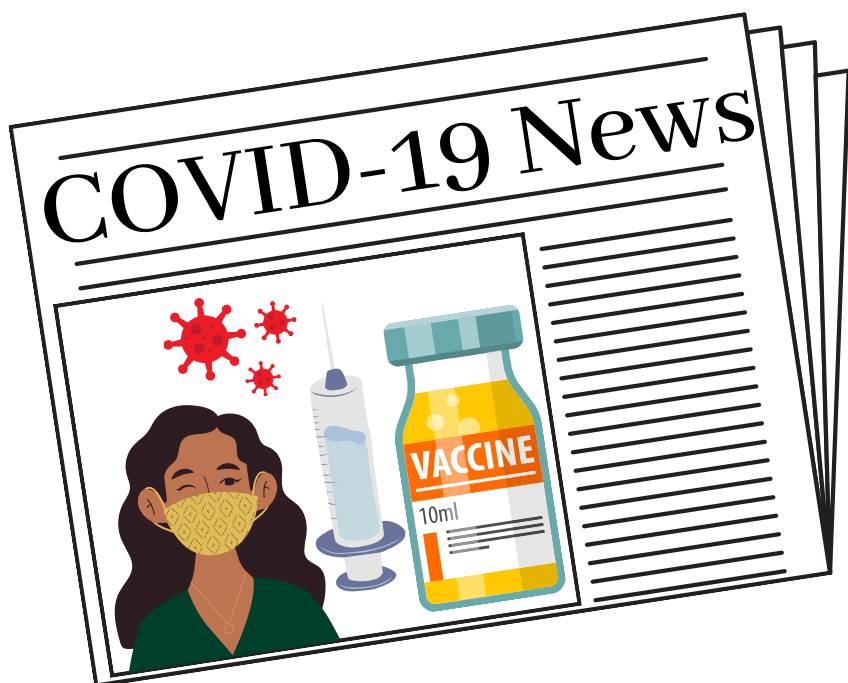


# A Research Summary

Helping care providers support people with developmental disabilities during COVID-19:

A study on an online learning program



Learn more about the research paper [here](#)

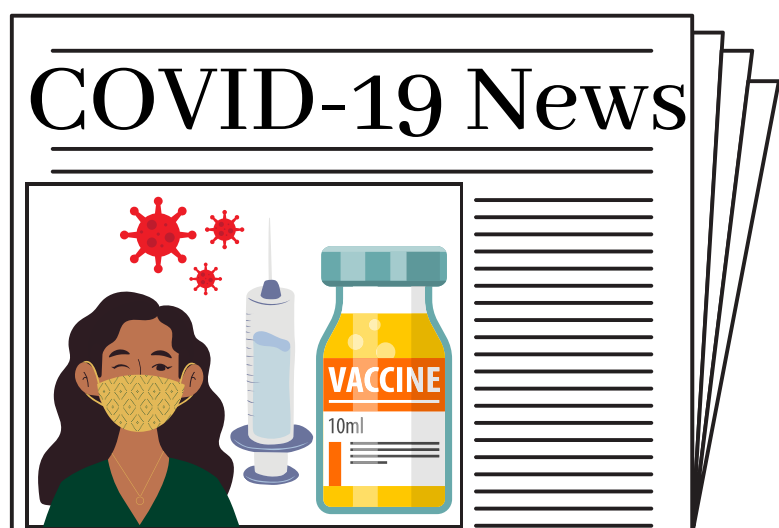
# What did we do in our research study?

We met online with over 100 people who work with adults with developmental disabilities during COVID.

The course called Project ECHO ran for 6 weeks on Zoom.

In every class, we did things like:

- Talk about COVID news
- Learned about mental health
- Gave examples of people who needed help to get new ideas on how to help them



# What did we learn from the research?

The classes taught new skills and information to help during COVID-19

The people in the course learned new helpful ways to support the mental health of people with developmental disabilities

The classes also helped people to take better care of their own mental health



The research says the classes were very helpful.

# What did we learn from the research?



People liked learning in the course together.



The course made them feel less alone.



They liked that people with different types of jobs could all learn from each other.



They thought it would be good for other people to take the course too.

# More Information

This summary is about a research article: [Virtual education program to support providers caring for people with intellectual and developmental disabilities during the COVID-19 pandemic: Rapid development and evaluation Study](#), published in the Journal of Medical Internet Research Mental Health.

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We thank the self-advocate advisors who worked together with our team to write this summary.

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