



**KEEPING CONNECTED
WHILE STAYING APART**



Temple University
Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

Your Local Library and Goodreads

Area of community participation: Leisure and recreation, education, social connectedness

Description of activity: Although many public libraries and bookstores are closed temporarily to encourage physical distancing, that doesn't mean you have to stop reading! In fact, this period of social distancing is a great time for you to discover new books. Check out the virtual resources offered to you by your local public library – if you don't already have a library card, many libraries will allow you to get a temporary card number online and pick up your physical card once they reopen. Alternatively, check out websites like [Gutenberg Press](http://www.gutenberg.org/) that offer completely free downloads of classic titles.

Once you've chosen a new book to read, it's time to share your choice with others! You can let your family and friends know about the new book you discovered, or you can reach a bigger audience through [Goodreads](https://www.goodreads.com/)! Goodreads is a website and app that allows you to tag books as "currently reading," "have read," and "want to read," rate your finished books, and write reviews. You can receive recommendations for new books, see what your Goodreads "friends" are reading, and join groups of readers with similar interests!

Reading is a relaxing solo activity, but it can also be a great way to stay connected. Find your community of fellow readers!

Resources/Materials needed: Computer, tablet, or smartphone with internet access

Potential Benefits:

Education – What better way to educate yourself during this period of physical distancing than with a good book? Learn about a new topic, or simply enjoy reading the latest novel!

Social – Goodreads makes reading social with their "friends" feature and groups.

Leisure - It's so important to engage in leisure during difficult times! Leisure helps us take a break in our day and focus on the things we enjoy, all while giving us resources to cope with lifestyle changes related to COVID-19.

<http://www.gutenberg.org/>

<https://www.goodreads.com/>

This document was developed by the Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities, which is supported by a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90RT5021). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this document do not necessarily represent the policy of NIDILRR and you should not assume endorsement by the Federal Government.