



Maintaining Social Connections During Social Distancing

Ask an Advocate

Q: My son has a disability which causes difficulty with learning and maintaining social skills and communication. He has felt very cut off from his friends during the pandemic. Do you have any suggestions?

A: Yes, there are organizations that provide opportunities for social engagement for people with disabilities, which have transitioned to meetings and interactions on platforms such as Zoom or Google Meet. The activities offered correspond to the age and interests of the group.

[Achieva's Empowered Voices Leadership](#) group meets bi-weekly on Thursdays from 6-8 p.m. to connect with each other and discuss issues of interest.

[Achieva Empowered Voices](#)

[Special Olympics](#)

[Best Buddies](#)

[Friendship Circle](#)

If your family member receives services through the Mental Health, Autism, and/ or Intellectual Disability systems, then your service supports coordinator can assist you with locating other opportunities.

Achieva's disability advocates, (The Arc of Greater Pittsburgh and The Arc Erie County), provide information, resources, technical assistance, and individual advocacy on issues that impact children and adults with intellectual disabilities and autism and their families. We work with state and federal legislators and policymakers to ensure that the human, civil and legal rights of people with disabilities are protected and that they are afforded services for them to be included in their communities. We also work with state and federal legislators on

budgetary issues that impact people with disabilities. Please contact us at 412.995.5000 x 486, 888.272.7229 x 486 (Toll-Free) or log onto www.achieva.info/contact-advocacy.