

A photograph showing a woman and a young boy washing their hands at a kitchen sink. The woman is standing behind the boy, and both are looking down at their hands. The sink has a modern faucet and a soap dispenser. There are some plants and kitchen items on the counter.

# My COVID-19 Story

***How to Write and Share Your Story  
Using the Enclosed "My COVID-19 Story" Form***

**1. Include a short introduction.**

Use this section to introduce yourself and explain what part of the state you live in, your age, etc.

**2. Complete the sentence: "The way the COVID-19 pandemic has affected me is..."**

Use this section to explain how the COVID-19 crisis is impacting your daily life as a person with a developmental or intellectual disability. Explain how your direct support staff, health, employment, housing and family's needs and concerns must be addressed and included in COVID-19 related policies and funding. Stories of your challenges, fears and needs during this time will aid in securing disability-focused policies and supports as part of all COVID-19 policies and supports that are created moving forward.

**3. Who should share stories?**

Advocates, family members and friends should share the stories. Feel free to assist those who may need support in sharing their stories. Stories of a length of 250-300 words max are best. You can type directly on this document, create a new document for writing or print off the form and hand-write your story.

**4. Send stories to our email address at [gaddcovid19@gmail.com](mailto:gaddcovid19@gmail.com).**

Fill out the form, save it and email it to us. Or take a picture or scan of your handwritten story and email it to us. Stories will be shared with legislative and agency leaders to give them a view into the lives of those they serve, and direct them in creating effective supports during this time.

A photograph of a woman with dark hair, wearing a light blue shirt, washing her hands at a kitchen sink. A young child with dark hair, wearing a red shirt, is standing next to her, also washing their hands. The sink has a silver faucet and a glass dish with various items on it. A potted plant is visible on the right side of the sink.

# My COVID-19 Story

*A short introduction...*

*The way the COVID-19 pandemic has affected me...*

*Your name*

*Your address*

*Your city, state zip code*

*Your phone number*

*Your email address*