

Asynchronous Trainings and Resources

Activities for Kids

YOUTUBE VIDEOS FOR KIDS

[Cocomelon Nursery Rhymes](#)

[Bud Bud Buddies Nursery Rhymes](#)

[Hey Bear Sensory Builder](#)

[Go Noodle Dance Along](#)

DIY AT-HOME ACTIVITIES FOR TODDLERS / KIDS

[Toddler Busy Bins](#)

[Dollar Tree Sensory Bins](#)

[DIY Sensory Books](#)

[DIY Sensory Bottles](#)

[15 Easy Sensory Crafts](#)

Activities for Young Adults

YOUNG ADULT PHYSICAL ACTIVITIES

[CDC Physical Activities](#)

[Beginner Ballet](#)

[Beginner Martial Arts](#)

[Adapted Physical Education Activities](#)

[Family Walk at Home](#)

[Chair Dance Workout](#)

[FABS Exercises](#)

YOUNG ADULT CREATIVE ACTIVITIES

[3-Ingredient Recipes](#)

[Slime Recipes](#)

[Virtual Vacation](#)

[Accessible Chef](#)

Senior Care

SENIOR MEMORY CARE

[Dementia Activities](#)

[Sock Sorting Activities](#)

[Painting in Four Parts](#)
[Flower Arranging Therapy](#)
[Garden Word Search](#)
[AARP Games](#)

Resources for Respite Providers and Workers

RESPITE INFORMATION

[What is Respite Care?](#)
[Benefits of Respite Care](#)
[Providing Respite Across the Lifespan](#)

ACTIVITY IDEAS AND STRATEGIES

[Helping Students with Special Needs](#)
[Supporting Students with ODD](#)
[Activities for Dementia Patients](#)
[ADHD Classroom Strategies](#)
[Recognizing ADHD in Adults](#)
[What is Alzheimer's?](#)

RECOGNIZING ABUSE AND NEGLECT

[FAQ about Reporting Abuse and Neglect of People with Disabilities](#)
[Recognizing and Preventing Abuse and Neglect](#)

UNDERSTANDING CHALLENGING BEHAVIORS

[Challenging Behaviors - What They are really trying to tell You](#)
[Resource Understanding Challenging Behavior: Part 1](#)
[Understanding Challenging Behaviors in Autism Spectrum Disorder](#)

Resources for Caregivers

CAREGIVER TIPS FOR STRESS AND COPING

[Coping Mechanisms for Caregivers Caring for Those with Intellectual/ Dev. Disability](#)
[Caregiver Stress Management Tips](#)
[Parenting a Child with a Disability](#)

RESPITE BENEFITS FOR CAREGIVERS

[Who pays for Respite?](#)
[Benefits and Cost Savings of Respite](#)
[Why Caregivers Need Respite](#)

CAREGIVING FOR ADOPTIVE CHILDREN WITH DISABILITIES

[Adopting a Child with Special Needs](#)

[Foster Care of Children with Special Needs](#)

[9 Things to Consider When Adopting a Child with Special Needs](#)

PLANNING END-OF-LIFE WITH DISABLED CHILDREN

[Caring at the End of Life](#)

[End of Life Care for Individuals with Intellectual Disabilities](#)

[End of Life Care for Individuals with Developmental Disabilities](#)

DISABILITY SAFETY

[Home Safety for People with Disabilities](#)

[Family Caregiver's Guide to Home Safety](#)

[Safe Kids Worldwide Website](#)