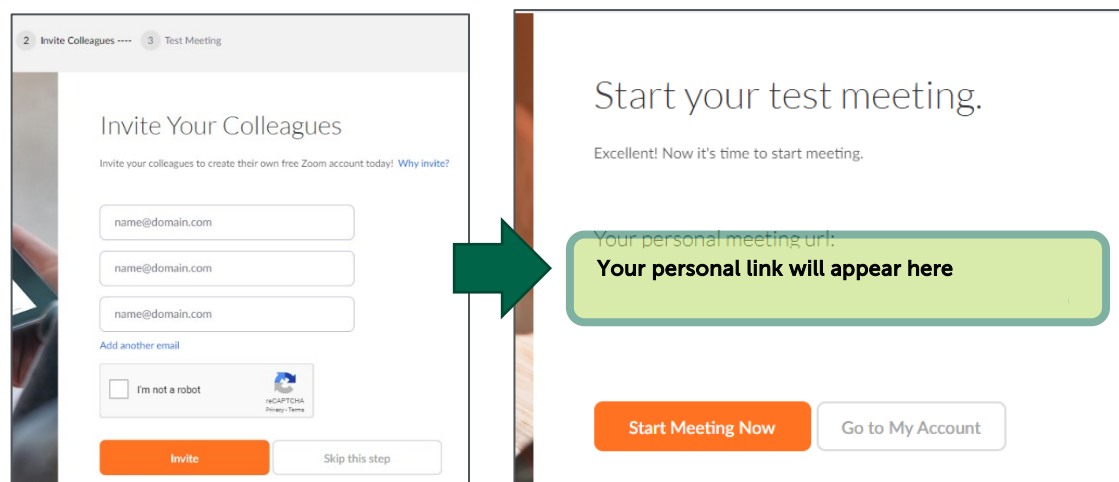


5. The link will open up to the remaining signup steps. Answer the questions and enter requested information:

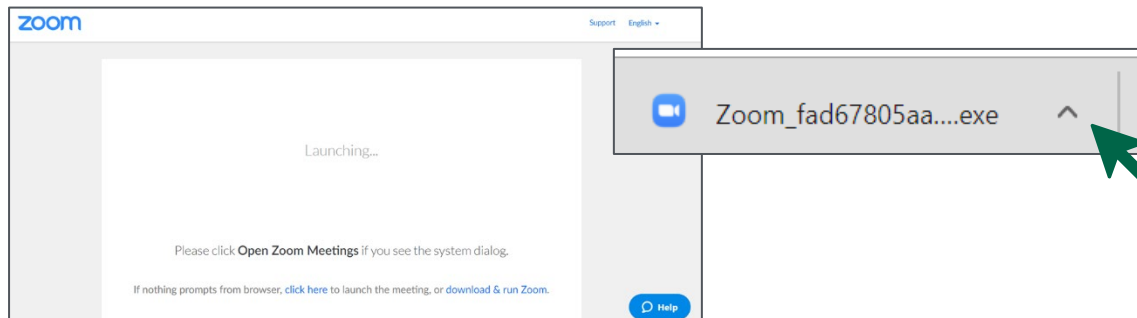


6. Invite your friends and family or skip this step!

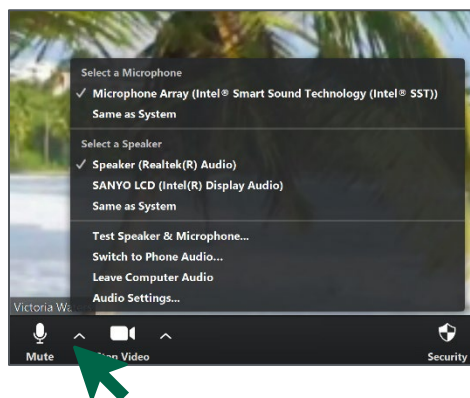
7. Start a test meeting.



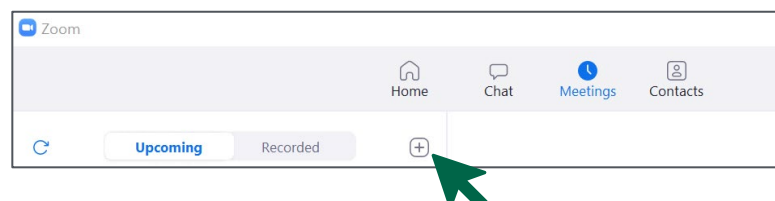
8. Zoom should automatically open to download.
 - i. If the download does not automatically open, you can right click the file and click **Open** to start the download process. Follow the prompts to download.



9. Your meeting screen will open up. You can see the volume and video settings in the lower left screen.
 - i. Click **Start Video**
 - ii. Click the **arrow next to the mute button** to select your microphone and speaker, test your speaker and microphone, and click for additional audio settings.



10. Go to your account on the Zoom app by clicking the Zoom icon at the bottom of your screen.
 - i. Then, click on the **Meetings** tab, the + sign, and click **Schedule a Meeting**.



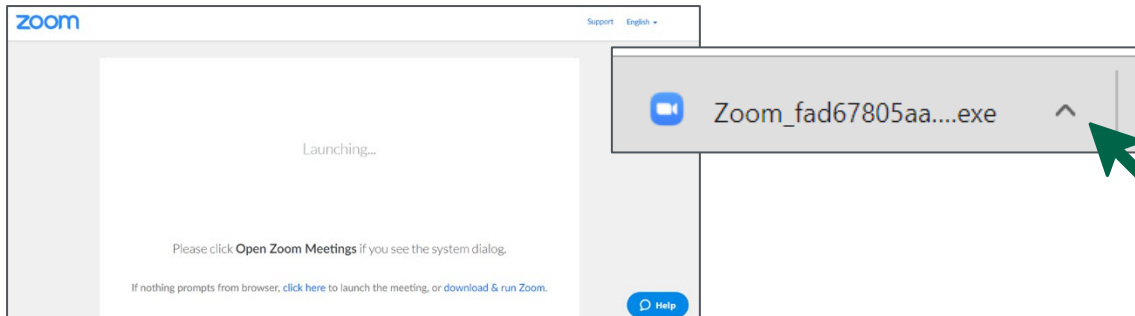
11. Select the topic, start date and time, and options for your meeting! You can choose how long you would like the meeting, require a meeting password, turn videos on and off for participants, select the kind of audio, and choose which calendar you would like to use.

12. You can go to your Zoom Meeting on the account to copy the invitation to send via email or text! You can start the meeting from the account when it is time!

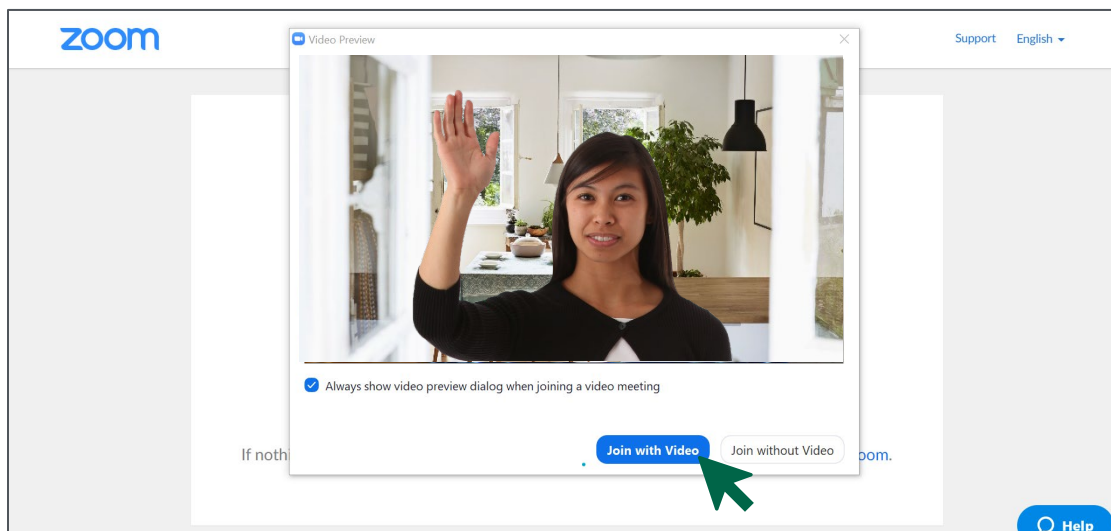
13. Use Zoom in lots of different ways to connect with family and friends.

Joining Zoom from Email

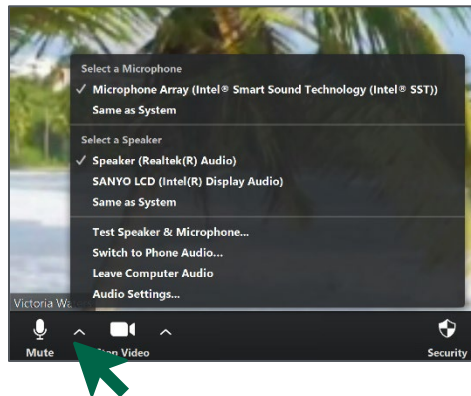
1. Click the Zoom meeting link from your email. Zoom should automatically open to download.
 - i. If the download does not automatically open, you can right click the file and click *Open* to start the download process. Follow the prompts to download.



2. Test your audio and video settings
 - i. Click *Join with Video* or *Join without Video*



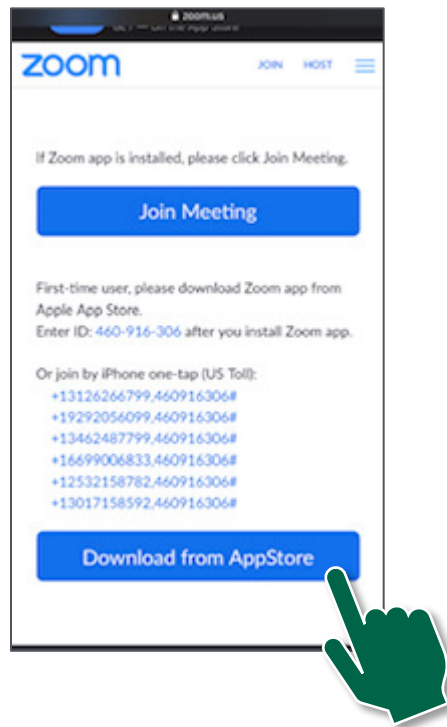
3. Your video screen will open up. You can see the volume and video settings in the lower left screen.
 - i. Click the **arrow next to the mute button** to select your microphone and speaker, test your speaker and microphone, and click for additional audio settings.



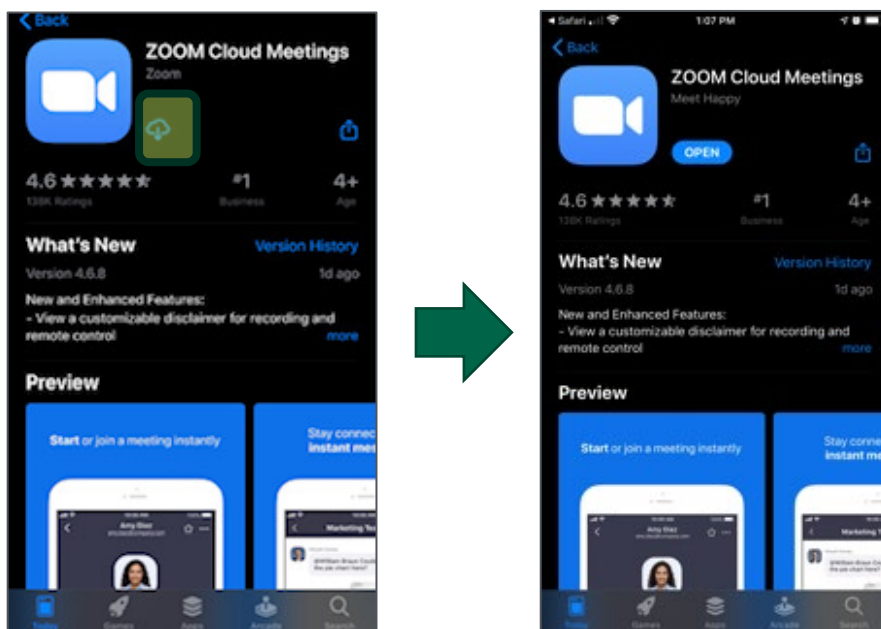
Resource	Description	Access
Zoom Support	Video instructions and additional information for various platforms (Windows, Apple, Android)	https://support.zoom.us/hc/en-us/articles/201362193-How-Do-I-Join-A-Meeting-

Joining Zoom from Phone (Apple device)

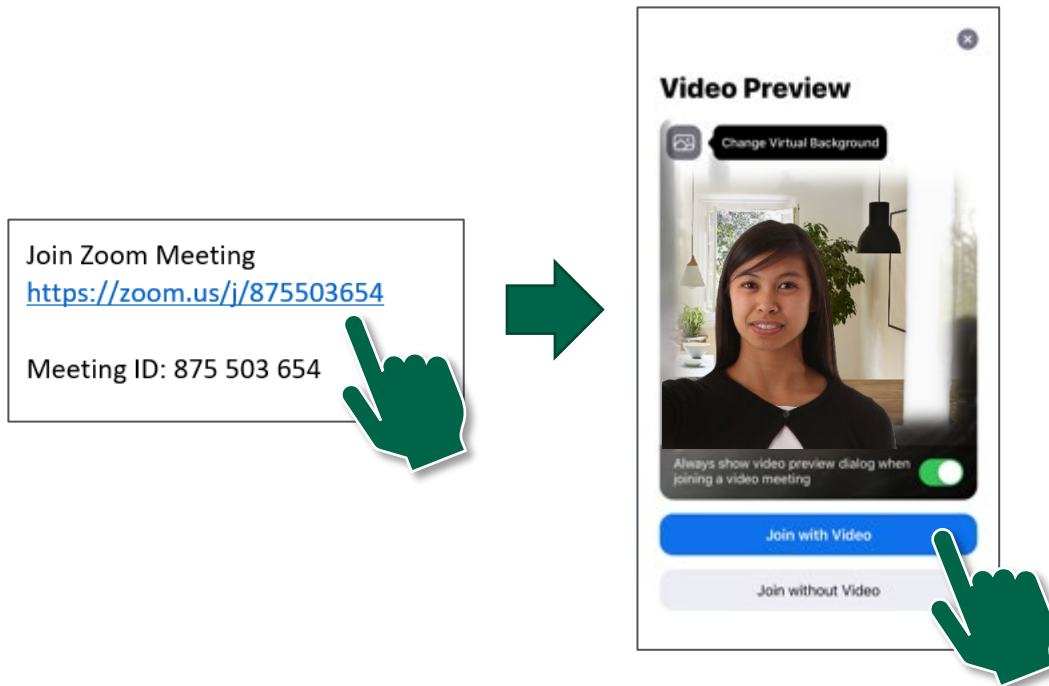
1. Click on the meeting link from your email. It will bring you to a webpage and you will see the screen below. Select **Download from AppStore**.



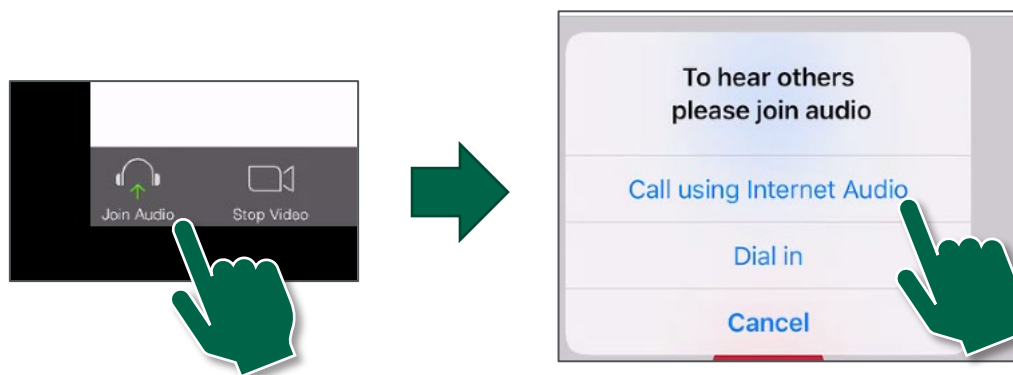
2. The link will direct you to the AppStore. Click to download and wait for the app to complete downloading.



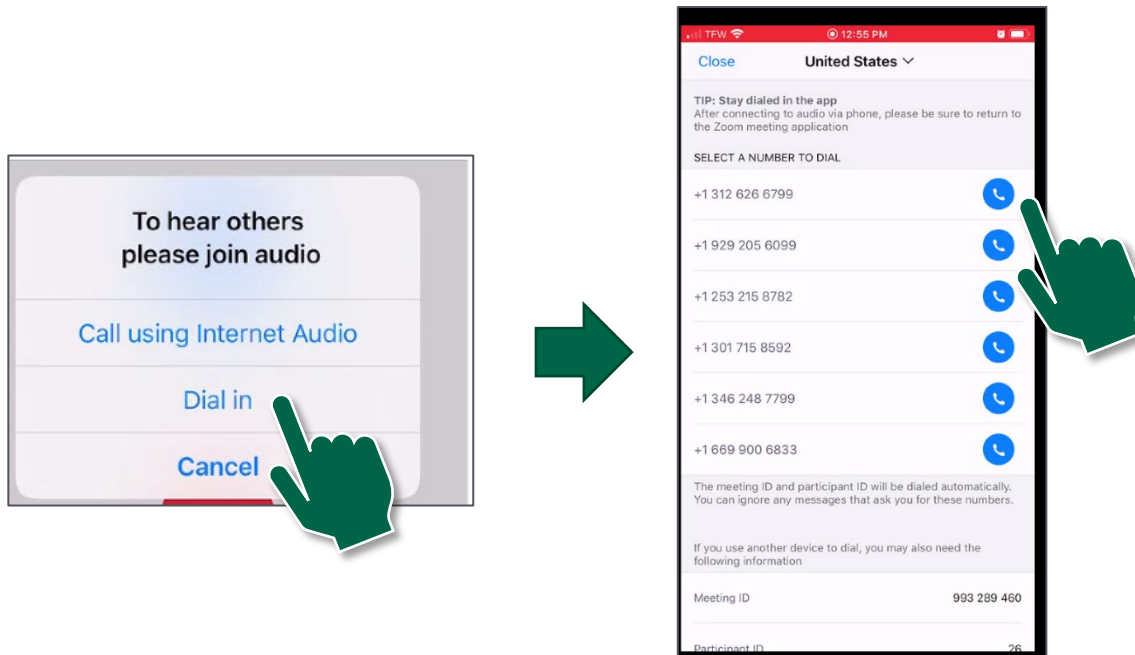
3. When the app is downloaded, you can go back to your meeting link email:
 - i. Click the **Join Zoom Meeting** link and it will open the meeting in the app.
 - ii. Click **Join with Video** or **Join without Video**



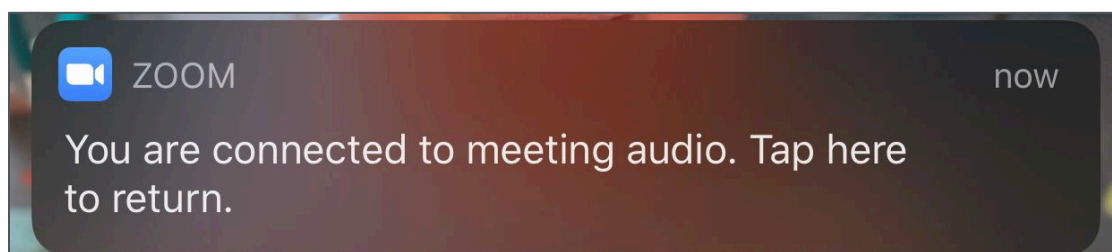
4. The video screen (if **Join with Video** was selected) or a blank screen (if **Join without Video** was selected) will open:
 - i. Select **Join Audio** in the lower left-hand corner.
 - ii. Select **Call using Internet Audio**



- If the sound does not work through Internet Audio you can select *Dial In* and select the Phone button icon on the first number to dial.



- Your phone will dial the number and enter in the meeting ID and participant ID automatically.
- It will then remind you to return to the Zoom meeting application with a *Tap here to return* notification.



Fun Group Video Call Ideas

As the coronavirus outbreak forces people indoors, Zoom is an increasingly popular tool for socializing. Here are some great ideas already being used by new Zoom fans trying to stay in touch with family or friends.



- ❑ Taking part in a virtual pub quiz – try <https://myquiz.org/>
- ❑ Hosting a digital dinner party
- ❑ Bob Ross-style paint-along with friends
- ❑ A virtual book club
- ❑ Playing a game of charades
- ❑ Karaoke, but online
- ❑ Organize your own *Who Wants to Be a Millionaire?*
- ❑ Board game night – try something that can be played remotely!
- ❑ Video gaming, as a way to communicate while playing multi-player games online
- ❑ Card Games – try playingcards.io

From <https://www.the-sun.com/lifestyle/tech/579318/how-to-set-up-a-zoom-call-and-seven-ideas-for-fun-group-video-calls-in-coronavirus-self-isolation/>

Websites About Social Connectedness

Resource	Description	Access
Autism Society of America Toolkit	Online toolkit for COVID-19 developed by Autism Society	Mental Health and Respite: https://www.autism-society.org/COVID-mental-health-respite/
Autism Society of Minnesota Guide to Managing the Quarantine and Self-Distancing	Online guide that can be downloaded and printed with information on socializing remotely	https://ausm.org/images/docs/PandemicGuideforASDAdults2020.pdf
Global and Regional Asperger Syndrome Partnership (GRASP)	Online chat groups and other supports to maintain connections	https://grasp.org/resources/
National Council on Aging Tools for Reaching a Remote Audience	Pros and cons for available tools for connecting remotely	https://acl.gov/sites/default/files/common/Tools%20for%20Reaching%20a%20Remote%20Audience%20-%20by%20NCOA_0.pdf
The Math Behind Social Distancing	Graphic of why social distancing is important and how it works	https://www.visualcapitalist.com/the-math-behind-social-distancing/