

Long COVID Resources

Please keep in mind this is not an exhaustive list. Check with your primary care physician for additional programs in your area.

- **American Lung Association**

Website: [Long COVID \(Post COVID-19 Conditions\) | American Lung Association](#)

The American Lung Association has online communities on Inspire.com. Individuals register to join a community. Members can choose their level of participation and engagement.

- Living with Lung Disease. Members can discuss how COVID-19 is affecting them.
- Living with Long COVID. COVID-19 Long-Haulers and Post-COVID Support Community.

- **Centers for Disease Control**

Website: <https://www.cdc.gov/>

How to cope with a disaster or traumatic event: [Caring for People with Post-COVID Conditions | CDC](#)

How Right Now campaign: [How Right Now | Finding What Helps \(cdc.gov\)](#)

The CDC also has several resources listed on their website including links to the following resources:

Long-COVID Alliance - <https://longcovidalliance.org/>

The Long COVID Alliance is a network of patient-advocates, scientists, disease experts, and drug developers who have joined together to leverage their collective knowledge and resources to educate policy makers and accelerate research to transform our understanding of post-viral illness.

RECOVER - <https://recovercovid.org/>

RECOVER, a research initiative from the National Institutes of Health, seeks to understand, prevent, and treat Long COVID.

Body Politic - <https://www.wearebodypolitic.com/>

Body Politic – A group that seeks to destigmatize issues facing the COVID-19 community and people with related chronic illnesses and disabilities by offering alternative narratives that get to the root of what it's like to live with a novel or chronic illness.

Survivor Corps - <https://www.survivorcorps.com/>

- [Survivor Corps](#) is the largest grassroots movement in America dedicated to actively ending this pandemic and they offer lots of resources for coping with Long COVID.

Finding the resources and supports you need can be overwhelming, but the Administration for Community Living's programs, and the disability and aging networks that provide them, may be able to help. These networks and programs offer a wide range of services and supports to help people with disabilities—including disabilities caused by long COVID—and older adults live independently, go to school, and work, and fully participate in all of life's activities.

The information listed below can be found at

https://acl.gov/sites/default/files/COVID19/ACL_LongCOVID.pdf

Disability Information and Access Line (DIAL) 888-677-1199

Website: <https://acl.gov/DIAL>

Disability Information and Access Line (DIAL) can provide information about services you may be eligible for and connect you to them. DIAL also can help you get vaccinated if long COVID is making it difficult for you to find vaccine sites, make or keep appointments, or find the information you need to make decisions.

To use DIAL, call 888-677-1199 Monday-Friday from 9 a.m. to 8 p.m. (Eastern) or email DIAL@n4a.org. Older adults also can call the Eldercare Locator at 800-677-1116 or visit eldercare.acl.gov to chat live or browse resources.

Community-based organizations

Centers for Independent Living (CILs).

For people with long COVID: Your local CIL may be able to coordinate services; arrange accessible transportation; locate and/or provide mobility equipment, and personal care attendant services; assist with arranging reasonable accommodations; and address accessibility barriers in housing, medical care, employment, and other areas; and more.

Aging and Disability Resource Centers (ADRCs)

Aging and Disability Resource Centers (ADRCs). For people with long COVID: ADRCs can help you navigate your state's systems of services, including determining eligibility and connecting you to the organizations, critical resources, and services that can help meet your needs.

Area Agencies on Aging (AAAs)

Area Agencies on Aging (AAAs). For people with long COVID: AAAs may help identify and provide personal care and homemaking services you now need as a result of long COVID; facilitate transportation to and from medical appointments; and provide meals. AAAs can also identify and reach out to underserved older adults, including people who are homebound, live in rural areas, or have limited English proficiency, to connect them with services they may need if they have long COVID.

Specialized programs

Protection and Advocacy Systems (P&As)

Protection and Advocacy Systems (P&As) For people with long COVID: Your local P&A may help assess your status and needs, provide case management, ensure access to services, and address accessibility barriers.

State Assistive Technology (AT) Programs

State Assistive Technology (AT) Programs. For people with long COVID: Your state program may be able to provide you with AT you now need. They can also ensure the accessibility of websites and outreach materials educating people on long COVID and the resources available to assist those with long COVID; and provide subject matter expertise and technical assistance related to accessibility and AT.

State Long-Term Care Ombudsman Programs

For people with long COVID living in LTC facilities: Your ombudsman may serve as a resource to provide information on long COVID and help you if any issues arise in meeting new needs because of long COVID.