

Kentucky Department for Medicaid Services
Division of Community Alternatives
COVID-19 Resources and Healthy at Home Activities
Updated: 5/18/20



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Introduction

The COVID-19 state of emergency is a challenging time for all of us. The Department for Medicaid Services (DMS) created this listing of virtual activity ideas to give our 1915(c) Home and Community Based Services (HCBS) waiver stakeholders and their families ideas for things to explore while they remain healthy at home.

Please note the following suggestions are not necessarily intended for use as waiver-paid activities. While DMS is allowing virtual activities as part of some waiver-paid services during the COVID-19 state of emergency, participating in an activity on this list is not required nor is it a guarantee of payment. For guidance regarding participation in virtual activities during the provision of waiver-services, please read the [COVID-19 FAQ for 1915\(c\) HCBS waivers](#). If you have questions about what is allowable under the waivers during the COVID-19 state of emergency, review the guidance on the [DMS Division of Community Alternatives](#) website, call (844) 784-5614, or email 1915cWaiverHelpDesk@ky.gov.

We hope you enjoy these unique opportunities to learn. If you have a resource you'd like to share with us, please email MedicaidPublicComment@ky.gov.

COVID-19 Resources

Before we get to the fun stuff, DMS wanted to provide our 1915(c) HCBS waiver stakeholders with resources related to COVID-19. You might have seen some of these before, but DMS wanted to put them in one place for those who wish to reference them.


Link	Description
kycovid19.ky.gov	COVID-19 information from the state of Kentucky
DMS COVID-19 Website	COVID-19 information from Kentucky Medicaid
Kentucky Local Health Department Listing	Find contact information for your local health department
Kentucky Career Center	Unemployment information from the state of Kentucky
University of Louisville – Kentucky Autism Training Center	Supporting students with ASD during COVID-19
Administration for Community Living	COVID-19 information for older adults and individuals with disabilities
The Arc	COVID-19 information for individuals with disabilities, families and service providers
Kentucky SPIN	COVID-19 information for Kentuckians with special needs



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Explore a Zoo and Learn about Animals

Link	Description
Cincinnati Zoo Home Safari	Videos exploring animals and their habitats. Includes at-home activities to accompany each safari lesson.
San Diego (CA) Zoo	Videos, games and activities to help you learn about animals
Smithsonian's National Zoo	Educational at-home activities focused on conservation, exploration of careers working with wildlife, and learning about animals
Kentucky Reptile Zoo	Videos where you can learn about different kind of reptiles
Audubon Society for Kids 	Learn about birds from the Audubon Society

Live Cams

Link	Description
KU/LGE Mill Creek Falcon Cam	Watch the falcons living at a Louisville Gas and Electric generating station in Louisville
Kentucky Equine Adoption Center	Watch horses living at the Kentucky Equine Adoption Center in Nicholasville, Ky.
St. Louis Zoo Webcams	Offers two cameras, one shows penguins live daily and the other shows a different animal each day of the week
Reid Park Zoo (Tucson, AZ)	Live cameras showing a variety of animals
Explore.org Live Cams	Variety of live cameras featuring everything from animals to honeybees to beaches
Colonial Williamsburg	Webcams from Colonial Williamsburg in Virginia

Aquariums

Link	Description
National Aquarium	Take a virtual tour of the aquarium
Seattle Aquarium Video Tour	A 30-minute video tour of the aquarium
Monterey Bay Aquarium Live Cams	Watch a variety of sea creatures. Narrated feedings are available for viewing on the "Open Sea" cam at 2:00 p.m. Eastern and the "Sea Otter" cam at 4:30 p.m. Eastern.
Georgia Aquarium Webcams	Watch a variety of sea creature cameras

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Farm Tours

Link	Description
American Egg Board Egg Farm Tours	Learn how eggs go from the farm to our tables
American Dairy Association	Tour a dairy farm
Farm Food 360	Tour different types of farms to learn how food gets from the farm to the store
Horse Country Virtual Tours	Virtual tours of popular Kentucky horse farms

Geography and Landmarks

Link	Description
National Geographic for Kids	Games, videos and activities to help kids explore the world
The Great Wall of China	Tour the Great Wall of China
Ancient Egypt	Explore Ancient Egyptian culture
England	Take a virtual reality tour of England
Air Pano	Virtual 360° tours of destinations across the world, including Mount Everest
Volcanoes	Learn about volcanoes around world from the U.S. Geological Survey
The Nature Conservancy Virtual Field Trips	Offers 45-minute videos where you can explore rainforests, coral reefs and more.
The White House	Tour the inside the The White House
Yellowstone National Park	Explore parts of the park virtually
Ellis Island and the Statue of Liberty	Learn more about Ellis Island and the Statue of Liberty
Kentucky Horse Park	Virtual tours of the park, a virtual horseback ride, a virtual trolley tour, and a draft horse demonstration

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Museums and History

Link	Description
National Museum of Natural History	Take a virtual tour of different exhibits in the museum
Smithsonian Exhibits	View a variety of exhibits offered by different Smithsonian museums
Museum Tours	Check out art museums from around the world including the Metropolitan Museum of Art in New York, the National Gallery in London, and the Anne Frank House
The Constitution Center	Explore the U.S. Constitution using this interactive website
The Constitution Center Virtual Tour	Tour the Consitution Center online
The Secret Annex of Anne Frank	A virtual tour of the place where Anne F Frank hid for more than two years during WWII
Boston Children's Museum	Take a virtual tour of the museum
Kentucky Historical Society Virtual Visitor	Explore Kentucky's historic sites and museums with virtual tours and home learning activities
Ken Burns in the Classroom	Videos, documents, and galleries on history for grades 4 and up

Outer Space



Link	Description
Stellarium Web	Explore 60,000 stars, find planets, watch sunrises and solar eclipses, and locate constellations in the sky where you live
Access Mars	View the surface of Mars as recorded by NASA's Curiosity rover.
Worldwide Telescope	Explore the solar system or view a guided tour of different parts of space
NASA at Home	Activities for kids and families from NASA

Reading

Link	Description
Storyline Online	Children's books read by celebrities
Storytime from Space	Books about space read by astornauts in space

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Bookshare		Free books for students with dyslexia, blindness, cerebral palsy, and other reading barriers
Audible Stories		Free streaming of children's books from Audible

Music

Link	Description
University of Kentucky Opera Theatre	Clips from recent UK Opera Theatre productions
Louisville Orchestra Making Music at Home	Explore the story of Peter and the Wolf through music. Includes printable coloring pages and music-related activities
London Symphony Orchestra	Take a tour through the sections of the London Symphony Orchestra as it plays
New York Philharmonic Kidzone	Music themed games from the New York Philharmonic
Bluegrass Musical Hall of Fame	Tour the Bluegrass Music Hall of Fame in Owensboro, Ky.
Birthplaces of Music	Explore four areas where different types of music got its start: Vienna, Austria, New Orleans, Cleveland, and Bristol, Tennessee
Musical Explorers Map	An interactive map of music around the world from Carnegie Hall



Crafts and Creativity

Link	Description
The Landfill Orchestra	Guide to making your own instruments at home from the Louisville Orchestra
Bash The Trash	Explore how musical instruments work and learn how to make your own.
Lift Up Lou	Craft ideas from the Louisville Zoo
NatGeo Craft Corner	Coloring pages and project ideas from National Geographic
Fix It Guides	Instructions to fix and repair or upcycle old items around the home
Walt Disney Animation Guide	 How to draw basic animations
STEM Activities	 Experiments you can try at home


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Online Learning

Link		Description
KET Learn at Home		Educational resources for families of children pre-K through 12 th grade
PBS Kids		Educational games, videos, and printables
Highlights Magazine		Activity ideas, jokes, games, science questions, and videos
Scholastic Learn at Home		Grade-level specific projects and lessons for pre-K through 9 th grade
Time Magazine		Free digital access to Time for Kids (free until July)
CircleTime		Family learning videos including yoga, singing and dancing, and cooking

Exercise

Link		Description
Exercise Videos from YouTube		Adaptive exercises for individuals with disabilities
YMCA Virtual PE Classes		Physical activity videos available on demand
Neighborhood Nature Bingo*		Take a walk in your neighborhood and see what you can find on this bingo card from the University of Kentucky Arboretum
Outdoor Scavenger Hunt*		Checklist of things to look for while spending time outdoors such as leaves, trees, flower pots, street signs, and mailboxes

**Please remember when participating in outdoor activities to follow social distancing standards including six feet of separation from others.*