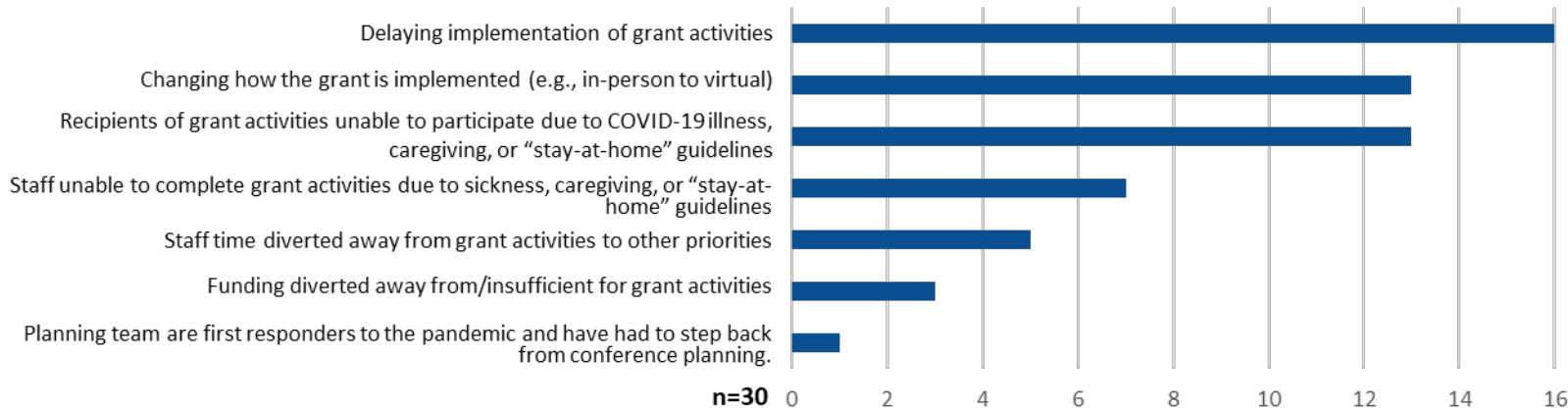


# Paralysis Resource Centers:

## COVID-19 Impact on State Pilot Grantees and Subawardees

The COVID-19 pandemic significantly affected the Paralysis Resource Center (PRC) state grantees and their subawardees. The graph below displays responses from the four state pilots and 26 of their subawardees on the impacts of COVID-19, as of May 2020. As the pandemic progressed, they have had to rethink how they will continue serving individuals with paralysis through inclusive and accessible activities.



### OHIO STATEWIDE INDEPENDENT LIVING COUNCIL

Ohio's grant focused on emergency preparedness among people with paralysis—a topic of particular relevance due to the current pandemic and with continuing importance to their communities. They saw the pandemic as an opportunity to engage with the community in new ways and to ensure individuals in their communities are supported.

Ohio's subawardees postponed or cancelled their planned in-person conferences and trainings due to COVID-19. One of their subawardees, the Center for Disability Empowerment, changed their five-day emergency response conference to a two-day virtual event. Another subawardee was able to move their emergency preparedness classes online.

### UNIVERSITY OF KENTUCKY HUMAN DEVELOPMENT INSTITUTE

In order to engage more effectively with individuals with paralysis and their caregivers, Kentucky created two virtual events in April and June 2020 called "Staying Apart Together." The events included activities such as Zumba, virtual arts, virtual peer meetings, Google Hangouts tutorial, CrossFit, instructions for social distancing in parks, and health check-ins. One subawardee, Gathering Strength, planned on holding an in-person symposium, which Kentucky helped transition to a virtual platform. The speakers were online and they included videos of yoga and other physical activity demonstrations to engage the participants. The attendance was so high that they redirected the overflow participants from Zoom to the YouTube livestream.

### TEXAS STATE INDEPENDENT LIVING COUNCIL

Since Texas focused on virtual independent living services, they were equipped and able to move their in-person events online. Several subawardee project coordinators recorded exercise videos, which allowed them to design programming to fit specific community needs. Texas provided guidance to subawardees on how to ensure HIPAA compliance and create more protection on Zoom calls by enabling passwords, registration, and requiring demographic information.

The accessibility of the virtual platform led to an uptick in participation, even during the pandemic.

### STATE OF PENNSYLVANIA PARALYSIS RESOURCE CENTER

Amidst the pandemic Pennsylvania's subawardees are committed to carrying out their programs and have been creative in their approaches. The Inglis Foundation uses newly acquired care coordination software that allows them to connect virtually with participants. Other subawardees, such as Fighting Back Scholarship and the Center for Independent Living Services PA (CILSPA), have connected with participants online by conducting virtual health and training sessions, and sharing programming resources online. CILSPA started "ZOOM POWER" connect sessions twice a week with a weekly health challenge. They continued these sessions throughout the pandemic by using virtual technology platforms.