



UNC Frank Porter Graham  
Child Development  
Institute Autism Team

# Supporting Adults with Autism through Uncertain Times: Companion Guide

Ann Sam, Ph.D., & UNC FPG Autism Team:

*Becky Dees, Victoria Waters, Kara Hume, Jessica Steinbrenner, Brianne Tomaszewski, Yolanda Perkins, Mary White, Lindsay Rentschler, Nancy McIntyre, Susan Szendrey, Sallie Nowell, & Samuel Odom*

*Content adapted from Hume, Waters, Sam, Steinbrenner, Perkins, Dees, Tomaszewski, Rentschler, Szendrey, McIntyre, White, Nowell, & Odom, 2020*

The spread of coronavirus (COVID-19) has created uncertainty and stress for many individuals. Coping with the unknown, navigating new work expectations, changing daily routines, losing in-person connections, and worrying about contracting the virus all contribute to stress. It may be challenging or feel overwhelming to adapt to these changes.

# Resources for Adults with ASD during Uncertain Times



COVID-19



Daily Living



Social Connectedness



Mental Health

This guide was developed as a response to many self-advocates and family members who reached out to our team to develop resources for adults. It is intended to centralize many different adult-specific resources and can serve as a supplement or companion guide to the *Supporting Individuals with Autism through Uncertain Times* toolkit, which was developed for families of children and youth with autism. You may find that specific adaptation and additions are necessary to best meet your needs.

The materials are divided into four topic areas: **COVID-19 Resources, Daily Living Resources, Social Connectedness Resources, and Mental**

**Health Resources.** Each section contains developed materials and links to websites for other materials that may be useful.



# Table of Contents

COVID-19 Resources ..... 4

    What Do I Do If I Am Sick? ..... 5

    Caring for Someone Who is Sick ..... 6

    Websites About COVID-19..... 8

Daily Living Resources ..... 9

    Daily Schedule ..... 10

    Daily Schedule Example ..... 12

    Daily Schedule Template..... 13

    Online and Curbside Grocery Shopping ..... 14

    Curbside Grocery Shopping Checklist ..... 22

    In-Store Grocery Shopping ..... 23

    In-Store Grocery Shopping Checklist ..... 29

    Pharmacy Pick-Up Tips..... 30

    Pharmacy Pick-Up Checklist ..... 31

    Cleaning Tips ..... 32

    Cleaning Checklist ..... 34

    Websites About Daily Living Resources ..... 35

Social Connectedness Resources ..... 36

    How to Create a Zoom Account and Host a Meeting ..... 37

    Joining Zoom from Email ..... 41

    Joining Zoom from Phone (Apple device) ..... 43

    Fun Group Video Call Ideas ..... 46

    Websites About Social Connectedness..... 47

Mental Health Resources ..... 48

    FACE COVID..... 49

    Staying Active..... 50

    Coping Strategies..... 52

    Crisis Supports..... 54

    Websites About Mental Health..... 55

References..... 56

Acknowledgements..... 56

Suggested Citation ..... 56



# COVID-19 Resources

We are continuing to learn more about the coronavirus. Scientists and doctors have provided guidelines for us to follow to remain as safe as possible. The following resources and information provide an overview of resources available for COVID-19.



## Resources include:

- What Do I Do If I Am Sick?
- Caring for Someone Who is Sick
- Websites About COVID-19

# What Do I Do If I Am Sick?



## Stay home except to see a doctor

- Call your doctor from home and make a plan to monitor any changes in your symptoms
- Most people do not need to go to a hospital
- If you are having trouble breathing, call 911
- Do not go to the store or ride public transportation

## Stay away from people and pets at home

- Stay in your own room, call it your "sick room"
- Do not touch others
- Try not to touch things that others will touch
- If you must be near someone, wear a mask



## Call your doctor

- Call your doctors and healthcare providers before you see them
- Tell your doctors how you feel and your symptoms
- Re-schedule doctor's appointments if not an emergency

## Wear a mask

- Wear a cloth cover over your nose and mouth if you must be around anyone else
- Stay 6 feet away from other people with your mask on
- Do not touch your face



## Wash hands, clean things you touch

- Wash hands often with warm water and scrub hands with soap for 20 seconds
- Clean things you touch in your sick room and bathroom with disinfecting cleaning spray (read directions on the bottle) every day

For more information see CDC's Steps to help prevent the spread of COVID-19 if you are sick:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>

Adapted from Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

# Caring for Someone Who is Sick

Most people who get sick with COVID-19 can stay home to recover. See the guide below to care for someone in your home who may be sick. Older people and people with certain existing conditions (lung or heart disease, diabetes) are at a greater risk of serious implications and should seek medical care at the first sign of symptoms.



## Monitor for worsening symptoms

Keep doctor's contact information nearby. Contact a doctor immediately for worsening symptoms including:

- Trouble breathing
- Persistent chest pain or pressure
- New confusion or inability to arouse
- Bluish lips or face
- Any other symptoms that are severe or concerning

## Prevent the spread of germs

*The sick person should:*

- The sick person should stay in one room, away from others, as much as possible.
- Use a separate bathroom when possible
- Not share items like dishes, towels and bedding
- Wear a mask or face covering when around others

*You and others should:*

- Wash hands often
- Avoid touching your face
- Daily, clean surfaces that are touched often (doorknobs, counters, tables, light switches)
- Wash laundry thoroughly; wear gloves when handling soiled laundry
- Avoid having visitors in the house





### **Treatment**

- Provide lots of fluids (like water) and time for rest.
- Over-the-counter medicines can help with symptoms like coughing and pain.
- Most people feel better after about a week.

### **When to End Isolation at Home**

- There is no fever for at least 72 hours without medicine.
- Other symptoms have improved.
- At least 7 days have passed since symptoms started OR they receive 2 negative tests in a row, 24 hours apart.

In all cases, follow your doctor's guidelines for home isolation.



### **[Caring for Someone who Might Have COVID \(ASL video\)](#)**

Adapted from Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

# Websites About COVID-19

Resource	Description	Access
<b>Autism Society of America Toolkit</b>	Online toolkit for COVID-19 developed by Autism Society	<a href="https://www.autism-society.org/COVID-19/">https://www.autism-society.org/COVID-19/</a>
<b>Coronavirus</b>	World Health Organization (WHO) provides up to date and current information on COVID-19	<a href="https://www.who.int/health-topics/coronavirus#tab=tab_1">https://www.who.int/health-topics/coronavirus#tab=tab_1</a>
<b>Coronavirus (COVID-19)</b>	CDC provides up to date and current information on COVID-19	<a href="https://www.cdc.gov/coronavirus/2019-ncov/index.html">https://www.cdc.gov/coronavirus/2019-ncov/index.html</a>
<b>COVID-19 Updates &amp; Resources</b>	Information on COVID-19 with links to helpful resources compiled by Organization for Autism Research	<a href="https://researchautism.org/COVID-19/">https://researchautism.org/COVID-19/</a>
<b>Plain Language Information on COVID-19</b>	Plain language information about COVID-19 by Green Mountain Self Advocates	<a href="https://selfadvocacyinfo.org/resource/plain-language-information-on-COVID-19/">https://selfadvocacyinfo.org/resource/plain-language-information-on-COVID-19/</a>
<b>Symptoms &amp; Testing</b>	Online guide from CDC to help you make decisions about care and when to go to a doctor	<a href="https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html">https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html</a>
<b>Symptoms of Coronavirus (COVID-19)</b>	1-page graphic describing specific COVID-19 symptoms from CDC.	<a href="https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf">https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf</a>
<b>When and how to use masks</b>	Video from WHO that describes when you should wear a mask and how you should wear a mask.	<a href="https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks">https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks</a>





# Daily Living Resources

During this period, many people are under *Stay at Home* or *Shelter in Place* orders. If you leave your home, you must maintain social distancing requirements. These orders and rules have changed the way we do many tasks such as going to the grocery store, cleaning our house, working from home, and scheduling our day.



The resources below provide printable materials or website suggestions to help adjust to these changes.

## Resources include:

- Daily Schedule
- Daily Schedule Example
- Daily Schedule Template
- Online and Curbside Grocery Shopping
- Curbside Grocery Shopping Checklist
- In-Store Grocery Shopping
- In-Store Grocery Shopping Checklist
- Pharmacy Pick-Up Tips
- Pharmacy Pick-Up Checklist
- Cleaning Tips
- Cleaning Checklist
- Websites for Daily Living Resources

# Daily Schedule

During this time of adjusting routines and schedules, it can be helpful to set up a daily schedule for your time spent at home. Use this guide to set up a daily schedule that works for you.



## Form – A daily schedule can take many forms:

- Written checklist
- Written in a daily planner or paper calendar
- Digital options like an online calendar or scheduling app

## Location – Where will you keep your schedule?:

Find a *central location* in your home to keep your schedule. This prevents it from being misplaced. Places where you spend a lot of time are good options – kitchen, work desk, bedroom.

Use a *portable schedule* if you feel you need immediate access to it. Keep it on a clipboard that travels with you throughout the house, or on your phone for easy access anywhere.



## Interaction:

Interact with your schedule to be sure that you are staying on track, sequencing your activities correctly, and completing each activity. You can:

- Check off items as you complete them
- Mark off, highlight or erase items
- For schedule apps, swipe, click or mark with a digital check

## Activities to Include:

- *Self-care activities:* meals, medications, hygiene, and exercise
- *Household upkeep:* clean/disinfect, laundry, meal planning and prepping
- *Caring for others in the home:* your partner, children or parents in the house, a sick person in your house, pets
- *Work obligations:* scheduled calls, daily tasks as well as regular breaks
- *Leisure time:* connecting with others, reading, games/puzzles, movies, etc.





### Other Considerations:

- *Use a timer* if you need an additional reminder to check your schedule or to move on to the next activity.
- *Plan ahead:* Make time at the end of each day to set your schedule for tomorrow.
- *Schedule across the week:* Make sure you plan a time each week to plan for groceries, pharmacy needs, household chores, connecting with others.
- *Allow for choice when possible:* this allows you to make decisions based on what you are in the mood for.
- *Be flexible:* It is OK if something needs to change unexpectedly.

Everyone is figuring out how to structure their days at home. It is OK if you cannot get to it all in one day. Use what you learn each day to adjust tomorrow's schedule.

# Daily Schedule Example

Date: Tuesday, March 31, 2020

Time	Activity	Reminders	Complete? Move to tomorrow?
8:00	Wake up, morning routine	Shower, breakfast, medication	✓
9:00	Work	10 AM call	✓
12:00	Lunch		✓
12:45	Outdoor walk		Walk 20 mins tomorrow
1:00	Work	Reply to emails	✓
3:00	Break	Free choice	
3:30	Work		
5:00	Exercise	Treadmill or yoga	
6:00	Dinner	Chicken soup	
7:00	Social time	Call a friend	
8:00	Leisure	TV or puzzle	
9:00	Bedtime routine	Brush/floss, medication, read	
10:00	To bed	Set alarm	

# Daily Schedule Template

Date:			
Time	Activity	Reminders	Complete? Move to tomorrow?

# Online and Curbside Grocery Shopping

If you are quarantined for a period of time due to sickness or exposure to sickness, you are at higher risk, and/or you prefer not to go to the grocery store, you could consider online ordering for groceries, especially from stores with home delivery options. Remember, you will need a debit or credit card to use most online grocery services.



## Choosing a Store and/or Service:



### Choosing a store and/or service:

Check to see if there are stores or services in your area offering online grocery shopping options

- Do an online search to look for stores near where you live that are offering online grocery shopping options – you can start by looking on the websites of your favorite stores or try searching “online grocery shopping” or “online grocery delivery”
- There may be some changes to online grocery service related to the Coronavirus, so make sure you look carefully at the websites.

### Compare:

Compare the prices and service options for grocery stores to find a store that may work well for you. You may try a few different stores to see which one is the best fit for you.

- **Cost:** The online pick-up and delivery options vary in cost from store to store. Some offer a flat fee, others have varying fees based on the order, some require a subscription, and some are free with minimum order amounts.
- **Available products:** Some stores may have limitations on which products can be included in orders, especially during the Coronavirus pandemic. For example, some stores may not sell high demand items like toilet paper or disinfectant spray.



### **Compare (continued):**

- *Item substitution:* Stores will often substitute items if something is not available. See what the rules are for item substitution, and if you are concerned, make sure the store has a place to enter information about substitution preferences for items.
- *Website or App:* You may be able to place orders on websites and/or apps. If you need an app to place an order, make sure the app will work with your phone.
- *Pick-up & Delivery:* Stores may offer in-store pick-up, curbside delivery and/or home delivery. Consider which options will work best for you and find a store that offers that option.
- *Service:* Some stores use an in-house service. Other stores use an outside service (like Instacart) for online grocery orders. Look for reviews on the online grocery service



### **Create an account:**

Once you decide on a store to try, set up an account on the website or download the app.

- Pick a username (can often be your email) and a password that you will remember.
- If there are options to enter your phone number, that may be helpful as many stores have text messaging options for reminders.

## Before You Get Started:



### **Make a shopping list:**

- It is important to think ahead about what items you need for meals and snacks that you plan to eat. Also, do not forget to consider other household items that you may need like toilet paper, tissues, toothpaste, etc.
- During the Coronavirus pandemic, it is better to shop less frequently than usual, so consider items that will last longer and buy enough food for 2 or 3 weeks at a time. This may mean buying at least some frozen or canned fruits and vegetables, rather than only fresh produce.

### **Delivery or Curbside?:**

Decide if delivery or curbside pick up will work best for you. If you are doing curbside pick-up, think about how you will get to the store.

- Remember, if you are quarantined because you are sick or may have been exposed to COVID-19, delivery may be the only option for you. If the stores do not offer delivery, you could do curbside pick-up if you have a friend, family member, or neighbor who is healthy and able to pick up the groceries for you.
- If you can do curbside pick-up, decide how you will get to the store. Some options are to drive yourself, ride a bike, or walk.
  - Remember, if you are riding a bike or walking, you need to think about ordering fewer groceries to make sure you can carry all the bags.
  - If you normally use a ride service or public transportation to get to the grocery store, it may currently be safer to try to find a delivery service or find someone else to pick up your groceries. However, if you need to use a ride service or public transportation, make sure to use with caution.





## Steps for Online Shopping:



### Select a store:

Choose which store you will use (see above for tips) and sign-in online or on the app

- If the store/service offers multiple ways to order groceries, try using a computer and the app to see which one is the easiest for you to use.

### Select a pick-up or delivery time:

- Pick-ups and deliveries often need to be scheduled 4 or more hours ahead of time, but during the Coronavirus pandemic may need to be scheduled several days or even a week ahead of time.
- If the available times do not work for you, you could try a different store to see if they have more options.

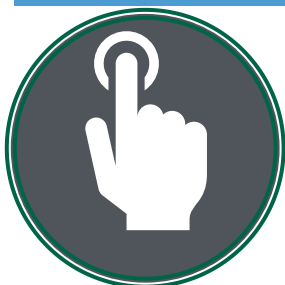


### Pick items to put in the online shopping cart:

- Remember to plan ahead (see notes in **Before You Get Started** section above and other resources)
- Add notes on items if you have specific requests (like asking for bananas that are less ripe) or notes about substitutions (only wanting a certain brand of cereal).

### Check the items in your cart:

- Make sure that you have the correct items and number of each item in your online cart.
- Review the total cost. If there is a minimum amount to spend for pick-up or delivery, make sure you meet the requirement.



### Place the order:

- Make sure the order is submitted – sometimes there are several steps before the order is finalized.
- Have your credit card ready if it is not already programmed into the app.

**Set a reminder:**

Put a reminder for the pick-up or delivery time on your phone or calendar

- Many stores/services may offer automatic reminders as well, but it is helpful to have an additional reminder set by you.
- If you are picking up, make sure to set the reminder with enough time to get to the store.



**For Pick-up Only:**

Go to the location at the correct time.

- Make sure to bring your phone (for letting the store know you are there) and your credit card and ID (for any verification needed at pick-up).
- The store will usually have directions on the website or app about the specific pick-up location and what signs to look for. Some stores have a lane to pull up near the store, other stores have a specific parking space, and some stores may have in-store pick up only.

Let the store know you are there.

- There is usually some way to let the store know that you are there – either through the app, text messaging, or a phone.

Get the groceries.



**For Delivery Only:**

Listen for the doorbell or text-notification that your groceries have arrived and bring them inside.

- If you see the delivery person arriving, make sure to let them drop the bags outside. Maintain 6-feet of social distancing during drop-off. Some delivery services may ask that you wait until the delivery person is back in the car before you get your groceries.
- Get the groceries.



**Tips:**

Tipping policies vary by store and service. Many stores do not allow you to tip the person, but other stores either do not have a clear policy or may allow tips. Delivery services are often more likely to allow tips, but that also varies. Make sure you know the tipping policy.



## Once the Groceries are in Your Home:



### **Wash your hands:**

Remember to wash your hands with soap and water for at least 20 seconds after you have brought your groceries inside.

### **Wipe off cans and boxes:**

Before putting your grocery items away, wipe off any cans and boxed items with a disinfectant/sanitizing wipe.



### **Collect bags:**

Put the grocery bags in a sealed container outside to return to store at your next trip.

### **Clean surfaces:**

After wiping off your groceries, clean your counters and any areas where you placed the grocery bags and new groceries.



### **Wash your hands again:**

Remember to wash your hands with soap and water again for at least 20 seconds.

## Problem Solving:

Problem	Potential Solution
<p><b>The store does not have all the items on my list.</b></p>	<p>Sometimes a store may not have an item or a specific brand of an item that you would like to buy. Consider if there is a different item for you to buy. For example, you usually buy sliced cheese, but the store does not have any. If you really need cheese, you can try buying a block of cheese or a different type of cheese. If you do not want to buy a different item or brand, you can go try a different store/service for online shopping to see if they have the item you want or you will need to wait until your next order to see if the item becomes available.</p>
<p><b>I do not like the substitutions that the grocery store/service made.</b></p>	<p>This is a hard part about online shopping. If you do not like one of the substitutions, there are often ways to communicate that to the store or service. There may not be a way to change the substitution this time, but many stores/services learn from the feedback you provide and hopefully will not make a similar substitution in the future. Also, keep in mind that you can often put notes for specific items if you do not want a substitute.</p>
<p><b>I can't figure out how to use my coupons.</b></p>	<p>Some stores accept electronic coupons and others do not. Look for a Frequently Asked Questions (FAQ) section for online ordering or the app to see if and how you can use coupons. If you often use paper coupons, you may want to start looking for electronic coupons, which are more commonly accepted for online shopping.</p>

## Helpful Websites Related to Grocery Shopping:

### MOMMY CONVOS



THAT INSPIRE A HEALTHY, HAPPY HOME

#### Pros, Cons, and Tips for Curbside Grocery Pick-Up

<https://mommyconvos.com/curbside-grocery-pickup-pros-cons-tips-4success/>



### THE KRAZY COUPON LADY

#### Summary of Grocery Pick-Up Tips

<https://thekrazycouponlady.com/tips/family/grocery-pickup-curbside-chart>



#### Tips and Tricks for Grocery Shopping Online (USA Today)

<https://www.usatoday.com/story/tech/reviewedcom/2020/04/10/tips-and-tricks-grocery-shopping-online-during-coronavirus-pandemic/5130942002/>



#### What to Know Before You Try Grocery Pickup

<https://money.usnews.com/money/blogs/my-money/articles/what-to-know-before-you-try-grocery-pickup>

# Curbside Grocery Shopping Checklist

Before you shop online...	Date				
Make a grocery list					
Select a store					
Select curbside pick-up					
<b>Shop online...</b>					
Select items to put in your cart					
Review cart					
Place your order (checkout and pay)					
Put reminder in your phone/calendar for pick-up time					
<b>Before you go to the store...</b>					
Wait for confirmation that your order is ready to be picked up					
Plan to pick up at the correct time					
Take a face covering					
Take hand sanitizer (if you have some)					
<b>At the store...</b>					
Follow signs to curbside pick-up					
Follow the store's directions for letting them know that you are there					
Wear a face covering					
Stay at least 6 feet from others					
Load groceries into car (or let the clerk load)					
Tip the clerk if appropriate					
Sanitize hands					
<b>When you get home...</b>					
Wash your hands					
Wipe off cans/boxes					
Wipe off counters and areas where bags were					
Keep bags outside to recycle later					
Wash hands again					

# In-Store Grocery Shopping

Before making plans for in-store grocery shopping, check with your local store to be sure they still allow customers inside. Right now, many stores only have curbside pick-up or delivery options. If in-store shopping is not an option, see our **Online and Curbside Grocery Shopping**. If you are sick and there are grocery



items that you need, **DO NOT** go to the grocery store. Ask a friend or family member to go for you or see if your grocery store delivers items to your home.

## Before You Go to the Store:



### Make a list of items you need:

- Using a list can reduce the amount of time you are in the store and around others
- Include enough items on your list to last you for at least 2-3 weeks

### Go during low peak hours:

- Search the store name and location (address or city and state) in Google to see what days/times the store is not too busy
- Choose a day and time to go to the store when the store has a low wait time

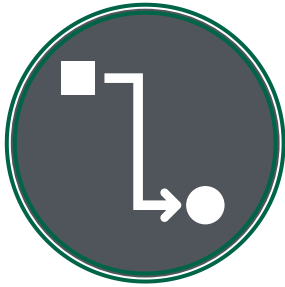


### Take a face covering/mask:

- Wearing a face covering or mask may help to limit the spread of germs
- See the [How to Make Your Own Face Covering video from CDC](#) to learn how to make a face covering if you don't have one

### **Take hand sanitizer or disinfectant/sanitizing wipes:**

- Hand sanitizer and wipes can be used to clean your hands and the grocery store cart handle to limit the spread of germs
- If you do not have sanitizer or wipes – see the **Issues/Problems** section of this resource



### **Be prepared to wait in line to enter the store:**

- Some stores are limiting the number of customers that can be in the store at one time. You may have to wait in line outside of the store for a period of time.
- Remember to dress for the weather since you may have to wait outside before entering the store (for example – if it is chilly, take a jacket or sweater; if it is raining or it may rain, take an umbrella)



## At the Store:



### Wear a face covering/mask:

- Wear the face covering during your entire shopping trip – even while waiting in line inside and outside the store
- Remove the mask after you have once returned to your car and loaded your groceries

### Clean the cart handle:

- Use a disinfectant/sanitizing wipe to clean the cart handle
- Some stores will clean the cart handle before giving you the cart

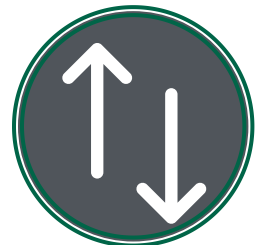


### Practice social distancing:

Stay at least 6 feet away from others while in the grocery store aisles and while standing in line

### Follow visuals in store:

- Some stores have arrows for the direction you should go down an aisle
- Some stores have tape on the floor to tell you where to stand while waiting to enter the store or to check out



### If you can, pay with a card or payment app:

Using a debit card, credit card, or a payment app such as Apple Pay or Google pay to pay for your groceries limits the number of items you and the cashier need to touch

### Use hand sanitizer:

After you load your groceries in your car and remove your mask, use hand sanitizer



## Once the Groceries are in Your Home:



### **Wash your hands:**

Remember to wash your hands with soap and water for at least 20 seconds after you have brought your groceries inside.

### **Wipe off cans and boxes:**

Before putting your grocery items away, wipe off any cans and boxed items with a disinfectant/sanitizing wipe.



### **Collect bags:**

Put the grocery bags in a sealed container outside to return to store at your next trip.

### **Clean surfaces:**

After wiping off your groceries, clean your counters and any areas where you placed the grocery bags and new groceries.



### **Wash your hands again:**

Remember to wash your hands with soap and water again for at least 20 seconds.

## Problem Solving:

Problem	Potential Solution
I do not have disinfectant/sanitizing wipes.	It can be hard to find disinfectant/sanitizing wipes at the stores, since so many people need them right now. If you do not have any wipes, it is okay. Many stores have wipes for customers to use to wipe of their cart handles or they may wipe the handles for you. If you have hand sanitizer, you can put some on the cart handle. If there are no wipes available to wipe the cart at the store, use the cart and remember to wash your hands when you get home.
I do not have hand sanitizer.	Many stores have sold out of hand sanitizer. If you do not have hand sanitizer to take with you to the grocery store, it is okay. Just remember to try not to touch your face while you are out and wash your hands as soon as you get home.
I want to use my reusable bags.	To limit the spread of germs, some stores are not allowing customers to use reusable bags. Check with store (call before you go or ask when you get to the store) to see if you can use your reusable bags. If you are not allowed to use your reusable bags, use the bags the store has – paper or plastic. If you are allowed to use your reusable bags, remember to clean your reusable bags when you get home.
The store does not have all the items on my list.	Sometimes a store may not have an item or a specific brand of an item that you would like to buy. Consider if there is a different item for you to buy. For example, you usually buy large brown eggs, but the store does not have any. If you really need eggs, you can try buying white eggs instead if those are available and affordable. If you do not want to buy a different item or brand, you can go to another store to see if they have the item you want or you will need to wait until your next grocery store trip to see if the item becomes available.
I do not have a debit or credit card and I do not use payment apps.	Some people only buy things with cash. If you do not have a debit or credit card and do not use payment apps, it is okay to pay for your groceries with cash.

## Helpful Websites Related to Grocery Shopping:



**How to Shop for Groceries during the COVID-19 Pandemic**

<https://www.livescience.com/corona-virus-grocery-shopping-guide.html>



**No, You Don't Need to Disinfect Your Groceries. But Here's How to Shop Safely**

<https://www.npr.org/sections/health-shots/2020/04/12/832269202/no-you-dont-need-to-disinfect-your-groceries-but-here-s-to-shop-safely>



**Running Essential Errands: Shopping for Food and Other Household Essentials**

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html>



**Shopping for Food During the COVID-19 Pandemic - Information for Consumers**

<https://www.fda.gov/food/food-safety-during-emergencies/shopping-food-during-covid-19-pandemic-information-consumers>

# In-Store Grocery Shopping Checklist

Before you go...	Date				
Make a grocery list					
Check store's low peak days and hours					
Take a face covering					
Take disinfectant/sanitizing wipes and hand sanitizer (if you have some)					
Dress for the weather					
<b>At the store...</b>					
Wear a face covering					
Clean the cart handle (with wipes or sanitizer)					
Stay at least 6 feet from others					
Follow arrows on the floor when going down aisles					
Follow signs or visuals when waiting in line					
Pay with a debit/credit card -OR- payment app (if you have one)					
Sanitize hands after shopping					
<b>When you get home...</b>					
Wash your hands					
Wipe off cans/boxes					
Wipe off counters and areas where bags were					
Keep bags outside to recycle later					
Wash hands again					

# Pharmacy Pick-Up Tips

Due to COVID-19, it is important for individuals with underlying health conditions to either reduce trips to the store or rely solely on store pickup or delivery services. Picking up your prescription at the pharmacy may take more planning to help you make the change to store pickup or delivery services. Below are things to consider when talking to your doctor or pharmacist about pharmacy pickup.



- Ask your doctor or pharmacist if you can order your medication(s) online or have them delivered.
- Some insurance companies allow (and even encourage) home or mail delivery of medications. Discuss this option with your doctor or pharmacist.
- Ask your pharmacist if you can have a 3-month supply of medication to reduce trips to the pharmacy.
- Many drugstores offer delivery services. This is a great option if you cannot have your medications delivered. If your preferred store does not offer delivery it may be worth checking with a local store close to your house to see if they offer this service.
- If you need to pick up your prescription at the pharmacy, select a time to go to the pharmacy that will be less busy. Use the drive-through window if possible. If you have to go inside, wear a mask. Remember to maintain social distance inside the pharmacy (stay 6 feet away from others). Use a credit card or app to pay for medication (avoid cash if possible). Wash your hands when you return home for at least 20 seconds.
- Also, double check to make sure you have over-the-counter medications and supplies like a thermometer in working order at home.

# Pharmacy Pick-Up Checklist

Before you go...	Date				
Make a list of needed items					
Call ahead to refill or order items online					
Plan to pick-up during non-peak hours					
Take a face covering					
Take disinfectant/sanitizing wipes and hand sanitizer (if you have some)					
<b>At the drive-thru (use when possible) ...</b>					
Pay with a debit/credit card -OR- payment app (if you have one)					
Sanitize hands after taking the medication and paying					
<b>At the store (only if necessary) ...</b>					
Wear a face covering					
Clean the cart handle (with wipes or sanitizer)					
Stay at least 6 feet from others					
Follow arrows on the floor when going down aisles					
Follow signs or visuals when waiting in line					
Pay with a debit/credit card -OR- payment app (if you have one)					
Sanitize hands after shopping					
<b>When you get home...</b>					
Wash your hands					
Remove and throw away outer packaging					
Wipe off bottles/boxes					
Wipe off counters and areas where bags were					
Keep bags outside to recycle later					
Wash hands again					

# Cleaning Tips

Cleaning surfaces that are touched regularly is recommended to help remove germs. Cleaning helps to lower the number of germs and reduces risk of spreading infection.

## Cleaning Supplies:



Soap and water are recommended to remove the virus from surfaces.

Bleach is a disinfectant and is effective at killing the virus. Only use bleach if:

- It is **NOT** expired.
- It says, "intended for disinfection."
- It is mixed with water (4 teaspoons bleach per quart of water).
- You can open windows in your home.
- It is **NOT** mixed with any other cleaning product.



A bucket and rags are helpful.

You can use gloves while you clean if you choose.





Adapted from Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>



## Problem Solving:

Problem	Potential Solution
I do not have cleaning supplies.	It can be hard to find disinfectant at the stores, since so many people need it right now. If you do not have any disinfectant, it is okay. The first step is to use soap and warm water and soap is still available at stores. If you cannot disinfect after cleaning, that is okay. Focus on cleaning high touch surfaces (door handles, counter tops, drawers and cabinets, stair rails) once per day.
I do not have gloves to use when I am cleaning.	Many stores have sold out of gloves. If you do not have gloves to use it is okay. Just remember to try not to touch your face while you are cleaning and wash your hands as soon as you are done.
How do I clean if someone in my house has COVID-19?	If someone in the home is ill, that person should stay in specific room and away from other people in the home as much as possible. You can provide cleaning supplies to an ill person so they can clean and disinfect the room(s) they are using. If you must share a bathroom then it should be cleaned and disinfected after each use by someone who is ill. Do not share a trashcan and consider using disposable food service items.

## Helpful Websites Related to Cleaning:

 Centers for Disease Control and Prevention <small>CDC 24/7: Saving Lives, Protecting People™</small> <b>Cleaning and Disinfecting Your Home</b>  <a href="https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html">https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html</a>	 Centers for Disease Control and Prevention <small>CDC 24/7: Saving Lives, Protecting People™</small> <b>Cleaning and Disinfection for Households</b>  <a href="https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html">https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html</a>
--	---

# Cleaning Checklist

Date					
Each day use soap and warm water to wipe high touch surfaces. These include:					
Tables where you eat					
Doorknobs you use often					
Light switches you use often					
Countertops					
Handles (cabinets, drawers) you use often					
Toilets					
Faucets					
Sink					
Next, wipe down your phone, computer mouse, tablet, remote control, and keyboard.					
Turn off and unplug your devices.					
Get a dry cloth (microfiber or anything soft that will not scratch your device will work).					
Put a <b>very small</b> amount of soap and warm water on your cloth and wipe your device.					
Dry the device with another cloth.					
If you have bleach mixed with water (see above) or approved disinfectants (Clorox or Lysol wipes/spray that says "disinfectant"), you can use these next on high touch surfaces after cleaning.					
Spray/wipe the disinfectant on the surface.					
Leave the solution on the surface for 1 minute. <i>Note:</i> Open windows if using bleach and close them after disinfecting.					
Wipe the solution off the surface with a damp rag after it sits for 1 minute.					
Other cleaning					
Clean carpet with soap and water					
Wash linens and clothing					
Clean clothing hamper					
Wash hands after cleaning					

# Websites About Daily Living Resources

Resource	Description	Access
<b>Autism Society of Minnesota Guide to Managing the Quarantine and Self-Distancing</b>	Online guide that can be downloaded and printed with information on developing schedules	<a href="https://ausm.org/images/docs/PandemicGuideforASDAdults2020.pdf">https://ausm.org/images/docs/PandemicGuideforASDAdults2020.pdf</a>
<b>Autism Society of America Toolkit</b>	Online toolkit for COVID-19 with information on modifying schedules and lifestyle supports (community living, food and nutrition, and loss wages)	Modifying Schedules: <a href="https://www.autism-society.org/COVID-modifying-routines/">https://www.autism-society.org/COVID-modifying-routines/</a>
<b>Autism Society of America Toolkit</b>	Online toolkit for COVID-19 with information on modifying schedules and lifestyle supports (community living, food and nutrition, and loss wages)	Lifestyle supports: <a href="https://www.autism-society.org/COVID-lifestyle-supports/">https://www.autism-society.org/COVID-lifestyle-supports/</a>



# 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.

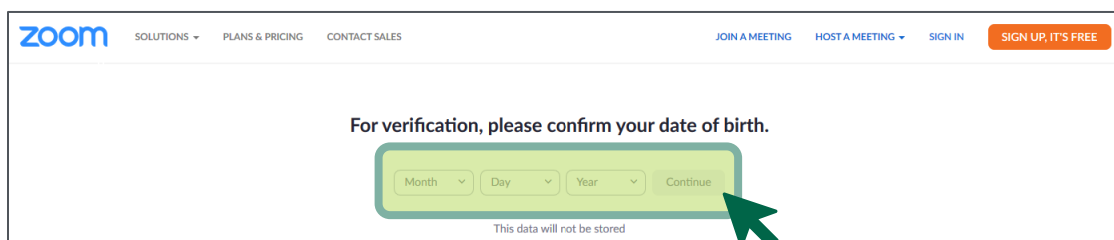


## Resources include:

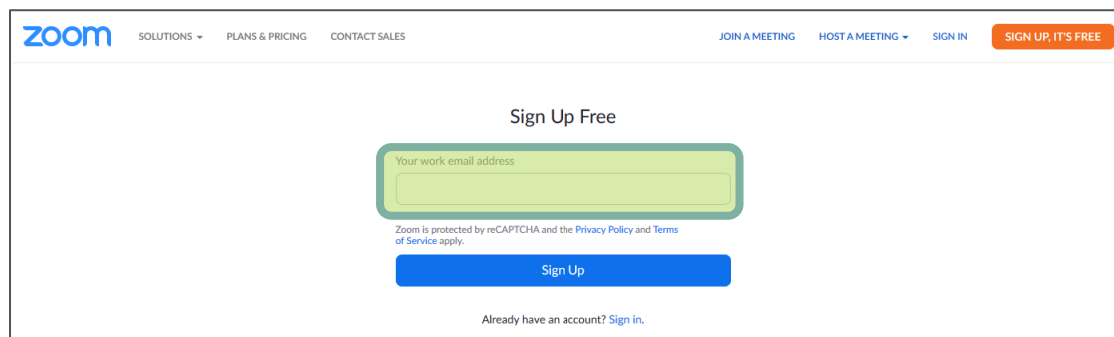
- How to Create a Zoom Account and Host a Meeting
- Joining Zoom from Email
- Joining Zoom from Phone (Apple device)
- Fun Group Video Call Ideas
- Websites for Social Connectedness Resources

# How to Create a Zoom Account and Host a Meeting

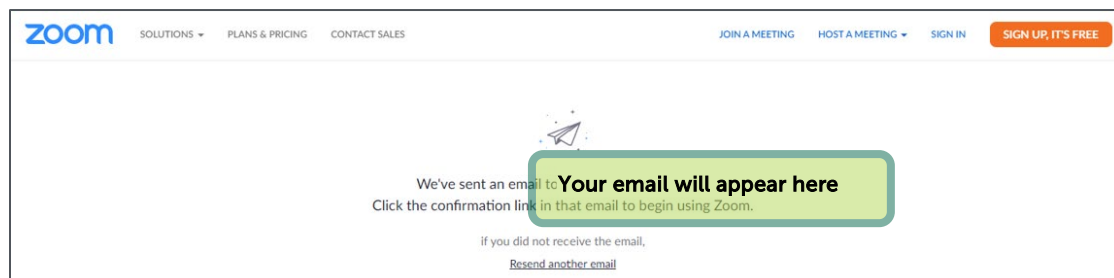
1. Go to <https://zoom.us/signup> and begin the steps to sign up for a free account.



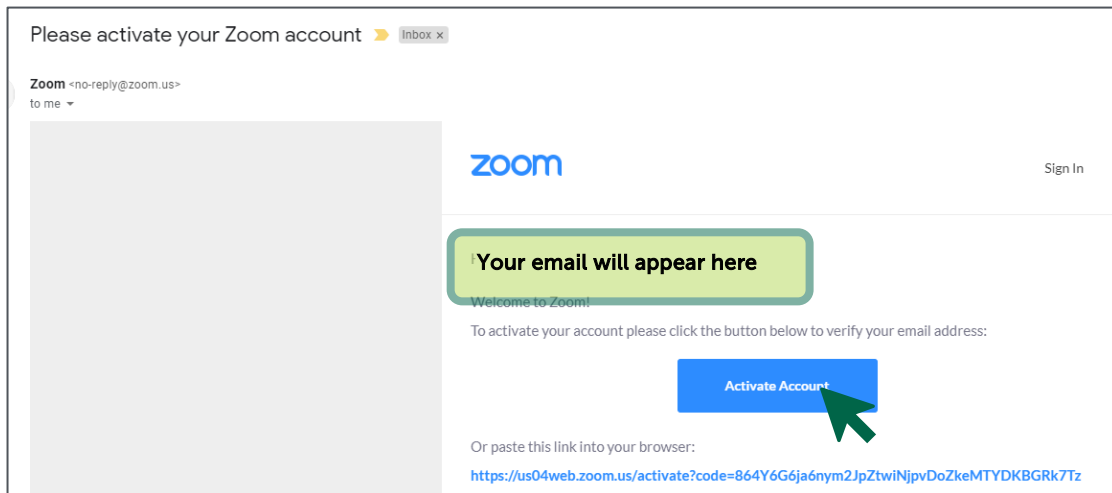
2. Enter in your email address.



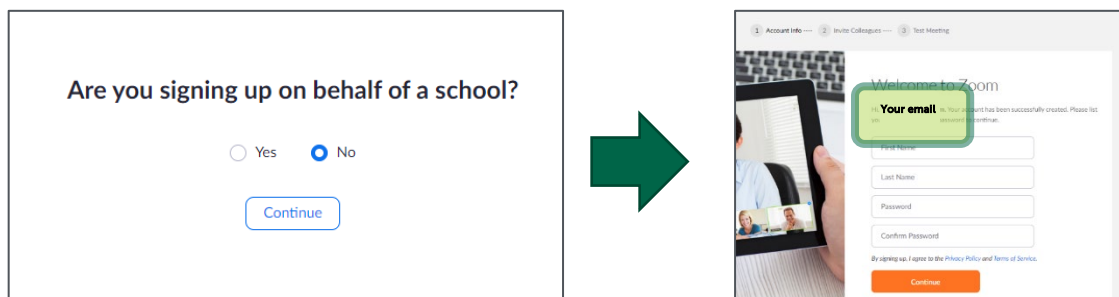
3. Go to your email and open the *Please activate your Zoom account* email sent by Zoom, email: [no-reply@zoom.us](mailto:no-reply@zoom.us)



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

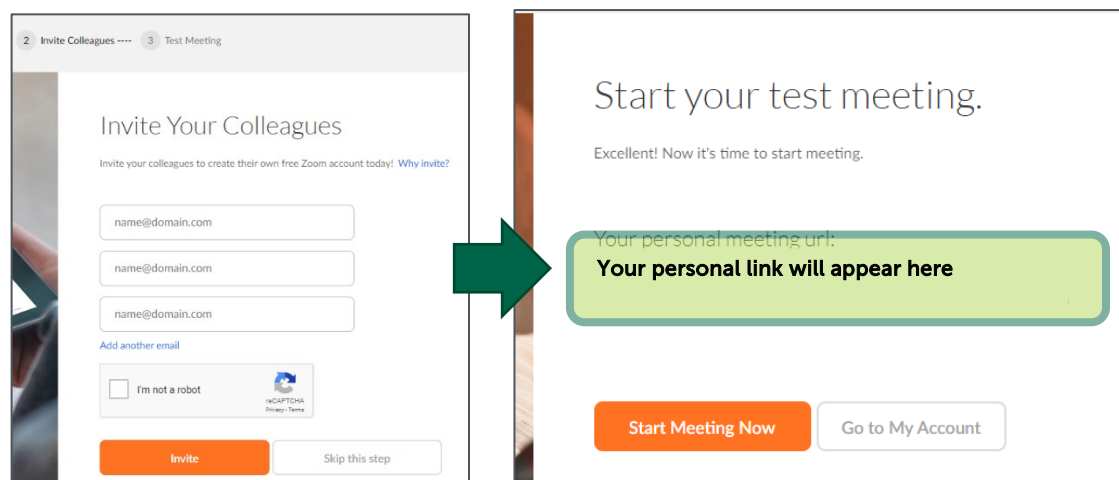


#### 5. The link will open up to the remaining signup steps. Answer the questions and enter requested information:

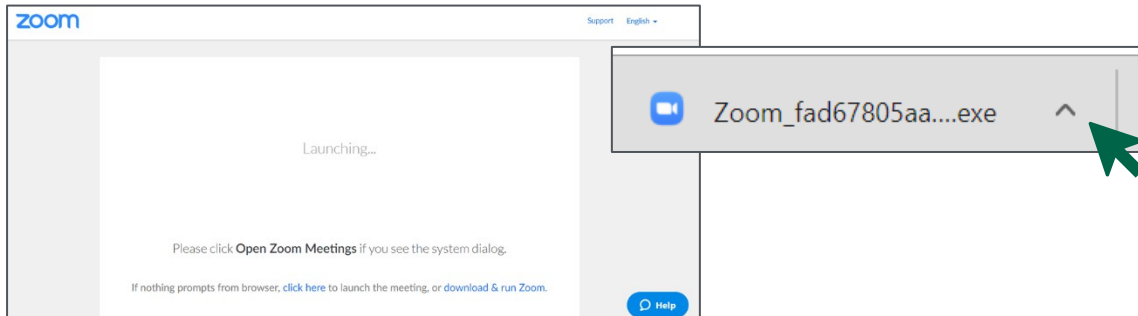


#### 6. Invite your friends and family or skip this step!

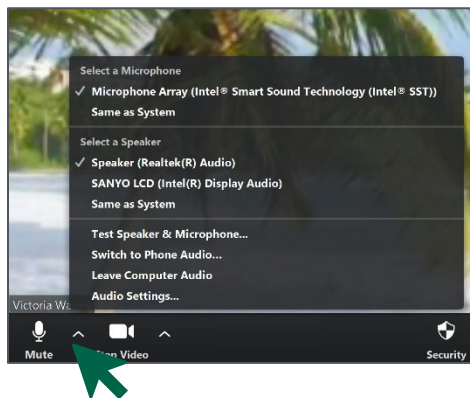
#### 7. Start a test meeting.



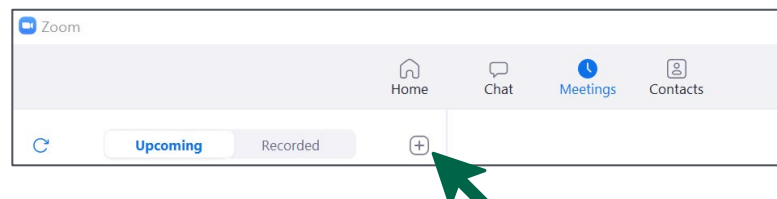
8. Zoom should automatically open to download.
  - i. If the download does not automatically open, you can right click the file and click **Open** to start the download process. Follow the prompts to download.



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.

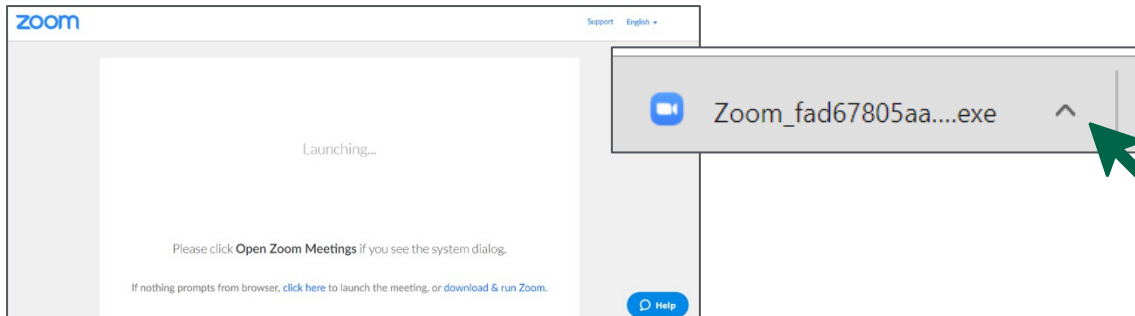
12. You can go to your Zoom Meeting on the account to copy the invitation to send via email or text! You can start the meeting from the account when it is time!

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

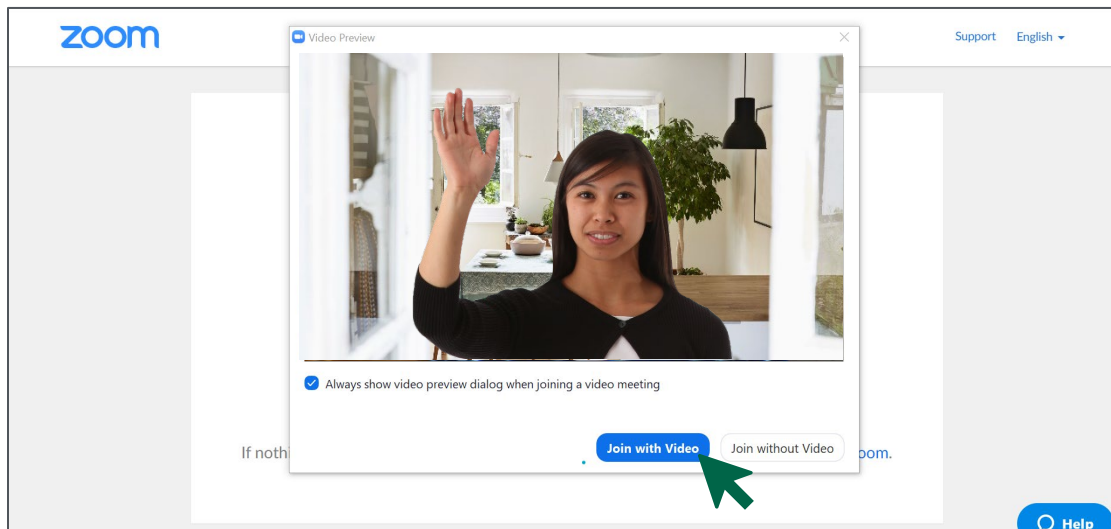


# Joining Zoom from Email

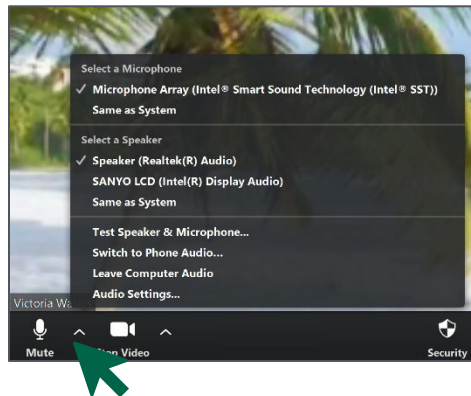
1. Click the Zoom meeting link from your email. Zoom should automatically open to download.
  - i. If the download does not automatically open, you can right click the file and click *Open* to start the download process. Follow the prompts to download.



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



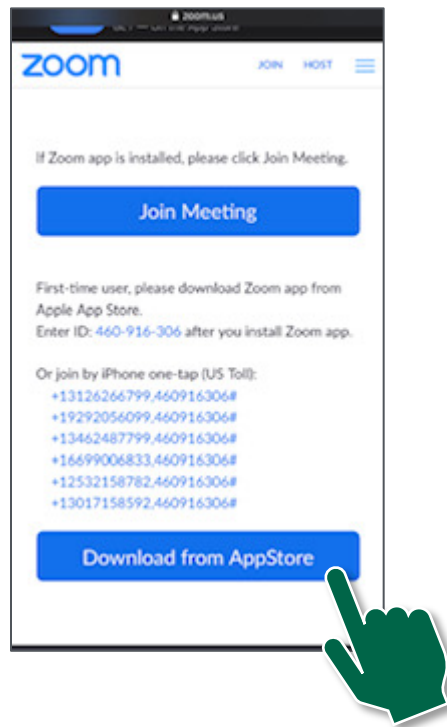
3. Your video screen will open up. You can see the volume and video settings in the lower left screen.
  - i. Click the **arrow next to the mute button** to select your microphone and speaker, test your speaker and microphone, and click for additional audio settings.



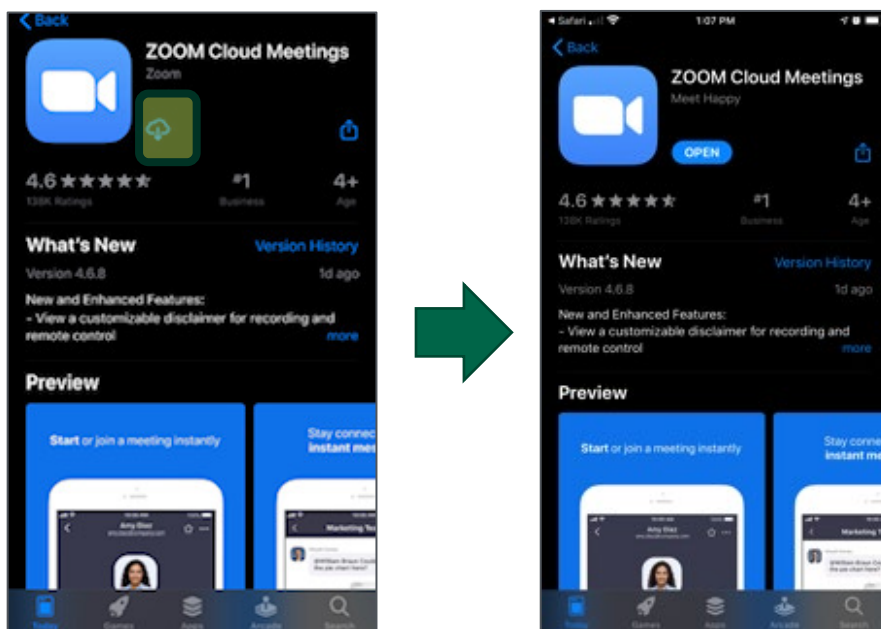
Resource	Description	Access
Zoom Support	Video instructions and additional information for various platforms (Windows, Apple, Android)	<a href="https://support.zoom.us/hc/en-us/articles/201362193-How-Do-I-Join-A-Meeting-">https://support.zoom.us/hc/en-us/articles/201362193-How-Do-I-Join-A-Meeting-</a>

# Joining Zoom from Phone (Apple device)

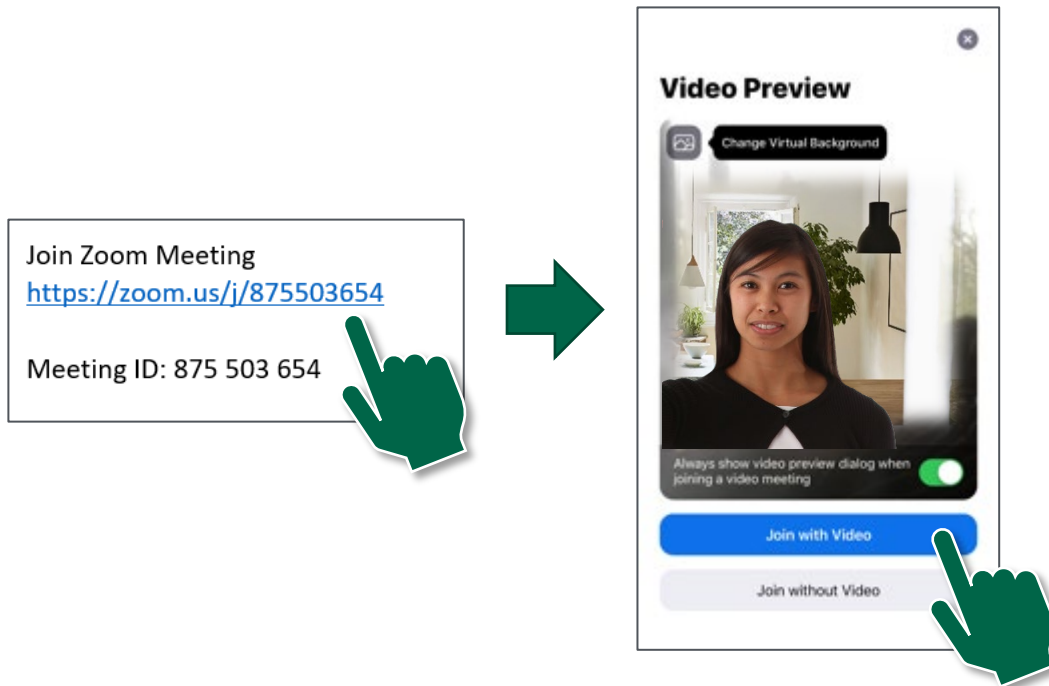
1. Click on the meeting link from your email. It will bring you to a webpage and you will see the screen below. Select **Download from AppStore**.



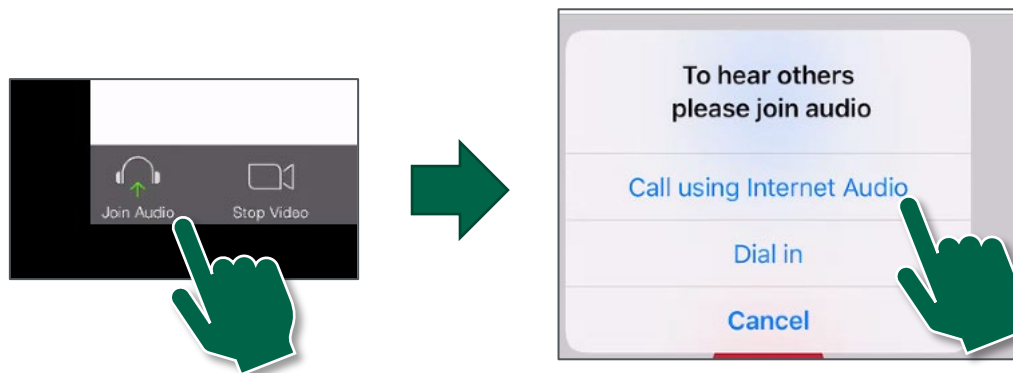
2. The link will direct you to the AppStore. Click to download and wait for the app to complete downloading.



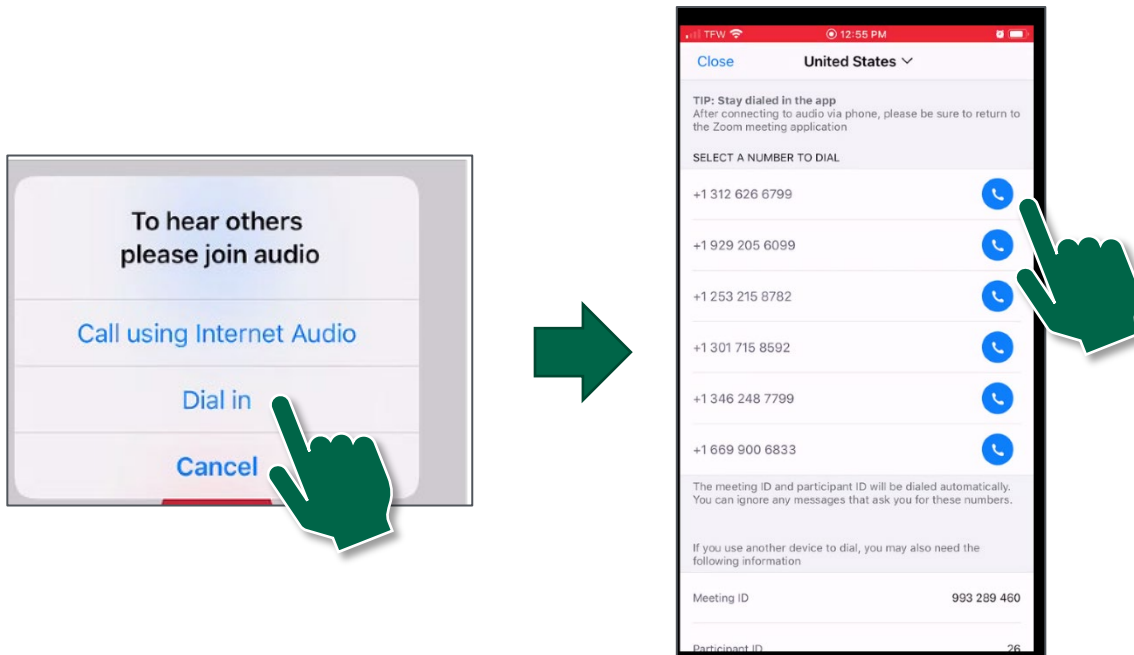
3. When the app is downloaded, you can go back to your meeting link email:
  - i. Click the **Join Zoom Meeting** link and it will open the meeting in the app.
  - ii. Click **Join with Video** or **Join without Video**



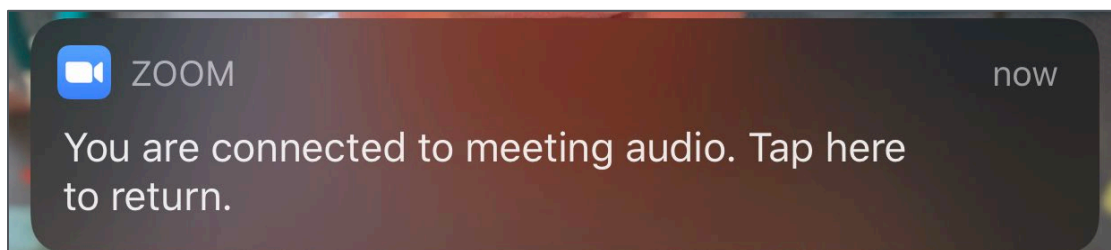
4. The video screen (if **Join with Video** was selected) or a blank screen (if **Join without Video** was selected) will open:
  - i. Select **Join Audio** in the lower left-hand corner.
  - ii. Select **Call using Internet Audio**



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



# Mental Health Resources

Many of us will need additional resources to support our mental health and well-being because of the changes in daily life, social connectedness, and work. Exercising and staying active at home can support mental well-being. Below are resources for remaining active at home along with other mental health supports.



## Resources include:

- FACECOVID
- Staying Active
- Coping Strategies
- Crisis Supports
- Websites for Mental Health Resources



# FACE COVID



## Focus on what you can control

Say to yourself "I can control what I am doing here and now."



## Acknowledge your thoughts and feelings

Silently and kindly acknowledge any thoughts and feelings



## Come back into your body

Slowly stretch your arms or neck, shrug your shoulders  
Take slow, deep breaths



## Engage in what you are doing

Notice 5 things you can see, 3 things you can hear, 1 thing you can smell, and what you are doing

Repeat the above 2 to 3 times



## Commit to action

What can you do this week to help yourself? Or others?  
Write it down in your schedule.



## Open up

Acknowledge that your feelings are normal and that it is okay to feel what you are feeling



## Values

How do you want to treat yourself? Others? Values include love, humor, kindness, honesty...



## Identify resources

Identify 'Who' and 'Where' to get help, assistance, and support



## Disinfect and distance

Wash your hands and practice social distancing

Adapted from Rush Harris, 'The Happiness Trap' and 'I'm Learning ACT'

# Staying Active

Even though movement and travel are restricted during this time, regular physical movement and activity is still important for physical and mental health.



## Benefits:

- Regular activity helps the body stay healthy. It can reduce blood pressure, manage weight, and reduce the risk of various diseases. It can also improve strength, balance, flexibility, and overall fitness.
- Physical activity helps improve mental health by reducing the risk of depression and cognitive decline and improving overall feelings of well-being.
- By scheduling regular activity, you can help bring routine to your day.

## How Much? Move more, sit less:

- If you sit for long periods of time, take a 3-5-minute movement break.
- If you are not used to physical activity, start small and gradually increase your activity over time.
- Healthy adults should aim for at least 150 minutes of physical activity throughout the week. That could equal 30 minutes, 5 days a week.



## Stay Safe:

- If you have a fever, cough or difficulty breathing, DO NOT Exercise. Call your doctor.
- When walking, running, or biking, stay at least 6 feet from others, and wash or sanitize hands before and after.
- If you do not exercise regularly, start slowly with low intensity activities. Short walks are a good way to start.
- Choose the best activity for you! Pick an activity that you enjoy and that fits your current fitness level.

## Stay Active at Home:

- If you sit for long periods of time, take a 3-5-minute break every 20-30 minutes.
- Make time in your daily schedule to be physically active. Setting a routine will help you stay active every day.
- Record your activity on a weekly chart so you can see your progress.
- Look for online classes for yoga, aerobics, dancing, and other activities you can do at home.
- Set goals or commit to a plan with a family member or virtually with a friend. Encourage each other to stay active every day.



Adapted from the World Health Organization: <https://www.who.int/news-room/q-a-detail/be-active-during-covid-19>

# Coping Strategies

During this time of uncertainty and change, it is important to make time every day to engage in activities that help with coping and relaxation. This can look different for everyone. Use the suggestions below to choose activities that help you relax and cope with stressful situations. There are links below to provide some examples of available resources.



Remember to plan for an end time for these activities. It is important to vary the activities you do throughout the day and not to spend too much time doing just one activity.



## Stay Active

Physical activity can help the mind and the body stay calm

- Walk or run
- Ride a bike
- At home exercise routines ([Planet Fitness](#), [Body Project](#))

## Slow Down

Meditation, breathing and gentle activity can help with relaxation

- Meditate ([Headspace](#), [Calm](#), [HelloMind](#))
- Deep breathing and mindfulness exercises ([Pocket Mindfulness](#))
- Yoga (videos available on YouTube, [Yoga Anytime](#), [Yoga with Adriene](#))
- [Self-massage](#)



## Have Fun

Make time to do activities that you enjoy

- Read
- Play games or do puzzles
- Watch TV or movies
- Listen to or play music
- Art

## **Connect with others**

- Video or phone calls
- Play virtual games (apps like [House Party](#), [Uno! Online](#), [virtual jigsaw puzzles](#))
- Write a letter or email



# Crisis Supports

## Lifeline Crisis Chat

Provides emotional support, crisis intervention, and suicide prevention services

## Crisis Text Line

Text HOME to 741741

## National Suicide Prevention Lifeline

1-800-273-8255

## IMALIVE

Crisis intervention, and suicide prevention services

## American Association of Poison Control Centers

1-800-222-1222

## National Alliance on Mental Illness HelpLine

Text NAMI to 741741

## Warmlines

Not in a crisis but just want someone to talk to.

# Websites About Mental Health

Resource	Description	Access
<b>Autism Society of America Toolkit</b>	Online toolkit for COVID-19 developed by Autism Society	Mental Health and Respite: <a href="https://www.autism-society.org/COVID-mental-health-respite/">https://www.autism-society.org/COVID-mental-health-respite/</a>
<b>Autism Society of Minnesota Guide to Managing the Quarantine and Self-Distancing</b>	Online guide that can be downloaded and printed with information on managing mental health	<a href="https://ausm.org/images/docs/PandemicGuideforASDAdults2020.pdf">https://ausm.org/images/docs/PandemicGuideforASDAdults2020.pdf</a>
<b>Finding Local Mental Health Resources During the COVID-19 Crisis</b>	Locating local mental resources from American Psychological Association (APA)	<a href="https://www.apa.org/topics/COVID-19/local-mental-health">https://www.apa.org/topics/COVID-19/local-mental-health</a>
<b>Grief and COVID-19 Crisis: Mourning Our Bygone Lives</b>	How to cope with life changes resulting from COVID-19 from American Psychological Association (APA)	<a href="https://www.apa.org/news/apa/2020/04/grief-COVID-19">https://www.apa.org/news/apa/2020/04/grief-COVID-19</a>
<b>Keeping Your Distance to Stay Safe</b>	Social distancing from American Psychological Association (APA)	<a href="https://www.apa.org/practice/programs/dmhi/research-information/social-distancing">https://www.apa.org/practice/programs/dmhi/research-information/social-distancing</a>
<b>Seven Crucial Research Findings that can Help People Deal with COVID-19</b>	Tips and strategies for anxiety from American Psychological Association (APA)	<a href="https://www.apa.org/news/apa/2020/03/COVID-19-research-findings">https://www.apa.org/news/apa/2020/03/COVID-19-research-findings</a>
<b>TEACCH Tips</b>	Tips and strategies for relaxation and being flexible with routines from TEACCH	Relaxation Strategies: <a href="https://teacch.com/resources/teacch-tips/teacch-tip2-relaxation-strategies-routines/">https://teacch.com/resources/teacch-tips/teacch-tip2-relaxation-strategies-routines/</a> Flexible Routines: <a href="https://teacch.com/resources/teacch-tips/7flexibleroutine/">https://teacch.com/resources/teacch-tips/7flexibleroutine/</a>

# References

- Centers for Disease Control and Prevention. (2020) *Coronavirus (COVID-19)*, CDC. Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Harris, R. (2008). *The Happiness Trap: Based on ACT--a Revolutionary Mindfulness-based Programme for Overcoming Stress, Anxiety and Depression*. Robinson.
- Hume, K., Waters, V., Sam, A., Steinbrenner, J., Perkins, Y., Dees, B., Tomaszewski, B., Rentschler, L., Szendrey, S., McIntyre, N., White, M., Nowell, S., & Odom, S. (2020). *Supporting individuals with autism through uncertain times*. Chapel Hill, NC: School of Education and Frank Porter Graham Child Development Institute, University of North Carolina at Chapel Hill. Retrieved from: <https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times>
- Keach, S. (2020). *ZOOM IN How to set up a Zoom call and nine ideas for fun group video calls in coronavirus lockdown*. The U.S. Sun. Retrieved 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/>
- World Health Organization. (2020). *Be Active during COVID-19*. World Health Organization. Retrieved from <https://www.who.int/news-room/q-a-detail/be-active-during-covid-19>

# Acknowledgements

The research reported here was supported by the Institute of Education Sciences, U.S. Department of Education through Grant R324B160038 and Grant R324A180091 awarded to University of North Carolina at Chapel Hill. The opinions expressed represent those of the authors and do not represent the U.S. Department of Education.

# Suggested Citation

Sam, A., Dees, B., Waters, V., Hume, K., Steinbrenner, J., Tomaszewski, B., Perkins, Y., White, M., Rentschler, L., McIntyre, N., Szendrey, S., Nowell, S., & Odom, S. (2020). *Supporting adults with autism through uncertain times: Companion guide*. Chapel Hill, NC: School of Education and Frank Porter Graham Child Development Institute, University of North Carolina at Chapel Hill. Retrieved from: <https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times>