

# PDX ACCESSIBLE RESOURCE GUIDE

This resource guide was developed during COVID-19 for the blind and low vision community in the Portland, Oregon area. Though this is not a complete rendering of all available resources, it is a wide collection. Updates to this guide will be published online where you can read, download or contribute at: <https://www.AutumnLouiseSchaefer.com/Access> You can send updates or corrections through the online guide contact page by filling in the contact form. **Please share this guide, it is for everyone.**

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## HOW TO READ THIS GUIDE

This guide contains a wealth of information, it is recommended to utilize the table of content links to go to the category you want to read or to scroll through categories rather than reading this entire guide at once. To scroll through categories or return to the table of contents: screen readers can use “heading navigation” and visual readers can use keyboard commands for your system, or the “page up” and “page down” keys. For magnification options within the PDF: if the menu bar is displayed select + button or in the top navigation select “view”, then in drop down select “zoom”.

## ACCESSING THE INFORMATION

It is recommended to use these websites on a computer where they may be screen reader friendly or compatible with various forms of magnification. Some websites may prompt you to download the app, which may not be as accessible. This is most often not necessary. If you are accessing a site from a device, keep in mind even though you are using a website link and not an app, these will often automatically load in the mobile version, which can be less accessible. You can try selecting the browser menu to choose “desktop version” and see if that helps, if not, use a computer instead. For some links, you may need to copy and paste the link into your browser. For certain websites, a screen reader might not work with a browser. If this happens, try using the Google Chrome browser instead. Please report inaccessible websites by email to: [accessiblenow@nfb.org](mailto:accessiblenow@nfb.org)

## FOOD & ESSENTIALS SUPPORT

**Food assistance** - to apply for SNAP, find food banks & free school meals. For screen readers, use Chrome browser to access: <https://www.oregonfoodbank.org/find-help/find-food/> or call Portland SNAP line: 503-945-5600

**Aging & disability resource connection** - for help with food stamps, caregiving, & medical insurance: call M-F 8:00am – 5:00pm 503-988-3646

**Online shopping with EBT** - now you can shop for groceries online with your SNAP EBT card accepted by Walmart & Amazon (see *Grocery Delivery* in TOC for those order links). For best results use a computer when setting up your card and making an order, some have reported it does not work with a device. Walmart has an option to add card at check out and on both Amazon Pantry and Amazon Fresh, you must first set up your EBT card online here: [www.Amazon.com/SNAP](http://www.Amazon.com/SNAP)

**Grocery shopping guidelines & cleaning groceries:**

<https://www.ecowatch.com/groceries-coronavirus-health-2645656475.html>

**Food, essentials & medication delivery** - for disabled and/ or high-risk in Portland from the Catalyst Care Network, fill out request form here: <http://form.iotform.com/200877320431145>

**Request a food box** - fill out the form here: <https://airtable.com/shrZQpcnx4Et3MGCh>

**Emergency food delivery** - Sunshine Division with Portland Police will do “no-contact” food box deliveries M-F for homebound residents in Portland or Gresham. Register here: <https://sunshine-division.cyrkusevents.com>

**Food & essentials help via text** - Alongsider’s Church can deliver food, supplies & more. To get help, text the word: CARE to 503-232-5155 you will receive an automated text with a link, click the link then fill out the form and submit it, and they will call you.

**Local Covid-19 assistance resources** - to find updated resources in your area, including shelters, food banks, hotlines, rent & utility assistance, free lunches for kids, childcare and more

Online resource finder: [www.211info.org](http://www.211info.org)

By phone - from a cell: 211 or from a landline: 503-222-5555

By text - text your zip code to: 898211

By email: [help@211info.org](mailto:help@211info.org)

**More local resources page:**

<https://multco.us/novel-coronavirus-covid-19/community-resources>

**Rent payment delay guidelines:** <https://beta.portland.gov/phb/rental-services/multnomah-county-city-portland-covid-19-eviction-moratorium-faq>

**Utilities** - many companies are delaying shut off and waiving late fees. Contact your company to find out more. Get utility assistance by calling 211 or St. Vincent De Paul at 503-235-8431

**Internet** - Xfinity/ Comcast: Internet Essentials is free to new customers for 60 days, this reduced price internet service is available to all qualified low-income households for \$9.95/month. To apply: <https://apply.internetessentials.com/> or call 1-855-846-8376

To learn about other options with Comcast:

<https://wifi.xfinity.com/> Disability phone line: 855-270-0379

**Sighted assistance** - Be My Eyes: <https://www.bemyeyes.com/>

## **GROCERY DELIVERY**

When trying a new site first enter your zip code to confirm they will deliver to you, then note the date delivery is available before going through the process of putting together an order. Currently, grocers have more fresh produce options and quicker delivery than Amazon. For best service and availability schedule deliveries in the morning if possible. Delivery services such as Insta Cart and Postmates deliver for various stores and you choose the store through their site. Both of those delivery services and Amazon Fresh often have same day delivery for a small delivery fee. Some sites have a small service fee and waive delivery fees for larger orders. To watch your budget using direct store delivery like Fred Meyer, for example, has options to clip coupons and even shop in a sale category. Sign up for the store's free club or rewards card ahead of time if you don't have one, these usually give you more savings when you check out and often will give you digital coupons. Be sure to be signed in to your club or rewards card before starting your order. Sometimes delivery fees vary depending on how quickly you want the items, so planning ahead gives you more savings. You can share expenses with a friend or neighbor by ordering together or arranging pick-up.

**TriMet Lift grocery delivery** - this service is for current TriMet LIFT customers only. You must pre-order food then order pick-up for next day or later with Fred Meyer, Safeway, Albertson's, Walmart, Insta Cart, Food Banks or Food Pantries. For more info: <https://trimet.org/lift/delivery.htm> or call 503-962-8000

**Radio Cab delivery** - this service is for grocery, pharmacy and restaurants delivery. Items must be paid for and ready for pick up, costs \$3.50 + \$2.60 per mile. To order pick up, call 503-227-1212

**Call In grocery delivery** - GoGo Gourmet: <https://www.gogogourmet.com/>

**Insta Cart** - many stores, same day delivery available: <https://www.instacart.com/>

**Postmates** - grocery, restaurant, alcohol & more: <https://postmates.com/>

**Amazon Fresh:** <https://www.amazon.com/alm/storefront?almBrandId=QW1hem9uIEZyZXNo>

**Amazon Pantry:**

[https://www.amazon.com/psx/info/?\\_encoding=UTF8&ref=sv\\_PNTRY\\_OS\\_STF\\_WAY\\_4](https://www.amazon.com/psx/info/?_encoding=UTF8&ref=sv_PNTRY_OS_STF_WAY_4)

**Amazon Prime Now** - Amazon & Whole Foods: <https://primenow.amazon.com>

**Fred Meyer:** <https://www.fredmeyer.com>

**Walmart:** <https://grocery.walmart.com/locations/delivery/>

**Safeway:** <https://www.safeway.com>

**Costco:** <https://www.costco.com/my-life-costco-grocery-online-delivery.html>

**Albertsons:** <https://www.albertsons.com>

**Target:** <https://www.shipt.com/target>

**QFC:** <https://www.qfc.com/i/ways-to-shop/delivery>

## MEAL DELIVERY

For more budget-friendly options for restaurant deliveries, use filters or browse by category. For example, on Caviar, you can browse by "free delivery" and sometimes you can filter by the amount of dollar signs (more dollar signs mean a higher price). There is the option to Google search "restaurants near me that deliver." Some of these restaurants, like Chinese or pizza, will have their own delivery but most of them use delivery services now.

**My Fit Foods** - they make meals at good cost and deliver for free. Use code DELIVER for a 20% discount: <https://www.myfitfoods.com/>

**Postmates:** <https://postmates.com/>

**Grub Hub:** <https://www.grubhub.com/>

**Caviar:** <https://www.trycaviar.com>

**Uber Eats:** <https://www.ubereats.com/>

**DoorDash:** <https://www.doordash.com>

**Radio Cab** - restaurant delivery. Food must be paid for & ready for pick up, costs \$3.50 + \$2.60 per mile. To order pick up call 503-227-1212

**Call In meal delivery** - GoGo Gourmet: <https://www.gogogourmet.com/>

## SAFE SHOPPING & OUTINGS

When going out in public, be sure to identify yourself as a blind person with your cane or guide dog. Be verbal in claiming your space when people are near. You can be friendly yet firmly let them know you can't see them and they need to maintain the distance. To increase your safety, find out when your store offers priority hours (for seniors, high-risk & disabled) or try to arrive when the store opens.

Keeping distance will be much easier when stores are not crowded. Be sure to always wear gloves and a face covering.

**Running essential errands** - CDC guidelines:

[https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html?utm\\_campaign=20200430\\_cvd\\_prv\\_gal&utm\\_content=english&utm\\_medium=email&utm\\_source=govdelivery](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html?utm_campaign=20200430_cvd_prv_gal&utm_content=english&utm_medium=email&utm_source=govdelivery)

**Tips for social distancing while blind** - The Lighthouse Guild:

<https://www.lighthouseguild.org/newsroom/how-people-who-are-blind-or-have-low-vision-can-safely-practice-social-distancing-during-covid-19/>

**Coronavirus & blindness:** <https://visionaware.org/blog/visionaware-blog/coronavirus-and-blindness-how-to-prepare-and-take-care/>

**Guide Dogs and the coronavirus:**

<https://www.afb.org/blog/entry/guide-dogs-coronavirus>

**Oregon Covid-19 guidance:** [The Public](#)

**Face covering instructions** - CDC: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

**Make a face mask at home:** <https://sports.yahoo.com/four-easy-ways-no-sew-212255257.html>

**Reusable masks for blind/ low vision** - handmade by Mitsy Kit \$3 + shipping while supplies last.  
Call to order: 978-419-1824

**Request protective supplies here:**

<https://www.portlandoregon.gov/civic/article/759335?fbclid=IwAR0wl-vgFk2phrQe-1EFK9ol6tqpS7xaNN-rGAeds7PWQwM6CNqxyIRGw6U>

## TRANSPORTATION

**TriMet & TriMet LIFT** - service updates: <https://trimet.org/health/>

Reduced fare info: [qualify and apply online](#) (also see TriMet LIFT under *Grocery Delivery* section)

**Rideshare call in service** - GoGo Grandparent offers 24 hour call in service to use Lyft or Uber without an app. A small fee is added to regular ride price. Sign up:

<https://gogograndparent.com/register>

Or call 855-464-6872

**Lyft ride share credit** - \$25 off code for essential rides, available only to current members of the National Federation of the Blind. Contact Oregon NFB president or your chapter (*see Blind Community Resources*)

**Get There Oregon** - this is a trip planning tool that connects people to transportation options including carpool matching, transit and more: <https://getthereoregon.org/>

## COVID INFORMATION

**Accessible Covid-19 statistics tracker** - for screen reader users. This may not be compatible with Zoom Text or Fusion: <https://cvstats.net/>

Text table with sort capability, click on column heading to sort by. 2nd click to reverse order: <https://www.blindbargains.com/bargains.php?m=21613>

**Your Covid-19 questions answered** - KGW8:

<https://www.kgw.com/article/news/health/coronavirus/coronavirus-covid-19-questions/283-57d7ff56-1bb6-4040-851f-7dd2aca47c51>

**Oregon reopening updates:** <https://govstatus.egov.com/or-covid-19>

**Cleaning up germs without vision** - insight4blind: [https://www.youtube.com/watch?v=xfBcWTY\\_-co](https://www.youtube.com/watch?v=xfBcWTY_-co)

**Emergency prepared supplies:** <https://www.ready.gov/kit> PDF: [Emergency Supply List - Ready.gov](#)

**The Liturgist podcast** - Covid-19 the science, how to help, & handling stress:

<https://podcasts.apple.com/us/podcast/covid-19-the-science-how-to-help-and-handling-the-stress/id903433534?i=1000468847297>

## HEALTH CARE

**Tele Health/ Tele Medicine** - due to the Coronavirus, some insurances will temporarily cover phone and video appointments for health care and mental health appointments. This may be extended for high-risk patients. Call your medical provider directly to schedule.

**Accessible tool for checking risk factors:** <https://c19check.com/start>

**What to do if you're sick:** [https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html?utm\\_campaign=20200408\\_gmd\\_prv\\_gal&utm\\_content=english&utm\\_medium=email&utm\\_source=govdelivery](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html?utm_campaign=20200408_gmd_prv_gal&utm_content=english&utm_medium=email&utm_source=govdelivery)

**Avoiding disability-based discrimination in treatment rationing:**

[https://www.centerforpublicrep.org/wp-content/uploads/2020/04/Guidance-to-States-Hospitals\\_FINAL.pdf](https://www.centerforpublicrep.org/wp-content/uploads/2020/04/Guidance-to-States-Hospitals_FINAL.pdf)

**Mental Health crisis line:**

Multnomah County 503-988-4888

Washington County 503 -291-9111

**Hotline finder** - request phone numbers for help with substance abuse, suicide, domestic or child abuse, LGBTQ, youth & more by calling: 211 or 503-222-5555

## WELLNESS

Because of the way the Covid-19 virus affects blood and oxygen in the body, many health professionals are highlighting the importance of hydration and exercise to reduce risks.

**Naturopathic recommendations to prevent Covid-19:** [Download PDF](#)

**Stress & taking care of emotional health** - CDC: <https://emergency.cdc.gov/coping/selfcare.asp>

**Free guided meditations** - Headspace: <https://www.headspace.com/covid-19>

**Brain breaks & mindful activities:** <https://mindup.org.uk/mindup-activities/>

**Healthy living resources** - meditations, tools for self-care, relationships, recovery, and more: <https://AutumnLouiseSchaefer.com/resources>

**Healthy living head to toe** - Portland Sunday Parkways  
<https://www.portland.gov/sunday-parkways/healthy-living-head-toe>

**Staying healthy during Covid-19** - Healthy Living Journal:  
<https://AutumnLouiseSchaefer.com/journal-stayinghealthy>

**Wednesday Wellness Events** - American Council of the Blind  
7:00 am - Healthy Living Accountability Check-in for those who want to support one another through their eating, exercise and other healthy lifestyle choices.  
6:00 pm - Meditation Celebration followed by Midweek Serenity.  
Anyone is welcome to join any of our events. Subscribe to the Community Events email list to get the daily schedule and Zoom links: <http://acblists.org/mailman/listinfo/acb-community-events> or email Cindy for assistance: [community@acb.org](mailto:community@acb.org)

## **SPIRITUAL SUPPORT & ENCOURAGEMENT**

**Online church finder, varied denominations:** <https://www.guideposts.org/better-living/life-advice/managing-life-changes/online-church-services-to-watch-at-home>

**Local live church service & community** - Alongsider's Church  
Online service is at 10:00am on Sundays via the website, and you can access closed captions on Facebook live through your Facebook settings. Also, see calendar for more online events:  
[www.alongsiderschurch.org](http://www.alongsiderschurch.org)

**Inner Work community blog** - on humanity and encountering God:  
<https://www.innerworkcommunity.com/blog-1>

**Say Yes: a liturgy of not giving up on yourself:**  
<https://www.scottericksonart.com/#/watch-say-yes/>

**Good newsletter:** Free weekly email filled with life changing good news:  
<https://www.goodgoodgood.co/goodnewsletter>

**Sounds Good podcast** - conversations with optimists and world-changers who use their influence for good: <https://podcasts.apple.com/us/podcast/sounds-good-with-branden-harvey/id1080864041>  
(you can also find positive news in *News* category)

## EXERCISE

Health professionals are recommending daily movement to reduce risks. This can be simple like taking the stairs, walking, jumping jacks, etc. For your safety, be sure to clear ample space, remember to stretch, and stay hydrated. When following a guided exercise, always pay attention to your own body's needs and limitations.

**Eyes free fitness** - You Tube workouts:

[https://www.youtube.com/channel/UCSJCXbR\\_C7IztG4us-8Hjw/featured](https://www.youtube.com/channel/UCSJCXbR_C7IztG4us-8Hjw/featured)

**Audio described exercises** – Hadley

[https://hadley.edu/discussions/episode.asp?podcast=GetUpAndGo&episode=Audio\\_Described\\_Exercises](https://hadley.edu/discussions/episode.asp?podcast=GetUpAndGo&episode=Audio_Described_Exercises)

Get up and go Zoom chat - <https://hadley.edu/discussions/GetUpAndGo.asp>

**Accessible workouts** - local **Northwest Association for Blind Athletes:**

<https://www.youtube.com/playlist?list=PL387-0At19vbsCZBACCrVgRQymDfndI4R>

Video library: <https://nwaba.org/sports-programs/video-resource-library-1/>

PE exercise worksheets: <https://nwaba.org/programs/sports-adaptations/>

30 day exercise challenge: <https://www.youtube.com/user/nwaba1>

**Virtual workout programs for NWABA registered athletes.** Before attending a virtual program, you must be registered with [Northwest Association of Blind Athletes](#). For registration assistance email [mholmes@nwaba.org](mailto:mholmes@nwaba.org) Once registered, email the programs staff associated with the day you are interested in attending to get the workout details:

Mondays 12:00 pm - Low Impact with JoJo – [jsmyth@nwaba.org](mailto:jsmyth@nwaba.org)

Tuesdays 9:00 am - High Impact with Tara – [trogowsky@nwaba.org](mailto:trogowsky@nwaba.org)

Wednesdays 7:00 am - Low Impact with Megan – [mahleman@nwaba.org](mailto:mahleman@nwaba.org)

Thursdays 6:00 pm - High Impact with Mary – [mholmes@nwaba.org](mailto:mholmes@nwaba.org)

**Aaptiv audio app** - 7 day trial: [https://aaptiv.com/fitness-](https://aaptiv.com/fitness-evaluation?utm_source=Google&utm_campaign=957044766&utm_term=%2Baaptiv&utm_medium=cpc&qclid=Cj0KCQjw4dr0BRCxARIsAKUNjWRujYy38BtxySrVo12VMSeVUrSPHkrxDGjqFdkOQnUWsIG4mXji_eUaAiliEALw_wcB)

[evaluation?utm\\_source=Google&utm\\_campaign=957044766&utm\\_term=%2Baaptiv&utm\\_medium=cpc&qclid=Cj0KCQjw4dr0BRCxARIsAKUNjWRujYy38BtxySrVo12VMSeVUrSPHkrxDGjqFdkOQnUWsIG4mXji\\_eUaAiliEALw\\_wcB](https://aaptiv.com/fitness-evaluation?utm_source=Google&utm_campaign=957044766&utm_term=%2Baaptiv&utm_medium=cpc&qclid=Cj0KCQjw4dr0BRCxARIsAKUNjWRujYy38BtxySrVo12VMSeVUrSPHkrxDGjqFdkOQnUWsIG4mXji_eUaAiliEALw_wcB)

**Down Dog app** - accessible workouts: <https://www.downdogapp.com/>

**Virtual Walk Across the USA** - with Oral Hull Foundation

Join others in tracking your daily activity mileage (20 minutes = 1 mile), they tally up everyone's miles. So far the group has virtually ridden ostriches, whitewater rafted, visited wineries, backpacked through the Nez Perce Clearwater National Forrest and more. Call to join: 503-668-6195

**National Blind Sports Week Sept 28 - Oct 3** - United States Association of Blind Athletes

A virtual experience focused on participation and awareness of sports and opportunities available to athletes who are blind and visually impaired. To participate, contact Cat Bouwkamp at

[cbouwkamp@usaba.org](mailto:cbouwkamp@usaba.org) or (719) 866-3210

Visit the Facebook event page: <https://www.facebook.com/events/2951811324925132>

For more information: <https://www.usaba.org/third-annual-national-blind-sports-day-expands-to-week-of-virtual-programming-in-2020/>

## **Sports and Recreation Division** - National Federation of the Blind

Living the lives we want can include fully participating in sports and recreation. This division supports, provides resources and advocates to make fitness equipment and activities more accessible:

[www.nfbsportsandrec.org](http://www.nfbsportsandrec.org)

Join Facebook group: <https://www.facebook.com/groups/176619816827189/?ref=share> Join mailing list: [www.nfbnet.org/mailman/listinfo/sportsandrec\\_nfbnet.org](http://www.nfbnet.org/mailman/listinfo/sportsandrec_nfbnet.org)

## **Community Movement Events** - American Council of the Blind Mondays - Easy Chair Yoga

Wednesdays - Advance Yoga & Healthy Living Accountability Check-in

Thursdays - Resistance Workout

Saturdays - Varied Workouts (dance, kickboxing, weights, & more)

Anyone is welcome to join any of our events. Subscribe to the Community Events email list to get the daily schedule and Zoom links: <http://acblists.org/mailman/listinfo/acb-community-events> or email

Cindy for assistance: [community@acb.org](mailto:community@acb.org)

## **Self Defense & Stamina Classes** - Oregon Commission for the Blind

Available for current and previous clients of OCB

Stamina Classes currently meet on Zoom

Sightless Self Defense Jujitsu Thursdays to meet online soon

Call for details: 971-673-1588

## **LEARNING RESOURCES**

### **Free downloads of Braille and Word digital books** - through August 31st by National Braille Press:

Dinner Delivered: Accessible and Easy Ways to Receive Meals Direct to

Your Door by Kim Loftis and Chris Grabowski: <https://www.nbp.org/ic/nbp/DELIVERY.html>

Getting Visual Assistance with an iPhone by Judith Dixon:

<https://www.nbp.org/ic/nbp/VIS-ASSIST.html>

Navigating Healthcare, When All They Can See Is that You Can't by Deborah Kendrick:

<https://www.nbp.org/ic/nbp/NAV-HEALTH.html>

### **Zoom accessibility features & documents:**

<https://zoom.us/accessibility>

Shortcut and Hot Keys: <https://support.zoom.us/hc/en-us/articles/205683899-Hot-Keys-and-Keyboard-Shortcuts-for-Zoom>

Free audiobook Meet Me Accessibly - a guide to zoom cloud meetings from a blindness perspective:

<https://mosen.org/zoom/>

**Free Jaws, Zoom Text or Fusion** - for students and home workers until June 30th from Freedom Scientific: <https://portal.freedomscientific.com/SponsoredSoftware> Customer Service: 727-803-8000

**Aira for college students** - app with live sighted support offering free service for distance learning, email: [support@aira.io](mailto:support@aira.io)

Or call 1-800-835-1934

**Homework help hotline** - for blind/ low vision students. To request support, email [nationalhomeworkhotline.bvi@gmail.com](mailto:nationalhomeworkhotline.bvi@gmail.com) or call 732-835-6672  
[www.vistaseducation.com/homeworkhotline/](http://www.vistaseducation.com/homeworkhotline/)

**Free daily lessons for low vision students** - Paths to Literacy:  
<https://www.pathstoliteracy.org/resources/Virtual-ExCEL-Academy>

**Accessible support for students & families** - for blind/ low vision students needing access to curriculum. Fill out a request form here:  
[https://uarizona.co1.qualtrics.com/jfe/form/SV\\_8kUiESiL4PSmwU5](https://uarizona.co1.qualtrics.com/jfe/form/SV_8kUiESiL4PSmwU5)

**Audio music lessons:** <https://www.musicvi.com/>

**Google meetings** - Google Meet: <https://apps.google.com/meet/>  
Meet accessibility features: <https://support.google.com/meet/answer/7313544>

**Sighted assistance** - Be My Eyes: <https://www.bemyeyes.com/>

## PARENT TEACHING RESOURCES

You can work with your child's school to get accessible materials, they are required to work with ALL parents. Setting a regular routine builds stability and reduces stress for your family. Find teachable moments and incorporate learning into what they are doing day to day. You can relax and have fun with activities while spending time together. Integrate daily movement breaks with your children by running, jumping rope, jumping jacks, hopscotch, etc. Always remember to make time for yourself for your own peace of mind.

**Accessible platforms** - (not all teachers' post accessible files)

Moodle: <https://moodle.org/>

Google classroom: <https://classroom.google.com/u/0/h>

Quizlet flashcards & study tools: <https://quizlet.com/>

Tools for online learning when the classroom closes. Instructure Canvas:

<https://www.instructure.com/canvas/tools-for-online-learning-when-the-classroom-closes>

Google Meet: <https://apps.google.com/meet/> Accessibility features:

<https://support.google.com/meet/answer/7313544>

**Learning & activities with NFB** - learning from your living room. New activities are posted Monday, Wednesday, and Friday. Live Zoom activities Thursdays at 8:00am PST, and more:

<https://www.nfb.org/resources/distance-education-resources>

To request more learning resources, email Karen Anderson at: [kanderson@ngb.org](mailto:kanderson@ngb.org)

**The blind parents connection & education podcast:**

<https://www.nfb.org/resources/publications-and-media/nations-blind-podcast/blind-parents-connection-podcast>

**Accessible activities, experiments, lessons, art, & free webinars** - API:

<https://www.aph.org/athomewithaph-resources/>

**Free daily lessons for low vision students** - Paths to Literacy:  
<https://www.pathstoliteracy.org/resources/Virtual-ExCEL-Academy>

**Accessible support for students & families** - for blind/ low vision students needing access to curriculum, fill out request form: [https://uarizona.co1.qualtrics.com/jfe/form/SV\\_8kUiESiL4PSmwU5](https://uarizona.co1.qualtrics.com/jfe/form/SV_8kUiESiL4PSmwU5)

**Accessibyte apps** - free access to a full range of apps for 45 days:  
<https://www.accessibyte.com/stay-safe>

**Math Robot app** - for iPhone: <https://apps.apple.com/us/app/math-robot/id704570512>

**Amazing educational resources for parents & kids:**  
<https://www.amazingeducationalresources.com/>

**Scholastic learn at home:** <https://classroommagazines.scholastic.com/support/learnathome.html>

**Storyline online** - free remote learning resources:  
[https://www.storylineonline.net/?fbclid=IwAR2IIL\\_Qh\\_Mjxsbch2C6VilxSFGtwIIMDFHeVCeIDaVRO9Xm-oxlrML7FIs](https://www.storylineonline.net/?fbclid=IwAR2IIL_Qh_Mjxsbch2C6VilxSFGtwIIMDFHeVCeIDaVRO9Xm-oxlrML7FIs)

**Cincinnati zoo Facebook page** - fun animal training videos and live streaming most days at 3:00pm:  
[https://www.facebook.com/cincinnati-zoo/live\\_videos/](https://www.facebook.com/cincinnati-zoo/live_videos/)

**Free educational website & app** - Khan Academy: <https://www.khanacademy.org>

## READING

**Audible** - free audiobooks for kids: [www.audible.com/stories](http://www.audible.com/stories)

**Libby local library** - free downloadable eBooks and audiobooks with your library card:  
<https://libbyapp.com/welcome>  
Or app: <https://www.overdrive.com/apps/libby/>

**Tales2go** - Audio books with a free 30 day trial: <https://www.tales2go.com/>

**Book share:** <https://www.bookshare.org/cms/>

**National library service BARD:** <https://nlsbard.loc.gov/login//NLS>  
Oregon site: <https://www.oregon.gov/library/print-disabilities/pages/about-us.aspx>

**News line NFB** - see *News* section for all details. For kids: there's an app & magazines like Highlights, National Geographic Kids & more (no pictures, can be used with speech or braille display)

**Learning Ally** - reading for dyslexia: <https://learningally.org/>  
At home: <https://learningally.org/Solutions-for-Home/Overview>

**Covid-19 book for kids** - "In response to the extraordinary spread of Covid-19" to help kids and grownups everywhere: <https://akidsbookabout.com/pages/covid-19>

## SUPPORT FOR PARENTS

**Blind parent resources from NFB:** <https://www.nfb.org/our-community/blind-parents>

**How to adjust to being home with kids:** <https://www.nj.com/coronavirus/2020/03/stuck-working-at-home-with-the-kids-due-to-coronavirus-here-are-some-experts-tips.html>

**Mindful activities for being home with kids** - Mind Up: <https://mindup.org.uk/mindup-activities/>

**Parents who are blind raising blind or low vision children** - Facebook group: [https://www.facebook.com/groups/1322245404456277/?ref=br\\_rs](https://www.facebook.com/groups/1322245404456277/?ref=br_rs)

**National organization of parents of blind children** - Facebook group: <https://www.facebook.com/groups/331066810353777/>

**Blind parents NFB group** - join mailing list here: [http://www.nfbnet.org/mailman/listinfo/blparent\\_nfbnet.org](http://www.nfbnet.org/mailman/listinfo/blparent_nfbnet.org)  
Request resources by email: <mailto:parenting@nfb.org>

## IRS STIMULUS PAYMENT

Electronic payments have started and paper checks started going out May 4th. Checks can take up to 20 weeks to receive.

**If you are required to file:** you must either have filed for 2018 previously or have filed for 2019 and not exceed the gross income limit to receive the stimulus payment. The filing deadline has been extended to July 15, 2020. To receive it quickly, it is recommended to file online and provide bank deposit information if the IRS does not have it.  
For more info: <https://www.irs.gov/coronavirus-tax-relief-and-economic-impact-payments>  
Or <https://www.irs.gov/coronavirus/economic-impact-payments>

**If you have not filed due to low-income and you are NOT on social security:** if you made less than \$12,200 in 2019 and if you also have a qualifying dependent, you just need to fill out this application: <https://www.irs.gov/coronavirus/economic-impact-payments>

**If you do not file because you are on social security retirement, disability (SSDI), railroad retirement or survivor benefits:** you should automatically receive the \$1200 payment and it may arrive at the time of your normal deposit in May. You will not receive a payment for your child. To receive more clarification or to provide the IRS your direct payment information, go here: <https://www.irs.gov/coronavirus/non-filers-enter-payment-info-here>

**More stimulus information:** <https://www.nfb.org/resources/covid-19-resources/cares-act-economic-impact-payments>

## EMPLOYMENT, UNEMPLOYMENT & SOCIAL SECURITY

**Resources for blind and visually impaired job seekers** - Ibvi Industries: <https://ibvi.org/blog/resources-for-blind-visually-impaired-job-seekers/>

**USA Jobs** - Individuals with disabilities page: <https://www.usajobs.gov/Help/working-in-government/unique-hiring-paths/individuals-with-disabilities/>  
Jobs by location: <https://www.usajobs.gov/>

**Seasonal jobs with the IRS** - Hiring early summer annually, they provide accessible technology and training. Apply during hiring season by searching "Department of Treasury", your location, and "Contact Representative \*Seasonal\*": <https://www.usajobs.gov/>

**Unemployment with SS & self-employment info** - NFB:

<https://www.nfb.org/resources/covid-19-resources/unemployment-insurance>

## **SMALL BUSINESS RESOURCES**

**Oregon small business resource navigator** - for grants to help during Covid-19:

<https://www.oregon4biz.com/Coronavirus-Information/>

**Coronavirus relief** - USA Small Business Administration:

<https://www.sba.gov/funding-programs/loans/coronavirus-relief-options>

**Small business resources:** <https://greaterportlandinc.com/covid-business-resources>

**Free access to Aira support** - live sighted support app provides free service for blind/ low vision business owners: <https://aira.io/access-business>

## **VOTING**

**Register or update registration for the November election before October 13th:**

<https://sos.oregon.gov/voting/Pages/registration.aspx?lang=en>

**To vote online or find Oregon resources** - requirements for your online ballot to be counted: you must print your completed ballot and place it in the official return envelope you receive in the mail, then sign the outside of the envelope on the signature line before mailing or dropping off your ballot:

<https://sos.oregon.gov/voting/Pages/instructions-disabilities.aspx>

**To request a large print ballot, get more voting help, or to schedule a dual party voter assistance team to mark your ballot:** in Multnomah County call 503-988-7021

**More accessible voting resources:** <https://www.nfb.org/programs-services/center-excellence-nonvisual-access/national-center-nonvisual-election-3>

## **CENSUS 2020**

Reporting blindness is important because more resources can be allocated with a more accurate reporting of our numbers. This only happens every 10 years. You should have received a card in the mail with your Census ID printed on it and a questionnaire which can be filled out and mailed. If you are doing the questionnaire online, having your ID will make the process go faster, but it's not necessary. Be aware there is a 15 minute time limit, it's best to read through all the instructions before starting.

For help with time out and other troubleshooting tips, listen here: [https://youtu.be/NeHV\\_0e8xr8](https://youtu.be/NeHV_0e8xr8)

Fill out the Census online here: [www.my2020census.gov](http://www.my2020census.gov) or by phone: 844-330-2020

Large print guide: [Your Guide to the 2020 Census \(Large Print Guide\)](#)

For braille requests call: 800-992-3530

## NEWS

The CDC recommends taking breaks from watching, reading, or listening to news stories.

**Facts not fear news updates on the Coronavirus in Oregon:** <https://www.kgw.com/>

**NFB Newsline** - breaking news, emergency weather alerts, newspapers, magazines, kid's publications & more. Sign up by calling 866-504-7300 or apply online:

<http://www.nfbnewsline.net/NL2/NL2NewUserReqInput.jsp>

Access the news here:

<https://www.nfb.org/programs-services/nfb-newsline>

For more info: [www.nfbnewsline.org](http://www.nfbnewsline.org)

### Positive News

Sunny Skyz: <https://www.sunnyskyz.com/>

Good News Network:

<https://www.goodnewsnetwork.org/?fbclid=IwAR2Psg5O7t2eR0Nx6WOnMf2Oy7raeMjRvH1T6Nqws wcQOxl15QoERWUgJlq>

See more positive resources in *Spiritual Support & Encouragement* section

## ENTERTAINMENT

### Games

RS Games - social games: <http://rsgames.org/rsdownloads/rsgclient/rsgames-client-setup-2.01.exe>

Dice World! Games: <http://diceworldgame.com/dw/>

iAssociate2 Games: <http://iassociate2.ticbits.com/>

QuentinC's playroom - social games: <https://qcsalon.net/en/>

Apple Vis accessible list: <https://www.applevis.com/apps/ios/games>

**Virtual movie night** - with iBUG on Fridays at 5:30pm PST on Zoom.

The movies are the audio track with audio description. The social starts at 5:30pm, the movie starts at 6:00pm with a discussion to follow. See details at: <http://www.ibugtoday.com/>

**Audio only TV & movies** - Audiovault: <http://audiovault.net/>

**List of audio described TV & movies** - ACB: <https://acb.org/adp/masterad.html>

**Comedy news & entertainment** - The Tonight Show with Jimmy Fallon At Home Edition:

[https://www.youtube.com/channel/UC8-Th83bH\\_thdKZDJCrn88g](https://www.youtube.com/channel/UC8-Th83bH_thdKZDJCrn88g)

**Comedy music Covid-19 spoofs:**

[https://www.youtube.com/results?search\\_query=covid+19+parody+chris+menn](https://www.youtube.com/results?search_query=covid+19+parody+chris+menn)

**The office ladies podcast** - A lighthearted series with The Office co-stars and best friends as they do the ultimate The Office re-watch: <https://podcasts.apple.com/us/podcast/office-ladies/id1480311435>

**Netflix party** - Pairs with Chrome on your computer. Stream movies and shows and invite your friends to join your viewing party online: <https://www.netflixparty.com/>

**Lego instructions for the blind** - instructions for 30+ sets of commercially available LEGO sets:  
<http://legoforthblind.com/>

**ACB radio:** <http://acbradio.org/>

## **BLIND COMMUNITY SUPPORT**

### **Hadley discussion groups**

Writing, gardening, resources, cooking, tech, fitness, travel, crafting, braille, Spanish, etc.:  
[https://hadley.edu/discussions/?utm\\_source=ESS+Learner+List&utm\\_campaign=7470658d7d-3-23-2020-discussion-groups&utm\\_medium=email&utm\\_term=0\\_01363d0cec-7470658d7d-47945525&mc\\_cid=7470658d7d&mc\\_eid=98cd6fa06b](https://hadley.edu/discussions/?utm_source=ESS+Learner+List&utm_campaign=7470658d7d-3-23-2020-discussion-groups&utm_medium=email&utm_term=0_01363d0cec-7470658d7d-47945525&mc_cid=7470658d7d&mc_eid=98cd6fa06b)

**International low vision support group (ILVSG)** - monthly meetings by phone, for details:  
<http://www.mdssupport.org/support/telesupport/> or call 888-866-6148

### **Oregon Commission for the Blind resources**

<https://www.oregon.gov/blind/livingwithvisionloss/Pages/Resources.aspx>

### **National Federation of the Blind (NFB)** “*You can live the life you want*”

National contact: 410-659-9314 or <https://www.nfb.org>  
Portland Central Chapter or NFB meets every 1st Wednesday from 5:30 - 7:00pm, currently meeting on conference call or zoom. Usually meets at the 5th Ave building 1400 SW 5th Ave, 6th floor conference room. Guests are welcome to join. To get Zoom/ call-in details email [nfbpdxcentral@gmail.com](mailto:nfbpdxcentral@gmail.com)

**NFB virtual events** - learn about virtual events by sending an email request. Put in subject line “sign up for virtual events” and send to: [nfb@nfb.org](mailto:nfb@nfb.org)

Find current week events by clicking the following link and listening for “Virtual NFB Events”:  
<https://www.nfb.org/resources/covid-19-resources>

### **American Council of the Blind (ACB)** “*Together for a bright future*”

National contact: 1-800-424-8666 or <https://www.acb.org/>

#### **ACB community conference calls:**

<https://acb.org/ACB-community-conference-calls>

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