

# Resource Guide

for Children with a Medical, Developmental,  
Mental or Behavioral Health Condition



Seattle Children's Center for Children with Special Needs  
[cshcn.org](http://cshcn.org)



## Is this guide for me?

The information in this guide is for families in Washington State who have a child with a medical, developmental, mental health or behavioral health condition.

Does your child:

- Take medication daily?
- Have frequent doctor, therapy or hospital visits?
- Have emotional or behavioral challenges?
- Use a wheelchair or prosthetic?
- Have intellectual or developmental disabilities?
- Use a cane or hearing aids?

Then this guide is for you!

## What will I find in this guide?

Our Resource Guide provides a list of services and information on topics related to caring for your child. You will find a brief description of services and contact information for each resource.

Topics include:

- Support
- Health insurance
- Assistive technology
- Growth and development
- Recreation

## Disclaimer

This guide is not a complete list of resources. The inclusion or exclusion of any resource in this directory does not imply endorsement or disapproval from Seattle Children's, the Center for Children with Special Needs or the Washington State Department of Health.

Where possible, we have used text from the organizations' website to describe their resources.

To find a resource in your area, contact the Family Health Hotline at 1-800-322-2588 or call 211.

## Find Us Online

To view this guide and our other resources, visit us at [www.cshcn.org](http://www.cshcn.org).

**Tip:**

When you call the resources in this guide, write down the name of who you spoke to, the date you called and the information they gave you. This can be helpful if you ever need to reference that phone call in the future. You can use the blank pages to take notes.

## Notes

## Table of Contents

About this Guide .....	2
Tips on Finding Credible Information .....	6
Advocacy .....	7
American Indian and Alaskan Native Families .....	8
Assistive Technology, Home Care, and Medical Equipment .....	8
Child Care .....	10
Dental .....	11
Financial Help .....	11
Finding Information on a Health Condition or Diagnosis .....	13
Finding Services for Your Child .....	13
Food Assistance and Feeding .....	14
Growth and Development .....	15
Health Insurance .....	16
Hearing and Vision .....	17
Legal Help .....	19
Medical Home .....	19
Mental and Behavioral Health .....	20
Military Families .....	21
Primary Medical Care .....	22
Recreation .....	23
Getting to Know Me Form .....	25
Respite Care .....	27
School .....	28
In Case of Emergency Form .....	31
Support .....	33
Transportation .....	34
Acknowledgments .....	36

## Tips on Finding Credible Information

Below are tips to help you know if information comes from a credible source.

**Date:** Knowing the date something was published is important as it gives you a clue as to how accurate it may be. Outdated or disproven information may no longer be relevant. The date of any research information is important, including information found on the internet.

**Author:** Who wrote the information? Is it a doctor or a parent writing from personal experience? Or is it someone who owns a business and may be looking to sell you a product?

**Source:** If a website is talking about specific medical conditions, diagnoses or treatments, they should cite the source of the information presented.

**Domain:** For websites, look at the last three letters of their domain name.

- Sites ending in “.com” are commonly for-profit companies that may be looking to sell you a product.
- Sites that end in “.org” are often non-profit organizations and typically provide free or low-cost services, resources and information.
- The ending “.gov” is reserved for government websites. These can provide you with information on public services, laws and the location of government agencies near you.
- Colleges and universities have the ending “.edu” – these sites may provide research or educational information.

**Writing Style:** Professional publications and websites work hard to make sure they use proper spelling and grammar. If an article or website does not have correct spelling and grammar, it may be an indication that the content was not created by a professional source.

**Trust your instincts:** If something about a book, article or website feels too good to be true or makes you uncomfortable, move on to the next one.

# Advocacy

Advocates work to improve the lives of children with special needs by promoting inclusion, influencing public policy and empowering families. Below are a few organizations that provide advocacy resources. There are many diagnosis specific organizations that advocate for children with special needs.

## The Arc of Washington State

The Arc of Washington State, along with their nine local chapters across the state, advocates for the rights and full participation of children and adults with intellectual and developmental disabilities. They support and empower individuals and families, improve support and service systems, influence public policy, increase public awareness, and inspire inclusive communities.

To find the Arc nearest you, visit [www.arcwa.org/aboutus/local\\_arc\\_chapters](http://www.arcwa.org/aboutus/local_arc_chapters).

Phone: 360-357-5596

Toll Free: 1-888-754-8798

Website: [www.arcwa.org](http://www.arcwa.org)

## Parent Coalitions

Parent Coalitions are parents and guardians who help others organize and be heard on issues important to them. There are about 15 Parent Coalitions located around the state.

Website:

[www.arcwa.org/index.php/takeaction/washingtonstate/advocacy\\_organizations/washington\\_state\\_parent\\_coalitions/](http://www.arcwa.org/index.php/takeaction/washingtonstate/advocacy_organizations/washington_state_parent_coalitions/)

## Family Voices of Washington

Family Voices advocates on behalf of children with special needs and their families. They involve families in policy planning and offer information on healthcare policy so you can stay informed.

Phone: 253-565-2266

Website: [www.wapave.org/](http://www.wapave.org/)

## Legislative Hotline

Use the Legislative Hotline to find out who your legislators are, learn about current bills and send messages to your state legislators and the governors.

Phone: 1-800-562-6000

TTY: 1-800-635-9993

Email: [support@leg.wa.gov](mailto:support@leg.wa.gov)

Website: [www.leg.wa.gov](http://www.leg.wa.gov)

## National Organization for Rare Disorders (NORD)

NORD works closely with advocacy partners on the federal and state level to encourage policies that are supportive of the needs of rare disease patients and their families. For information on joining their Rare Advocacy Network, visit their website.

Phone: 1-800-999-6673

Website: [www.rarediseases.org/advocate/](http://www.rarediseases.org/advocate/)

## Interested in becoming a Family Advisor?

A family advisor is a parent or other family member who draws on personal experiences to influence decisions and help shape programs and policies.

This may include a wide variety of activities such as:

- Mentoring other families
- Teaching, training or speaking about your child's condition
- Serving on an advisory council, board, focus group or community coalition

For more information on becoming a Family Advisor, and tips on where to start, visit [www.cshcn.org/support-connections/becoming-a-family-advisor/](http://www.cshcn.org/support-connections/becoming-a-family-advisor/)

## American Indian and Alaskan Native Families

### **American Indian Health Commission for Washington State (AICH)**

AICH works to improve health outcomes for American Indians and Alaska Natives through policy at the state level.

Email: [aihc.general.delivery@outlook.com](mailto:aihc.general.delivery@outlook.com)

Website: [www.aihc-wa.com/](http://www.aihc-wa.com/)

### **Indian Health Service – Washington, Oregon, Idaho**

Indian Health Service provides health care, resources and advocacy for American Indians and Alaska Natives living in Washington, Oregon and Idaho.

Washington clinics are located on the Colville, Spokane and Yakama reservations. Visit their website to find the clinic in your area.

Phone: 503-414-5555

Website: [www.ihs.gov/portland/healthcarefacilities](http://www.ihs.gov/portland/healthcarefacilities)

## Assistive Technology, Home Care and Medical Equipment

### **Tip:**

Contact your insurance company to see if they cover expenses for assistive technology, home care and medical supplies and equipment.

### **Assistive Technology**

#### **Special Education Technology Center (SETC)**

SETC provides collaborative technology planning and can loan assistive technology to any student in Washington, preschool through age 21, who receives special education services and may need assistive technology to access their education. Services may be accessed through the school district serving your child.

Website: [www.specialedtechcenter.org/](http://www.specialedtechcenter.org/)

#### **Northwest Access Fund**

Northwest Access Fund offers low interest loans and matched savings accounts to purchase assistive technology needed for any purpose. They can also give you tips on things to think about when purchasing assistive technology and help you identify other sources of funding.

Use their resource list to find a product vendor.

Phone: 206-328-5116

Toll-Free: 1-877-428-5116

TTY: 1-888-494-4775

Email: [info@nwaccessfund.org](mailto:info@nwaccessfund.org)

Website: [www.washingtonaccessfund.org/](http://www.washingtonaccessfund.org/)

#### **Washington Assistive Technology Act Program (WATAP)**

WATAP offers device demonstrations and evaluations to help you find assistive technology that will work best for your child. They offer short term device loans so your child can try the device at home. Once you are ready to purchase a device, they can help you access alternative purchasing and financing options. WATAP also has resources to help you find assistive technology apps.

Toll-Free: 1-800-214-8731

Toll-Free TTY: 1-866-866-0162

Email: [watap@uw.edu](mailto:watap@uw.edu)

Website: [www.watap.org](http://www.watap.org)



## Home care

### National Association for Home Care and Hospice

Use their Agency Locator to find a home care agency in your area.

Website: <https://agencylocator.nahc.org/>

### Home Care Association of Washington (HCAW)

Find a home care provider in your county.

Provider search: <https://hcaw.org/page-18083>

Website: [www.hcaw.org](http://www.hcaw.org)

#### Tip:

Ask your doctor or health provider what agencies may have equipment that fits your needs. Home health care agencies may provide equipment.

## Medical equipment

### Seattle Children's List of Resources for Wheelchairs and Medical Equipment

Seattle Children's maintains a list of organizations in Washington State that provide medical equipment on a loaner basis or for a small fee.

View the list at [www.seattlechildrens.org/pdf/PE1436.pdf](http://www.seattlechildrens.org/pdf/PE1436.pdf)

#### Do you need help finding medical supplies?

For help finding medical supplies in your area, ask your child's doctor or therapist.

There are also a number of online stores where you can purchase items to be delivered to your home.

## Disposing of unused medication, medical supplies and equipment

Before disposing of unused medication or medical supplies contact your local health department and ask if there are any laws for proper disposal that you should be aware of.

Find your local health department at

[www.doh.wa.gov/AboutUs/PublicHealthSystem/LocalHealthJurisdictions](http://www.doh.wa.gov/AboutUs/PublicHealthSystem/LocalHealthJurisdictions)

### Unused Medication

It is important to dispose of unused medication as soon as possible to prevent accidental exposure or misuse. Some medications may be especially harmful and should be flushed immediately after they are no longer needed.

Learn more about proper disposal of unused medications, and find out which medications should be flushed at

[www.fda.gov/drugs/resourcesforyou/consumers/buyingusingmedicinesafely/ensuringsafeuseofmedicine/safedisposalofmedicines/ucm186187.htm](http://www.fda.gov/drugs/resourcesforyou/consumers/buyingusingmedicinesafely/ensuringsafeuseofmedicine/safedisposalofmedicines/ucm186187.htm)

### Sharps

Needles and syringes are referred to as "sharps." It is important to properly dispose of used sharps to reduce the risk of sticks, cuts or punctures. Depending on your child's diagnosis, there may also be a risk of exposing others to blood-borne illness if you do not properly dispose of your sharps.

Laws for sharps disposal vary throughout Washington. In some areas it is illegal to dispose of sharps in the regular garbage. Contact your local health department or trash removal service to find out how to dispose of sharps in your area.

Learn more about sharps disposal from the FDA (Food and Drug Administration) at [www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/HomeHealthandConsumer/ConsumerProducts/Sharps/ucm263240.htm](http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/HomeHealthandConsumer/ConsumerProducts/Sharps/ucm263240.htm)

### Equipment

There are a number of organizations that will take donated medical equipment such as wheelchairs, walkers and canes. View the Seattle Children's List of Resources for Wheelchairs and Medical Equipment to see if there is an organization near you.

View the list at [www.seattlechildrens.org/pdf/PE1436.pdf](http://www.seattlechildrens.org/pdf/PE1436.pdf)

# Child Care

## Child Care and the ADA

The Americans with Disabilities Act (ADA), guarantees that children with disabilities cannot be excluded from public accommodations, such as preschools and child care centers.

To learn more about child care and the ADA, visit [www.cshcn.org/resources-contacts/childcare-and-the-ada/](http://www.cshcn.org/resources-contacts/childcare-and-the-ada/)

For specific legal questions related to the ADA and child care, contact the US Department of Justice ADA Information Line. Phone: 1-800-514-0301 TTY: 1-800-514-0383

## Search for child care

### Child Care Aware of Washington

Find licensed child care and resources that may be able to help you pay for child care.

Phone: 1-800-446-1114

TTY: 1-800-833-6388

Website: [www.wa.childcareaware.org/families](http://www.wa.childcareaware.org/families)

Get help paying for childcare: [www.wa.childcareaware.org/families/family-resources-1/need-help-paying-for-child-care](http://www.wa.childcareaware.org/families/family-resources-1/need-help-paying-for-child-care)

### Care.com

Search for private caregivers in your area. Use their “Special Needs” category to search by your child’s diagnosis.

Website: [www.care.com](http://www.care.com)

## Developmental Preschool

Some school districts offer free preschool to children with special needs. Certified special education teachers, speech therapists and other staff can help your child learn skills that will help them enter kindergarten.

To learn if your child qualifies for a developmental preschool program, contact your school district. You can ask them to provide a screening at no cost to you.

## Learn more about child care

### Department of Children, Youth and Families

Find information to help you make informed decisions about childcare, including Child Care Check.

Website: [www.dcyf.wa.gov/services/earlylearning-childcare/find-child-care](http://www.dcyf.wa.gov/services/earlylearning-childcare/find-child-care)

### Child Care Check

Child Care Check is a licensed child care status and record data base for Washington State. You can search providers and find out background check statuses, licensing history, monitoring reports and more. Offered by the Department of Children, Youth and Families.

Website: [www.dcyf.wa.gov/services/earlylearning-childcare/child-care-check](http://www.dcyf.wa.gov/services/earlylearning-childcare/child-care-check)

## Dental

### Do you need help finding a dentist?

#### American Academy of Pediatric Dentists

Use their online directory to find a dentist in your county.

Website: [www.aapd.org/finddentist](http://www.aapd.org/finddentist)

#### Washington State Dental Association

Use their Special Needs Directory to find a dentist who cares for children with special needs in your county.

Website: [www.wsda.org/special-needs-directory/](http://www.wsda.org/special-needs-directory/)

### Do you need help paying for your child's dentist?

#### Access to Baby and Child Dentistry Program (ABCD)

If your child is under the age of six and insured by Apple Health (Medicaid), they are eligible for the ABCD program where they can receive no-cost dental care.

Website: [www.abcd-dental.org/for-parent/find-an-abcd-dentist/](http://www.abcd-dental.org/for-parent/find-an-abcd-dentist/)

#### SmileMobile

SmileMobile is a dental office on wheels that provides free and low cost dental services to infants through high-school age children who live in rural and underserved communities. SmileMobile can also refer you to a local dentist. View their website to see the travel schedule.

Phone: 206-517-6303

Toll-Free: 1-888-286-9105

Email: [kamundson@deltadentalwa.com](mailto:kamundson@deltadentalwa.com)

Website: [www.deltadentalwa.com/our-foundation/smilemobile.aspx](http://www.deltadentalwa.com/our-foundation/smilemobile.aspx)

#### What does "Pediatric" mean?

Pediatric (pee-dee-ah-trick) means medical care for children, from birth through age 21.

A pediatrician is a doctor who cares for children.

#### Want more information on dental care for children with special needs?

Visit our website to learn more about how your child's health condition may affect their oral health, including:

- Tips for daily tooth care
- When to go to the dentist
- Help for challenging situations
- How to prepare your child for a dental visit

Website: [www.cshcn.org/resources-contacts/dental-care-for-children-with-special-needs/](http://www.cshcn.org/resources-contacts/dental-care-for-children-with-special-needs/)

## Financial Help

#### Department of Social and Health Services (DSHS)

DSHS offers help with

- Food assistance (called Basic Food in Washington)
- Finding affordable housing
- Insurance for your child
- Applying for or receiving child support
- Mental health and addiction services for your child
- Disability support, including Social Security Disability

Visit their website to learn more about these programs and see if you or your child qualifies.

Email: [askdshs@dshs.wa.gov](mailto:askdshs@dshs.wa.gov)

Website: [www.dshs.wa.gov](http://www.dshs.wa.gov)

For help resolving a complaint: 1-800-737-0617

For help with child support: 1-800-457-6202

#### Did you know?

If you are receiving disability or retirement benefits and your child is over 18 and has a disability, they may be eligible to receive disability benefits as well.

Visit [www.dshs.wa.gov](http://www.dshs.wa.gov) for more information.

### **Unsure if your child qualifies for Apple Health (Medicaid)?**

Apple Health (Medicaid) is a health insurance program through Washington State.

Visit [www.parenthelp123.org/benefit-finder](http://www.parenthelp123.org/benefit-finder) for an easy guide that walks you through applying for Apple Health and other benefits.

If you need additional help, call the Family Health Hotline, a program of WithinReach.

Phone: 1-800-322-2588 (TTY relay dial 711)

### **Supplemental Security Income (SSI)**

Supplemental Security Income is a government program that provides stipends to some low-income people, including children with disabilities.

SSI is available to children with disabilities that result in “marked and severe functional limitations” or whose disability “has lasted or can be expected to last for a continuous period of not less than 12 months” and who meet the income requirements.

You can apply for SSI at your local office. There is no charge to apply.

Steps to apply: [www.ssa.gov/ssi/text-child-ussi.htm](http://www.ssa.gov/ssi/text-child-ussi.htm)

Phone: 1-800-772-1213

TTY: 1-800-325-0778

Understanding SSI for Children: [www.ssa.gov/ssi/text-child-ussi.htm](http://www.ssa.gov/ssi/text-child-ussi.htm)

SSI Application Process and Applicants' Rights: [www.ssa.gov/ssi/text-apply-ussi.htm](http://www.ssa.gov/ssi/text-apply-ussi.htm)

### **United Healthcare Children's Foundation (UHCCF)**

UHCCF offers grants to help you pay for medical costs not covered by your child's commercial health insurance plan. Visit their website to view the eligibility criteria and apply.

Phone: 1-855-698-4223

Email: [customerservice@uhccf.org](mailto:customerservice@uhccf.org)

Website: [www.uhccf.org/apply/](http://www.uhccf.org/apply/)

### **Washington Prescription Drug Program (WPDP) Discount Card**

The WPDP Discount Card can help you save money on prescription drugs for you and your child. All Washington State residents are eligible for the WPDP Discount Card. There are no age or income restrictions, annual fees or hidden costs.

Website: [www.hca.wa.gov/about-hca/prescription-drug-program](http://www.hca.wa.gov/about-hca/prescription-drug-program)

Enroll online at

[www.modahealth.com/SecuredFormsWeb/ODS/drug\\_card\\_wdpdp.jsp](http://www.modahealth.com/SecuredFormsWeb/ODS/drug_card_wdpdp.jsp)

To enroll by phone, call 1-800-913-4146

## **Other Resources**

### **National Organization for Rare Disorders (NORD)**

NORD maintains a list of patient assistance programs for rare disorders.

View the eligibility requirements and list of programs at [www.rarediseases.org/for-patients-and-families/help-access-medications/patient-assistance-programs-2/](http://www.rarediseases.org/for-patients-and-families/help-access-medications/patient-assistance-programs-2/)

### **Ben's Fund**

If your child has autism you can apply for a grant through Ben's Fund. Grants can be used to help pay for a number of things related to caring for your child. To learn more about the grant and apply, visit [www.featwa.org/grants/](http://www.featwa.org/grants/)

## Finding Information on a Health Condition or Diagnosis

The resources on this page are for informational purposes only and are not meant to diagnose or treat an illness. If you have immediate concerns about your child's health, contact their doctor or call 911.

### **Center for Parent Information and Resources**

Learn more about your child's disability. Find information, resources, parent centers and trainings related to your child's disability.

Website: [www.parentcenterhub.org](http://www.parentcenterhub.org)

Email: [malizo@spannj.org](mailto:malizo@spannj.org)

### **Genetic and Rare Diseases (GARD) Information Center**

GARD maintains a list of rare diseases and related terms to help people find reliable information. Use their alphabetical search tool to find your child's diagnosis.

Phone: 1-888-205-2311

Website: [www.rarediseases.info.nih.gov/](http://www.rarediseases.info.nih.gov/)

### **Medline Plus**

Medline Plus has information about symptoms, causes, treatment and prevention for over 1000 diseases, illnesses, health conditions and wellness issues. They also have information about prescription drugs, over-the-counter medicines, herbs and supplements.

Website: [www.medlineplus.gov](http://www.medlineplus.gov)

### **National Institute of Mental Health (NIMH)**

Find information and about mental health. NIMH also has information on clinical trials and statistics.

Website: [www.nimh.nih.gov/health/topics/index.shtml](http://www.nimh.nih.gov/health/topics/index.shtml)

### **National Organization for Rare Disorders (NORD)**

If your child has a rare disease you can learn more about their condition from NORD's Rare Disease Database.

Phone: 800-999-6673

Website: [www.rarediseases.org](http://www.rarediseases.org)

## Finding Services for Your Child

If you need help finding services for your child in your area- such as therapy, vision or dental - contact one of the organizations below. They also have online databases that you can search.

### **WithinReach**

Family Health Hotline: 1-800-322-2588

Website: [www.parenthelp123.org](http://www.parenthelp123.org)

### **Washington Information Network - 211**

Phone: 211

Website: [www.win211.org/](http://www.win211.org/)

Searchable database: [www.win211.org/search/](http://www.win211.org/search/)

## **Other Resources**

### **Informing Families**

Find services that may be useful to you based on your child's age.

Website: [www.informingfamilies.org](http://www.informingfamilies.org)

# Food Assistance and Feeding

## Do you need help finding or paying for food?

### **EBT Matching Programs at Farmer's Markets (Fresh Bucks)**

Many Farmer's Markets in Washington accept EBT cards and WIC as payment. They also offer matching programs called Fresh Bucks. For example, a \$2:\$5 match means that for every \$5 you spend in EBT, they will give you an additional \$2 to spend. Take your EBT card to the Farmer's Market Information tent and ask how much they will match.

Search for a market that offers EBT and WIC matching at [www.wafarmersmarkets.org/ebt-match/](http://www.wafarmersmarkets.org/ebt-match/)

### **Family Food Hotline**

If you need help finding or paying for food, contact the Family Food Hotline. They can help you find a local food bank, apply for WIC and Basic Food or find a Summer Food program near you. To learn more about these programs, visit [www.parenthelp123.org/families/food-assistance-family](http://www.parenthelp123.org/families/food-assistance-family)  
Phone: 1-888-436-6392

### **Washington Connection**

Apply for food assistance programs, and see what other services you may qualify for, online at [www.washingtonconnection.org](http://www.washingtonconnection.org)  
Phone: 1-877-501-2233

### **School Meals Program**

The School Breakfast Program and National School Lunch Program provide free and reduced priced meals to children whose families meet the income guidelines. For the 2018-2019 school year, a family of four can make up to \$32,630 a year to qualify for free school meals, and up to \$46,435 to qualify for reduced-priced meals. Ask your child's school for an application.

## Does your child need nutrition or feeding help?

### **Nutrition for Children with Special Health Care Needs in Washington State**

Learn about nutrition and feeding team services.  
Phone: 360-236-3561  
Website: [www.depts.washington.edu/cshcnnut](http://www.depts.washington.edu/cshcnnut)

# Growth and Development

## Do you have concerns about your child's growth or development?

If your child is under age five and you are concerned about their growth or development, ParentHelp123 offers a free screening questionnaire to help see if your child might need further evaluation. If you and your child need extra support, ParentHelp123 will connect you to specialists who can help.

You can complete the Ages and Stages developmental screening questionnaire at [www.parenthelp123.org/child-development/child-development-screening-public](http://www.parenthelp123.org/child-development/child-development-screening-public), or call the Family Health Hotline at 1-800-322-2588 to complete the survey with someone over the phone.

### Children with Special Health Care Needs (CSHCN) Coordinators

CSHCN Coordinators, generally Public Health Nurses, provide services to children birth to 18 years of age who live in Washington State, and who have or are at risk of having a serious physical, developmental, behavioral or emotional condition, and who require health and related services beyond that generally required. A CSHCN Coordinator can help you access medical care and treatments, find support through parent organizations, assist with concerns related to feeding, nutrition, growth and development and provide screening and assessment services.

### Early Support for Infants and Toddlers (ESIT)

ESIT provides care coordination for children, birth to three, who have a developmental delay. Your local Family Resource Coordinator (FRC) can help your child receive a free developmental screening, access services and suggest other resources in the community.

Find the Primary Referral Contact and Local Lead Agency in your county:  
[www.dcyf.wa.gov/services/child-development-supports/esit](http://www.dcyf.wa.gov/services/child-development-supports/esit)

### Informing Families

Informing Families has detailed information for people with disabilities at all life stages. You can learn about advocacy, education, child development and more. They also have articles on a variety of topics related to raising a child with developmental disabilities.

Website: [www.informingfamilies.org/](http://www.informingfamilies.org/)

### Learning Disability Association of America (LDA)

LDA provides information on a variety of learning disabilities. They also have resources on many topics including assessment and evaluation, special education, mental health, and technology.

Website: [www.ldaamerica.org/parents/](http://www.ldaamerica.org/parents/)

## Do you live in Central Washington?

Enterprise for Progress in the Community (EPIC) works to improve the quality of life for children through medical and dental screenings, early childhood education, family support, and more.

They have Head Start and ECEAP (Early Childhood Education and Assistance Program) locations in Douglas, Okanogan and Yakima counties.

Call or visit their website to learn more.

Phone: 509-248-3950

Website:  
[www.epicnet.org](http://www.epicnet.org)

## Is someone in your family a seasonal or migrant worker?

**Inspire Development Centers** offers programs and services for seasonal and migrant workers, as well as those who are economically disadvantaged and live in a rural area.

Visit their website to learn more.

Find the office near you: [www.inspire-centers.org/ContactUs.aspx](http://www.inspire-centers.org/ContactUs.aspx)

Website: [www.inspire-centers.org/](http://www.inspire-centers.org/)



# Health Insurance

## When is Open Enrollment?

For 2019, open enrollment

Begins: Nov 1, 2018

Ends: Dec 15, 2018

## Did you know?

Your child may qualify for Apple Health (Medicaid or CHIP) even if you do not.

Contact WithinReach to learn more.

## Learn more about free or low cost health care

For information on free or low-cost healthcare, visit the Washington Health Care Authority at [www.hca.wa.gov/free-or-low-cost-health-care](http://www.hca.wa.gov/free-or-low-cost-health-care)

You will find information on

- Eligibility
- Benefits and services
- Applying for or renewing coverage
- How to use your coverage
- Changing your health plan (for those with Apple Health)
- Prescription drug discount card

## Applying for health insurance

### Washington Healthplanfinder

Washington Healthplanfinder is a way for you to compare insurance plans to find one that fits your family. To apply for health insurance, you must do so during the open enrollment period, unless you qualify for Apple Health (Medicaid). If you are eligible for Apple Health (Medicaid) you may apply for health insurance at any time. Eligibility for Apple Health is determined by your income and family size.

If the open enrollment period has closed and you have had a qualifying life event, you may still be able to apply.

To learn more about qualifying life events visit [www.wahbexchange.org/new-customers/who-can-sign-up/special-enrollment-period/](http://www.wahbexchange.org/new-customers/who-can-sign-up/special-enrollment-period/)

Website: [www.wahealthplanfinder.org/\\_content/Homepage.html](http://www.wahealthplanfinder.org/_content/Homepage.html)

## Would you like help applying for insurance?

Use one of the resources below for help applying for health insurance for your child.

### WA PAVE

If you have questions about health insurance, need help applying, need to appeal a denial of services, or want information on other ways to pay for your child's medical bills contact PAVE.

Phone: 253-565-2266

Toll Free: 1-800-5-PARENT (572-7368)

E-mail: [pave@wapave.org](mailto:pave@wapave.org)

Website: [www.wapave.org](http://www.wapave.org)

### WithinReach

WithinReach will help you understand and apply for health insurance based on your family's needs and budget.

Call the WithinReach Family Health Hotline at 1-800-322-2588

Or, learn more about health insurance and use the Benefit Finder on their website: [www.parenthelp123.org/resources/health-insurance-programs](http://www.parenthelp123.org/resources/health-insurance-programs)

### Other Qualified Brokers

A qualified broker is an organization that can help you apply for health insurance. Washington Healthplanfinder maintains a list of qualified brokers across the state.

To find one near you, visit

[https://www.wahealthplanfinder.org/HBEWeb/Annon\\_DisplayBrokerNavigatorSearch.action?brokerNavigator=BRK&request\\_locale=en](https://www.wahealthplanfinder.org/HBEWeb/Annon_DisplayBrokerNavigatorSearch.action?brokerNavigator=BRK&request_locale=en)

## Are you worried you don't have enough insurance coverage?

If you have insurance but are worried that you don't have enough to cover your family's medical needs, or you are not sure what your insurance plan covers, these resources can help.



## Statewide Health Insurance Benefits Advisors (SHIBA)

SHIBA provides free help with Medicare and health care choices. Volunteer advisors located around the state can help you:

- Assess health care coverage needs
- Determine general eligibility for health care coverage programs
- Evaluate and compare health insurance plans and programs
- Provide enrollment help with Medicare
- Speak with 1-800 Medicare on your behalf
- Make referrals to other agencies and programs
- Collect and report possible fraud complaints

Find your local SHIBA office: [www.insurance.wa.gov/find-local-shiba-office](http://www.insurance.wa.gov/find-local-shiba-office)

Website: [www.insurance.wa.gov/statewide-health-insurance-benefits-advisors-shiba](http://www.insurance.wa.gov/statewide-health-insurance-benefits-advisors-shiba)

## Office of the Insurance Commissioner

Visit their website to learn more about:

- Health insurance
- What to do if you lose or cannot afford coverage
- Options for people with disabilities
- Appealing a health insurance denial
- File a complaint against your insurance company
- See if a company has any complaints against them

Phone: 1-800-562-6900

Website: [www.insurance.wa.gov/](http://www.insurance.wa.gov/)

# Hearing and Vision

## Hearing Services

### Early Hearing-loss Detection, Diagnosis, and Intervention Program (EHDDI)

Find out where your child can be screened for hearing loss, find a specialist in your area and learn about hearing loss resources in your community.

Some children may be at a higher risk of hearing loss due to certain conditions. You can view a list of risk factors at [www.doh.wa.gov/YouandYourFamily/InfantsandChildren/HealthandSafety/EarlyHearingLoss/Families/isYourBabyatRiskforHearingLoss](http://www.doh.wa.gov/YouandYourFamily/InfantsandChildren/HealthandSafety/EarlyHearingLoss/Families/isYourBabyatRiskforHearingLoss)

Phone: 206-418-5613

Toll-Free: 1-888-923-4434

Email: [ehddi2@doh.wa.gov](mailto:ehddi2@doh.wa.gov)

Website: [www.doh.wa.gov/YouandYourFamily/InfantsChildrenandTeens/HealthandSafety/EarlyHearingLoss.aspx](http://www.doh.wa.gov/YouandYourFamily/InfantsChildrenandTeens/HealthandSafety/EarlyHearingLoss.aspx)

## Washington Hands & Voices

Hands & Voices provides families with resources and information to improve communication and educational outcomes for their children who are deaf, deaf-blind or hard of hearing, without a bias towards communication modes. Their Guide By Your Side program offers support by trained Parent Guides. Parent Guides are there to offer you information and tools to navigate challenging systems and compassion and knowledge from a parent who has a child with hearing loss.

Phone: 425-268-7087

Email: [info@wahandsandvoices.org](mailto:info@wahandsandvoices.org)

Website: [www.wahandsandvoices.org](http://www.wahandsandvoices.org)

### What is TTY?

TTY stands for Teletype. It is a way for those who are deaf or hard of hearing to communicate via telephone.

Those who use a TTY device can reach any phone number in Washington, for free, by calling 711.

## Hearing and Vision Services

### Washington Sensory Disabilities Services (WSDS)

WSDS supports the developmental and learning needs of children birth to 21 who are deaf or hard of hearing, blind or have low vision or have a combination of hearing loss and low vision.

Their educational consultants provide information and resources including:

- Establish a workable communication system or improve an existing one
- Develop outcomes or goals for a child's Individualized Family Service Plan or Individualized Education Plan
- Modify the environment to make it easier for the child to be included in family life or the general classroom curriculum
- Start planning for life after high school

Phone: 425-917-7827

Toll Free: 1-800-572-7000

Email: [wds@psed.org](mailto:wds@psed.org)

Website: [www.wsdsonline.org](http://www.wsdsonline.org)

### Assistance Dogs International

Assistance Dogs International maintains a list of accredited assistance dog providers. You can also learn more about types of assistance dogs, training programs and standards, and laws related to assistance dogs.

Email: [info@assistedogsinternational.org](mailto:info@assistedogsinternational.org)

Website: [www.assistedogsinternational.org/](http://www.assistedogsinternational.org/)

Assistance Dog Programs that serve Washington:

[www.assistedogsinternational.org/location/washington/](http://www.assistedogsinternational.org/location/washington/)

### Do you need help finding an eye doctor for your child?

Eye doctors (also called optometrists) specialize in caring for the eyes. They can evaluate your child's vision and prescribe glasses or vision therapy.

Ask your child's primary care doctor for a referral.

## Vision Services

### Children's Eye Foundation

The Children's Eye Foundation provides resources to families of children with eye conditions, including educational information and support groups.

They also have a list of signs that may indicate your child has a vision problem.

Website: [www.childrenseyefoundation.org/](http://www.childrenseyefoundation.org/)

### Washington State Department of Services for the Blind (DSB)

DSB can help you learn about your child's unique developmental needs and understand their condition, assist in advocating for access needs with your child's school, and more.

During your child's teenage years they provide career counseling and job training, and help with assistive technology in the workplace and life skills.

They also offer various summer camps and programs. All DSB services are free.

Phone: 1-800-552-7103

Email: [info@dsb.wa.gov](mailto:info@dsb.wa.gov)

Website: [www.dsb.wa.gov](http://www.dsb.wa.gov)

### Washington State Talking Book and Braille Library

Get reading help for children who are blind, have low vision, are deaf-blind, have a physical disability, or a reading disability. Talking books and braille books in numerous translations are available statewide, at the library and by mail to Washington residents.

Phone: 206-615-0400

Toll Free: 1-800-542-0866

Email: [wtbbl@sos.wa.gov](mailto:wtbbl@sos.wa.gov)

Website: [www.wtbbl.org](http://www.wtbbl.org)

## Legal Help

### Disability Rights Washington (DRW)

DRW protects the rights of people with disabilities statewide. They work to advance the dignity, equality, and self-determination of people with disabilities. They work to pursue justice on matters related to human and legal rights.

Toll Free 1-800-562-2702

In King County: 206-324-1521

Email: [info@dr-wa.org](mailto:info@dr-wa.org)

Website: [www.disabilityrightswa.org](http://www.disabilityrightswa.org)

### Guardianship Services of Seattle (GSS)

Guardianship Services of Seattle serves families across Washington. They work with people who have a mental health condition, developmental or physical disability, or who have had a traumatic brain injury.

They can provide help with budgeting, care management, planning for the future with a special needs trust, and more.

Phone: 206-284-6225

Website: [www.trustguard.org](http://www.trustguard.org)

### Northwest Justice Project (NJP)

NJP is Washington's publicly funded statewide legal aid program for low income persons and groups in Washington. Through its eighteen offices and CLEAR, Washington's centralized intake, advice and referral hotline, NJP provides free legal information, advice, limited assistance, representation, community education, outreach and other community based advocacy.

Outside King County: 1-888-201-1014

In King County: 206-464-1519 or 1-888-201-1012

Website: [www.nwjustice.org](http://www.nwjustice.org)

### Endowment Trust Fund

If your child has developmental disabilities you can create a Developmental Disabilities Endowment Trust Fund to help provide for their future. For more information, contact the Arc of Washington.

Phone: 1-888-754-8798 ext 1

Website: [www.arcwa.org/getsupport/life\\_opportunities\\_trust](http://www.arcwa.org/getsupport/life_opportunities_trust)

### Are you a grandparent or other family member raising a relative's child?

DSHS Kinship Care program can offer you support. They offer information on

- Financial Assistance
- Healthcare
- Support
- Legal issues
- And more

Website:

[www.dshs.wa.gov/altsa/home-and-community-services-kinship-care/kinship-care](http://www.dshs.wa.gov/altsa/home-and-community-services-kinship-care/kinship-care)

## Medical Home

### What is a Medical Home?

#### From [www.medicalhome.org](http://www.medicalhome.org):

"In a medical home, a primary care provider works in partnership with the family/patient to make sure that all of the medical and non-medical needs of the patient are met. Through this partnership, the primary care provider, nurses and other member of the care team can help the family/patient access and coordinate services important to the overall health of the child or youth and family. These services include specialty medical care, educational services, out-of-home care, family support, and other public and private community services."

To learn more about how you can be an effective member of your child's care team visit [www.medicalhome.org/families](http://www.medicalhome.org/families).

Phone: 206-685-1279

Email: [info@medicalhome.org](mailto:info@medicalhome.org)

Website: [www.medicalhome.org](http://www.medicalhome.org)

# Mental and Behavioral Health

## Do you need help finding a treatment center?

SAMHSA (Substance Abuse and Mental Health Services Administration) maintains a list of mental and behavioral health treatment centers. You can search by type of service, payment type, age and more.

Phone:  
1-800-662-HELP (4357)  
TTY: 1-800-487-4889  
Website:  
[www.findtreatment.samhsa.gov/](http://www.findtreatment.samhsa.gov/)

## Did you know?

All children and youth with Medicaid can receive a free mental health assessment. Contact your BHO for more information.

### For Immediate Help:

In any life-threatening emergency, call 911.

### National Suicide Prevention Lifeline:

Phone: 1-800-273-8255  
TTY: 1-800-799-4889

### Behavioral Health Organization (BHO) crisis line

For 24-hour emotional support and referrals, contact the Behavioral Health Organization (BHO) crisis line for your county.

BHO Crisis Lines: [www.dshs.wa.gov/bha/division-behavioral-health-and-recovery/state-mental-health-crisis-lines](http://www.dshs.wa.gov/bha/division-behavioral-health-and-recovery/state-mental-health-crisis-lines)

### Anxiety BC

Their Self Help section has information and tools to help you and your child understand and overcome their anxiety. They have many tools that you can use with your child to learn about their anxiety, help them overcome fears, establish healthy routines and more.

Their youth section offers tools for teens to face their fears, learn to control their self-talk, techniques to help them relax, and learn about healthy habits. They also have videos of other teens speaking about their anxiety and how they worked to overcome it.

Website: [www.anxietybc.com](http://www.anxietybc.com)

For Parents and Caregivers: [www.anxietybc.com/parenting/parent-child](http://www.anxietybc.com/parenting/parent-child)

For Teens: [www.youth.anxietybc.com/](http://www.youth.anxietybc.com/)

### Child Mind

Child Mind has information on a wide range of mental and behavioral health topics and diagnoses so you can learn more about your child's illness. Their section on family concerns can give you tools to deal with difficult topics such as divorce, drugs and alcohol, sexuality, self harm and more.

Website: [www.childmind.org](http://www.childmind.org)

### DSHS Children's Mental Health Services

Find information on mental health or substance use disorder services.

- If you have Apple Health and need help finding a provider, contact your local Behavioral Health Organization (BHO).
- If you live in Clark or Skamania counties you will not have a BHO and should contact your Apple Health plan directly.

Medicaid Funded Behavioral Health Treatment Guide:

[www.dshs.wa.gov/sites/default/files/BHSIA/dbh/BHO/BH\\_Info\\_Clients.pdf](http://www.dshs.wa.gov/sites/default/files/BHSIA/dbh/BHO/BH_Info_Clients.pdf)

Website: [www.dshs.wa.gov/bha/division-behavioral-health-and-recovery/other-mental-health-services-children](http://www.dshs.wa.gov/bha/division-behavioral-health-and-recovery/other-mental-health-services-children)

### NAMI (National Alliance on Mental Illness) – Washington

NAMI provides advocacy opportunities, information and referral for people with mental illness. Visit their website to find an office near you.

Main Office: 206-783-4288

Email: [office@namiwa.org](mailto:office@namiwa.org)

Website: [www.namiwa.org](http://www.namiwa.org)

### Therapeutic Health Services (THS)

Located primarily in King County, THS provides support, treatment and counseling to youth facing mental health or substance abuse disorders and homelessness.

Find contact information for the location near you at [www.ths-wa.org/ths-locations/](http://www.ths-wa.org/ths-locations/)

Website: [www.ths-wa.org](http://www.ths-wa.org)

# Military Families

## Military One Source

Military One Source provides information on a number of resources for military families who have a child with special needs, including:

- The Exceptional Family Member Program
- Financial Planning
- Federal Programs
- Special Education
- Wellness

The Exceptional Family Member Program comes with many benefits for military families, such as consideration during the assignment process and access to assistance to help your family navigate the medical and educational system. Visit Military One Source to learn more.

Website: [www.militaryonesource.mil/special-needs](http://www.militaryonesource.mil/special-needs)

## Special Needs Parent Tool Kit

This tool kit provides information and resources to help you learn to advocate for your child and improve their quality of life. The six modules of the tool kit include:

- Birth to Age Three
- Special Education
- TRICARE Health Benefits
- Families in Transition
- Advocating for Your Child
- Resources and Support

Download the toolkit at: [download.militaryonesource.mil/12038/EFMP/PTK\\_SCORs/ParentToolkit\\_Apr2014.pdf](http://download.militaryonesource.mil/12038/EFMP/PTK_SCORs/ParentToolkit_Apr2014.pdf)

## Air Force EFMP Respite Child Care

If you are in the Air Force and your family is enrolled in the Exceptional Family Member Program you may qualify for 40 hours of free respite care per month. To find out more about the program, view eligibility requirements and apply visit [usa.childcareaware.org/fee-assistancerespice/military-families/air-force/exceptional-family-member-program-efmp-respite-care/](http://usa.childcareaware.org/fee-assistancerespice/military-families/air-force/exceptional-family-member-program-efmp-respite-care/)

## Education Directory for Children with Special Needs

The Education Directory for Children with Special Needs provides military families of children with special needs the information they need to make informed assignment decisions and easier transitions.

Learn more and download the guide at [apps.militaryonesource.mil/MOS/f?p=EFMP\\_DIRECTORY](http://apps.militaryonesource.mil/MOS/f?p=EFMP_DIRECTORY)

## Specialized Training of Military Parents (STOMP) A Project of Washington PAVE

STOMP provides one and two-day in-person workshops and one-hour webinars throughout the United States and overseas for military families and military personnel. STOMP training provides families with a better understanding of how to navigate through educational and medical systems when they have a child who has exceptional/special needs.

Phone: 253-565-2266

Toll Free: 1-800-5-PARENT (572-7368)

Website: [www.wapave.org/parent-parent-p2p-pierce-county/](http://www.wapave.org/parent-parent-p2p-pierce-county/)

## Does your child have autism?

Autism Speaks maintains a list of resource for military families whose child has autism.

View the list at [www.autismspeaks.org/military-families/resources](http://www.autismspeaks.org/military-families/resources)

## Primary Medical Care

### Do you need help finding a primary care doctor for your child?

#### **Children with Special Health Care Needs (CSHCN) Coordinators**

CSHCN Coordinators are generally public health nurses who can provide screening and assessment of your child, refer you to services and resources, provide health information and help you coordinate services.

Find your CSHCN Coordinator at [www.doh.wa.gov/Portals/1/Documents/Pubs/970-141-CoordinatorList.pdf](http://www.doh.wa.gov/Portals/1/Documents/Pubs/970-141-CoordinatorList.pdf)

#### **Community and Migrant Health Centers**

Community and Migrant Health Centers provide primary, preventive and supportive health services to individuals, regardless of economic or insurance status.

To find a clinic near you visit [www.wacmhc.org/community-health-centers](http://www.wacmhc.org/community-health-centers)

#### **Doctor Finder**

You can use Seattle Children's Doctor Finder to find a pediatric health care provider by name, specialty or location.

Website: [www.seattlechildrens.org/doctor-finder/](http://www.seattlechildrens.org/doctor-finder/)

#### **Health Resources and Services Administration (HRSA) Health Centers**

HRSA Health Centers will care for you and your child, even if you do not have health insurance. They charge a fee based on your income level. Services include checkups, care when you are sick or pregnant, and immunizations and checkups for your child. Some centers also provide mental health, substance abuse, dental and vision care. Contact your local health center to see what they offer.

Find your local center: [www.findahealthcenter.hrsa.gov/](http://www.findahealthcenter.hrsa.gov/)

# Recreation

## Accessible Trails

Accessible Trails maintains lists of ADA accessible trails in Washington. They also have links to accessible trail information in other states. Visit their website to find a trail near you.

Website: [www.accessibletrails.com/](http://www.accessibletrails.com/)

## C.A.S.T. for Kids

C.A.S.T. for Kids hosts one-day events across the state. Children are given fishing equipment and paired with a volunteer. Visit their website to find an event near you.

Phone: 425-251-3214

Website: [www.castforkids.org](http://www.castforkids.org)

## Center for Children with Special Needs

- **Inclusive Playgrounds and Parks:** Use our interactive map to find an inclusive playground or park near you. Features may include adapted play equipment, increased access, quiet areas and special programs for children with special needs. Each listing provides detailed information about the unique features for children and individuals with special needs. Search the map at [www.cshcn.org/resources-contacts/inclusive-playgrounds-and-parks-in-washington-state/](http://www.cshcn.org/resources-contacts/inclusive-playgrounds-and-parks-in-washington-state/)
- **Recreation and Sports:** Find information on adaptive sport organizations, adaptive outdoor recreation and accessible camping and state parks. You can also find information on free and discounted passes for Washington State and National parks. View the list of resources at [www.cshcn.org/resources-contacts/recreation-and-sports-resources/](http://www.cshcn.org/resources-contacts/recreation-and-sports-resources/)
- **Summer Camp Directory:** Search for a summer camp near you using our online directory. You can search by diagnosis, region, camp type, and more. To find out if a camp will be a good fit for your child, check space availability or to register, contact the individual camps. Search the Summer Camp Directory at [www.cshcn.org/resources-contacts/summer-camp-directory](http://www.cshcn.org/resources-contacts/summer-camp-directory). If you would like a print copy of the directory please call or email us.

## Outdoors for All Foundation

Outdoors for All provides adaptive recreation opportunities in the greater Seattle area and Snoqualmie Pass. Activities include skiing, cycling, hiking, and rock climbing. They also rent adaptive gear and maintain a list of adaptive equipment resources.

Phone: 206-838-6030

Email: [info@outdoorsforall.org](mailto:info@outdoorsforall.org)

Website: [www.outdoorsforall.org](http://www.outdoorsforall.org)

## Professional Association of Therapeutic Horsemanship International (PATH Intl.)

PATH International maintains a list of accredited equine centers that serve people with special needs. You can search their directory by state, activity and diagnosis. You can also learn more about equine-assisted activities and therapies (EAAT) on their website.

Phone: 1-800-369-7433

Website: [www.pathintl.org](http://www.pathintl.org)



### **Seattle Adaptive Sports**

Seattle Adaptive Sports has a number of adaptive sports teams in the greater Seattle area. Adaptive track and field equipment may be available for high school students on a loaner basis for a low-cost fee. Seattle Adaptive Sports also maintains a list of adaptive sports programs across the state.

Phone: 206-963-0916

Email: [info@seattleadaptivesports.org](mailto:info@seattleadaptivesports.org)

Website: [www.seattleadaptivesports.org](http://www.seattleadaptivesports.org)

### **Special Olympics Washington**

Special Olympics Washington provides recreational and competitive sport opportunities for children and adults with intellectual disabilities. Use their interactive map to find a program near you.

Phone: 206-362-4949

Email: [info@sowa.org](mailto:info@sowa.org)

Website: [www.sowa.org](http://www.sowa.org)

Find a program near you: [www.specialolympicswashington.org/areas/](http://www.specialolympicswashington.org/areas/)

### **Washington State Youth Soccer Association (WSYSA) – TOPSoccer**

TOPSoccer is a program for players age 4 and older who have a physical or developmental disability. Players are divided by skill level, not age, and focus is on exercise and participation. Volunteers are paired with each player to assist with the game.

Phone: 253-476-2237

Toll-Free: 1-877-424-4318

Website: [www.washingtonyouthsoccer.org/programs/topsoccer/](http://www.washingtonyouthsoccer.org/programs/topsoccer/)

### **Washington Trails Association**

Washington Trails Association has a list of family friendly ADA accessible trails in Washington. Visit their website to view the list.

Website: [www.wta.org/go-outside/basics/ada-accessible-hikes](http://www.wta.org/go-outside/basics/ada-accessible-hikes)

#### **Tip from a parent:**

“Having one form that I can show to multiple people and organizations makes sharing my child’s information so much easier. It keeps me from having to repeat myself each time, and I know I won’t forget anything.”

Use our **Getting to Know Me** form, located on the next page, to introduce new babysitters, summer camp staff and school staff to your child. You can download and print this form, and many others, on our website at [www.cshcn.org/planning-record-keeping/documents/](http://www.cshcn.org/planning-record-keeping/documents/)



## Getting to Know Me

<b>My Name:</b>	<b>Nickname:</b>
<b>Date of Birth:</b>	<b>Today's Date:</b>
<b>A Little About Me:</b>	
<b>My Strengths:</b> (things that are easy for me)	
<b>My Challenges:</b> (communication, feeding, learning, mobility, social, energy, behavior)	
<b>My Life in the Community:</b> (school, childcare, place of worship, my favorite places)	
<b>My Home and Family Information:</b>	
<b>My Diagnosis (Diagnoses):</b>	
<b>My Overall Health:</b>	

Download and print this form at [www.cshcn.org/planning-record-keeping/documents/](http://www.cshcn.org/planning-record-keeping/documents/)



## Getting to Know Me

<b>My Prior Surgeries, Procedures, Lab/Diagnostic Studies:</b>
<b>My Current Medicines/Doses:</b>
<b>My Allergies:</b>
<b>Things to Avoid:</b> (food, activities, and procedures)
<b>My Equipment/Assistive Technology:</b> (braces/orthotics, walker, wheelchair, communication device, home O <sub>2</sub> , insulin pump, nebulizer, suction)
<b>Ways You Can be Helpful to Me:</b>

Download and print this form at [www.cshcn.org/planning-record-keeping/documents/](http://www.cshcn.org/planning-record-keeping/documents/)

# Respite Care

## What is respite care?

Caring for a child with special needs can take a lot of energy. Respite care gives you a short break from childcare duties. Respite care is not the same as child care. Respite care is most effective when you use it before you think you need it. It is best to give yourself a break before you start feeling mentally, emotionally or physically drained.

### Access to Respite Care and Help (ARCH)

Learn more about respite care at [www.archrespite.org/consumer-information](http://www.archrespite.org/consumer-information)

Use ARCH's respite locator to find respite care in your county:

[www.archrespite.org/respitelocator](http://www.archrespite.org/respitelocator)

### Easterseals Washington

Easterseals Washington has camping and respite programs to provide a safe, barrier-free environment for children and adults to experience all aspects of camp without usual limitations. Visit their website to view current dates.

Phone: 253-884-2722

Camp Stand By Me: [www.easterseals.com/washington/our-programs/camping-recreation/](http://www.easterseals.com/washington/our-programs/camping-recreation/)

Website: [www.wa.easterseals.com](http://www.wa.easterseals.com)

### Lifespan Respite Washington

Find more information about respite care, get ideas for creative respite solutions and apply for their voucher program to help you pay for respite care.

Phone: 425-740-3788

Read more about respite: [www.lifespanrespitewa.org/for-family-caregivers/](http://www.lifespanrespitewa.org/for-family-caregivers/)

Find creative respite solutions: [www.lifespanrespitewa.org/find-respite-care/](http://www.lifespanrespitewa.org/find-respite-care/)

Website: [www.lifespanrespitewa.org](http://www.lifespanrespitewa.org)

### Do you Need Help Paying for Respite Care?

Lifespan Respite Washington offers a Respite Voucher Program. From their website: "If you are a family caregiver (including friend or neighbor) who provides 40 or more hours of direct care, monitoring, and/or supervision per week, fill out the application." Check the eligibility requirements and apply on their website, [www.lifespanrespitewa.org/](http://www.lifespanrespitewa.org/).

### Does your child have a developmental disability?

If so, you may be able to receive help paying for respite care through the Developmental Disabilities Administration (DDA). To find out if you qualify, contact your DDA case manager.

Don't have a DDA case manager? Call the No Paid Services line in your region to find out more.

List of No Paid Services numbers:

[www.informingfamilies.org/topic/nps/](http://www.informingfamilies.org/topic/nps/)

Web contact form:

[www.dshs.wa.gov/dda/service-and-information-request](http://www.dshs.wa.gov/dda/service-and-information-request)

## **Disabilities, Opportunities, Internetworking & Technology (DO-IT)**

DO-IT has resources to help your child succeed in high school, college and beyond. Through mentorships and online resources they work to promote inclusion for people with disabilities in the fields of science, engineering, mathematics, and technology. Visit their website to learn more about their programs and to find resources related to accessible technology and accommodation.

Phone: 206-685-3648

Toll-Free: 1-888-972-3648

Email: [doit@uw.edu](mailto:doit@uw.edu)

Website: [www.washington.edu/doit](http://www.washington.edu/doit)

## **Education Ombuds, Washington State**

Education Ombuds help solve disputes between Washington families and public schools by advocating for fair processes and focusing on positive student outcomes. They conduct their services over the phone, free and confidentially. Interpreter services are available.

You may contact them by phone, fax or mail, or through their online intake form.

Phone: 1-866-297-2597

Email or online form: [www.oeo.wa.gov/contact/](http://www.oeo.wa.gov/contact/)

Website: [www.oeo.wa.gov/](http://www.oeo.wa.gov/)

## **Resources from the Office of Superintendent of Public Instruction (OSPI)**

The resources below are part of the Office of Superintendent of Public Instruction.

### **Special Education**

Learn about

- Special education eligibility
- Making a referral for special education for your child
- Getting your child evaluated
- Individualized Education Programs (IEPs)
- Behavior and discipline
- Dispute resolution

Phone: 360-725-6075

TTY: 360-644-3631

Website: [www.k12.wa.us/specialed](http://www.k12.wa.us/specialed)

Find out how special education works in Washington State at [www.k12.wa.us/SpecialEd/Families/HowItWorks.aspx](http://www.k12.wa.us/SpecialEd/Families/HowItWorks.aspx).

### **Special Education and Institutional Education - PDF**

Use this document to find contact information for your school district and special education department, schools for the deaf and hard of hearing, group homes, and more.

[www.k12.wa.us/SpecialEd/pubdocs/SpecialEdDirectory.pdf](http://www.k12.wa.us/SpecialEd/pubdocs/SpecialEdDirectory.pdf)

### **Partnership for Action, Voices for Empowerment (PAVE)**

PAVE has information on special education and IEPs (Individualized Education Programs). They also offer workshops for parents and caregivers and can help you work with school staff.

Phone: 253-565-2266

Toll Free: 1-800-572-7368

Email: [pave@wapave.org](mailto:pave@wapave.org)

Website: [www.wapave.org](http://www.wapave.org)

### **Special Education Support Center**

The Special Education Support Center has information and resources on special education law, advocacy, and more. They also have special education resources by disability type.

Website: [www.specialeducationsupportcenter.org/](http://www.specialeducationsupportcenter.org/)

#### **Tip:**

Fill out and keep the **In Case of Emergency** form, located on the next page, in your child's backpack. That way if they ever get lost or separated from the group on a field trip they will have all of their information with them.

You can download and print this form, and many others, on our website at [www.cshcn.org/planning-record-keeping/documents/](http://www.cshcn.org/planning-record-keeping/documents/)

## Notes

## In Case of Emergency

Today's Date:		
Your Name:		Nickname:
Birth Date:	Primary Language/Communication:	
Home Address:		
Parents/Guardians:	Relationship:	Home phone: Other phones:
Diagnosis:		
Medications	Dose	Time(s)
Allergies:		
Emergency Contact:	Relationship:	Phone numbers:
PHYSICIAN INFORMATION		
Primary Doctor:	Phone:	Fax:
Specialist:	Phone:	Fax:
Specialist:	Phone:	Fax:
Insurance:		
HOSPITAL INFORMATION		
Name: Address:		Phone: ER Phone:
PHARMACY INFORMATION		
Name: Address:		Phone:
OTHER		
Most important things to know about me in an emergency:		

Download and print this form at [www.cshcn.org/planning-record-keeping/documents/](http://www.cshcn.org/planning-record-keeping/documents/)





# Support

Being the caregiver of a child with special needs can be difficult. At times you may feel isolated from others. Finding support from other parents and caregivers can help during difficult times. Support can be through online groups, social media (e.g. Facebook), blogs, events and functions offered by support organizations or support groups. Connecting with other parents and caregivers can help you meet families who have gone through, or are going through, the same kinds of things you are. They can offer advice, listen to your frustrations and remind you that you are not alone. Along with the many diagnosis-specific groups available online through websites or social media, there are organizations that can help connect you with other parents and caregivers.

## Support for Parents and Caregivers

### Parent to Parent

Parent to Parent (P2P) can match you with a trained experienced parent who has a child with a similar diagnosis. They also offer information and education about disabilities, referral to services in the community, events and more.

Find the P2P program in your county or region at

[www.arcwa.org/getsupport/parent\\_to\\_parent\\_p2p\\_programs](http://www.arcwa.org/getsupport/parent_to_parent_p2p_programs)

Phone: 425-641-7504

Toll-Free: 1-800-821-5927

Email: [parent2parentwa@gmail.com](mailto:parent2parentwa@gmail.com)

### Partnership for Action, Voices for Empowerment (PAVE)

PAVE is a parent organization providing support, advocacy, training and informational resources to empower families and individuals with disabilities.

Website: [www.wapave.org](http://www.wapave.org)

Phone: 253-565-2266

Toll-Free: 1-800-572-7368

Email: [pave@wapave.org](mailto:pave@wapave.org)

## Support for Fathers

### Washington State Father's Network

From Father's Network: "We do our work by connecting fathers of children, of all ages, who have special needs with each other and with resources, information, and education to assist them as they become more competent and compassionate caregivers for their children."

Phone: 425-653-4286

Email: [louis.mendoza@kinderling.org](mailto:louis.mendoza@kinderling.org)

Website: [www.fathersnetwork.org](http://www.fathersnetwork.org)

## Support for Siblings

### Sibling Support Project

Offering workshops and online groups for siblings of people with special needs, including workshops called Sibshops, and a Facebook group for teens.

By attending a Sibshop your child will have the chance to meet and talk to other siblings who really "get it." They will also play games, learn about the services their siblings receive and have fun.

SibTeen is a Facebook group where teenage siblings of people with disabilities can connect with others who "get it". It's a fun and thoughtful group where members share unique concerns, joys, frustrations, and information with others who truly understand!

Use the online Sibshop directory to find a Sibshop near you:

[www.siblingsupport.org/about-sibshops/find-a-sibshop-near-you](http://www.siblingsupport.org/about-sibshops/find-a-sibshop-near-you)

Phone: 206-297-6368

Email: [info@siblingsupport.org](mailto:info@siblingsupport.org)

Website: [www.siblingsupport.org](http://www.siblingsupport.org)

# Transportation

## Angel Flight West (AFW)

AFW matches volunteer pilots to people in need to help them get to medical treatment and other vital care that might be inaccessible because of financial, medical, or geographic limitations. AFW services are free.

Phone: 1-888-426-2643

Email: [info@angelflightwest.org](mailto:info@angelflightwest.org)

Website: [www.angelflightwest.org](http://www.angelflightwest.org)

## National Patient Travel Center

The National Patient Travel Center provides information about charitable, long-distance medically-related transportation. They also provide referrals to the national charitable medical transportation network.

Website: [www.patienttravel.org](http://www.patienttravel.org)

## Transportation through Apple Health (Medicaid)

### Health Care Authority (HCA) Non-emergency Transportation

If your child has Apple Health (Medicaid) they may be eligible for free rides to and from non-emergency medical appointments through a DSHS Transportation Service Broker. Visit the website to see if you are eligible. Then view the chart below to find the broker in your county.

Website: [www.hca.wa.gov/free-or-low-cost-health-care/apple-health-medicaid-coverage/transportation-services-non-emergency](http://www.hca.wa.gov/free-or-low-cost-health-care/apple-health-medicaid-coverage/transportation-services-non-emergency)

## List of Medicaid Transportation Service Brokers

Hopelink Transportation:	Human Services Council
<b>King, Snohomish</b> and some areas outside service region for specific issues King: 1-800-923-7433 Snohomish: 1-855-766-7433 TTY: 1-800-246-1646 Website: <a href="http://www.hopelink.org/need-help/transportation">www.hopelink.org/need-help/transportation</a>	<b>Clark, Cowlitz, Klickitat, Skamania, Wahkiakum</b> 360-694-9997 Website: <a href="http://www.hsc-wa.org">www.hsc-wa.org</a>
NW Regional Council	Paratransit Services
<b>Island, San Juan, Skagit, Whatcom</b> Whatcom: 360-738-4554 Island, San Juan and Skagit Transportation: 1-800-860-6812 Website: <a href="http://www.nwrcwa.org/medicaid-transportation/">www.nwrcwa.org/medicaid-transportation/</a>	<b>Clallam, Grays Harbor, Jefferson, Kitsap, Lewis, Mason, Pacific, Pierce, Thurston</b> Clallam, Jefferson, Kitsap, and North Mason: 1-800-756-5438 Grays Harbor, Lewis, Pacific, South Mason, and Thurston: 1-800-846-5438 Pierce: 1-800-925-5438 TTY - All Counties: 1-800-934-5438 Website: <a href="http://www.paratransit.net">www.paratransit.net</a>
People for People	Special Mobility Services
<b>Benton, Chelan, Columbia, Douglas, Franklin, Kittitas, Okanogan, Walla Walla, Yakima</b> Phone: 509-248-6793 Toll-Free: 1-800-233-1624 TTY: 1-800-606-1302 Website: <a href="http://www.pfp.org/pfp/index.aspx">www.pfp.org/pfp/index.aspx</a>	<b>Adams, Asotin, Ferry, Garfield, Grant, Lincoln, Pend Oreille, Spokane, Stevens, Whitman</b> Spokane: 509-534-9760 All counties: 1-800-892-4817 Toll-Free TTY: 1-800-821-7167 Website: <a href="http://www.sms1.org/transportation">www.sms1.org/transportation</a>

### Tips for using Apple Health Transportation

Schedule your transportation 7-14 days before you need it.

When you call to schedule a ride you will need :

- Your ProviderOne services card
- The exact date and time of your appointment
- The complete pick-up and drop-off addresses
- The name and phone number of your medical provider
- The type of health care appointment (i.e. dialysis, OB, dental, etc.)
- Your return time, if known

## Notes

## View this guide online

A PDF version of this guide can be found at [www.cshcn.org](http://www.cshcn.org).

## For changes or to reproduce this guide

Information in this guide is maintained by Seattle Children's Center for Children with Special Needs. If you have any changes, please contact Hanna Abrahamson at 206-987-3736 or [cshcn@seattlechildrens.org](mailto:cshcn@seattlechildrens.org).

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### Comments

If you have any comments or questions about this guide, please email us at [cshcn@seattlechildrens.org](mailto:cshcn@seattlechildrens.org)

### Acknowledgment

Support for this guide comes from the Washington State Department of Health Children with Special Health Care Needs Program.