

BUILDING RESILIENCE FROM LIVED EXPERIENCE



NAME

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SUMMARY

In this [series of video clips](#) from a structured interview, an autistic woman describes the personal impact of both practical and mental health challenges arising from the COVID-19 pandemic. She provides specific recommendations to decision-makers at all levels of government for how to (more effectively) consider the needs of individuals with disabilities before, during, and after emergencies.

KEY WORDS

Mental health
Risk management
Service and support
System leadership and communication

SYSTEMIC FACTORS ADDRESSED

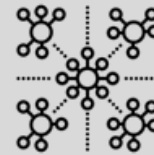
Ableism
Collective trauma
Politicization of public health



LOCATION

Maryland

EMERGENCY TYPE(S)



Disease Outbreak

MAJOR TAKEAWAYS



FOR INDIVIDUALS AND FAMILIES

Emergencies may add layers of challenges to getting your existing (health and other) needs addressed, but your safety and sense of security are the highest priorities.



FOR HEALTH AND RELATED SYSTEMS

Continue investing in the expansion and increased accessibility of telehealth services; provide those services in ways that acknowledge individuals' unique experiences (due to disability and other intersecting factors) of a shared trauma.



FOR COMMUNITIES

It is critical to engage individuals with disabilities in community planning; consider accessibility in emergency communications and promotion of services and programs that can contribute to safety and (economic and other forms of) stability.

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