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Starting Point Guide 2016

What is the Starting Point Guide?

_Starting Point Guide_ is a resource directory for Washington State families who have children with ongoing health conditions or special needs. The Guide provides programs and services for your child and family. The Guide is organized by type of service. Use the alphabetical list on page 4 to find an organization by name.

How do I find local resources in my county?

Many listings in this guide are statewide contacts. Often, these contacts can refer you to your local resources. To find more resources in your county search online at: www.cshcn.org/resources-contacts/resources-directory. You can search by county for organizations in your community, state, and nation.

What if I still have questions about my child's care?

If you still have questions and are not sure who to call:
- Talk with your child’s health care provider.
- Call the Family Health Hotline 1-800-322-2588 (711. TTY relay) or visit www.parenthelp123.org.

Starting Point Guide and Guia Para Padres (Spanish version) are online at: www.cshcn.org/get-started.

For additional copies call (206) 987-3736. It is ok to make copies of this guide.

Many resources in this guide are web based. If you do not have access to a computer, call the Family Health Hotline for help: 1-800-322-2588.

If you have questions or comments about this guide call Maryam Jafari at:
(206) 987-3736 or email maryam.jafari@seattlechildrens.org

*This guide is not a complete list of resources or an endorsement by Seattle Children’s Hospital, Within Reach, or the Washington State Department of Health.*
Tips from Parents

Many parents say looking for information to help their child can be hard or confusing. Here are tips from other parents who have a child with special needs or ongoing health concerns:

**Keep trying and keep asking questions**

“**It’s about not giving up and about asking a lot of questions. Persistence is the word I use. Pushy, sometimes yes. But persistence is really it because you don’t have to be pushy; you just have to not give up.**”

**Take notes and keep track of conversations**

“**Get organized. Write down when you called, who you talked with, and what the conversation was about. You’re going to need to go back to that at some point – you’re not going to be able to remember it all.**”

- When you make a call or contact, give your child’s age, diagnosis and your main concern.
- Ask for names and phone numbers or emails of other people to contact.
- Write down your questions for your doctor before your appointment. Take a notebook or folder and pen with you to appointments and for phone calls.
- Ask for a business card. Write down the time and day of your contact and what was done.
- Use a Care Organizer to help you collect and organize notes and papers. If you live in Washington State, order a Care Organizer online at: [http://cshcn.org/care-organizer-order-form](http://cshcn.org/care-organizer-order-form), or by calling 206-987-3736.
- Ask your health provider whether he or she uses an electronic medical record, and whether you might access a care organizer through their electronic medical records.

**Educate yourself so you can advocate for your child**

“**Families need to educate themselves about all aspects of their child’s condition.**”

- Get information from your doctors, the library, other parents, or the internet. Good places to look for information include:
- Make sure the information you receive is correct and up to date. Ask your child’s health care provider about the information you find.
Learn the language

“I didn’t even have the right words to know how to ask. You need to know the proper words to use to get the right care and services for your child.”

Listen to the words others use when talking with you:
- Ask about any word you do not understand.
- Write down the word and what it means (have them spell the word).
- Use these words when you talk to others.

Take care of yourself

“Take care of yourself so that you can be your best for your child.”

- Look to other parents for support. Contact the Washington State Parent to Parent organization to find support programs: By telephone 1-800-821-5927 or website www.arcwa.org/parent_to_parent.htm.
- Find blogs, online support groups or Facebook pages that provide support. Many condition-specific organizations sponsor these.
- Give yourself time each day, 10 minutes or more, to do something you like.
- Share your feelings with family, friends, other parents, therapists, doctors and nurses.
### List of Resources

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Advocacy and Legal Help

The Arc of Washington State
(360) 357-5596
1-888-754-8798 Toll free
www.arcwa.org
  • For children with developmental disabilities
  • Your child’s education and health

Northwest Justice Project
1-888-201-1014 (outside King County)
Dial 211 (in King County)
www.nwjustice.org
  • Free or low-cost legal help, information and referral

County Bar Associations, Washington State
Search for legal help in your county at the website below:
http://www.wsba.org/Legal-Community/County-Bar-Associations

Disability Rights Washington
1-800-562-2702 Toll free
(206) 324-1521 Local
Dial 711 (TTY)
www.disabilityrightswa.org
  • Protect your child’s rights
  • Legal help and information
Advocacy and Legal Help

Family Voices of Washington
(253) 565-2266
1-888-835-5669
http://www.familyvoicesofwashington.com/
http://www.familyvoices.org/contact
- Involves families in policy planning
- Information on healthcare policy for children with special needs

Legislative Hotline
1-800-562-6000 (call your state legislators)
1-800-635-9993 (TTY)
www.leg.wa.gov
support@leg.wa.gov
- Find out who your legislators are
- Find out about legislative bills
- Send messages to the governor and your state legislators

Office of the Education Ombudsman
1-866-297-2597
www.governor.wa.gov/oeo
- Get help to solve disputes with public schools
- Services are conducted over the phone and are free and confidential

Parent Coalitions
http://arcwa.org/takeaction/washingtonstate/advocacy_organizations/parent_coalitions
- Visit the website to find your local coordinator
- Get help protecting your child’s rights
- Find resources for your child with disabilities
Child Care Services Check
Washington State’s licensed child care information system
  • Find child care in your area

Respite Locator Service – Respite is not child care.
Respite is a short break from caring for your child with a disability.
(919) 490-5577 press 223
http://archrespite.org/respite-locator-state-search/240-washington-search
  • Find respite care and other resources

Washington State Child Care Resource and Referral Network
1-800-446-1114
http://www.childcarenet.org/families
1-800-424-2246
http://childcareaware.org/
  • Licensed child care
  • Funding for child care
  • Other resources
Division of Developmental Disabilities (DDD)
(360) 725-3413 (Central Office)
[Website URL] (website)
[Email Address] (email)
- Find services
- Early Support for Infants and Toddlers
- Family support and respite care
- Find county contacts

DDD Region 1: Adams, Asotin, Benton, Chelan, Columbia, Douglas, Ferry, Franklin, Garfield, Grant, Kittitas, Klickitat, Lincoln, Okanogan, Pend Oreille, Spokane, Stevens, Walla Walla, Whitman, Yakima
1611 W. Indiana Ave.
Spokane, WA 99205-4221
Local: 509-329-2900
For DDD clients with No Paid Services: 800-319-7116
TTY: 509-568-3038
Toll Free: 800-462-0624
Email: DDI1FSO@dshs.wa.gov

DDD Region 2: Island, King, San Juan, Skagit, Snohomish, Whatcom
1700 East Cherry Street
Seattle, WA 98122
Local: 206-568-5700
For DDD clients with No Paid Services: 800-974-4428
TTY: 206-720-3325
Toll Free: 1-800-314-3296
Email: DDI2FSO@dshs.wa.gov

DDD Region 3: Clallam, Clark, Cowlitz, Grays Harbor, Jefferson, Kitsap, Lewis, Mason, Pacific, Pierce, Skamania, Thurston, Wahkiakum
1305 Tacoma Ave., S, Suite 300
Tacoma, WA 98402
Local: 253-404-5500
TTY: 253-572-7381
Toll Free: 1-800-248-0949
Email: DDI3FSO@dshs.wa.gov
**Child Development**

**The Family Health Hotline**, a program of *WithinReach*
1-800-322-2588 (TTY relay: 711)
www.ParentHelp123.org
- Ask questions about your child’s development and growth
- Find services and support in your county

**Washington State Department of Early Learning**
1-866-482-4325
www.del.wa.gov
- Choosing child care or preschool
- Getting your child ready for school
- State-funded preschool – Early Childhood Education and Assistance Program (ECEAP)

**Early Support for Infants and Toddlers (ESIT), birth to three**
360-725-3500
866-482-4325 Toll Free Dial 9 immediately
http://www.del.wa.gov/esit/
- Family Resources Coordinators in each county provide screening services and information about child growth and development

**Washington State Migrant Council**
(509) 837-8909
www.inspire-centers.org
- Child development services for migrant, seasonal and farm workers
Children with Special Health Care Needs (CSHCN) Coordinators
1-800-322-2588 (TTY relay: 711)
www.ParentHelp123.org
The Family Health Hotline, a program of WithinReach can connect you with CSHCN Coordinators who can help with:
- Medical care for your child
- Health insurance programs and information
- Parent support organizations
- Screening and assessment for your child

Community and Migrant Health Centers
(360) 786-9722
http://wacmhc.org/
- Local health centers
- Nutrition programs
- Interpreter services
- Social work services

Community Health Centers
http://www.healthfinder.gov/FindServices/
- Find community health centers and other services in your area

Home Health Care
http://www.hcaw.org/find-a-provider
- Find home care services
Community Health

Health Resources and Services Administration
http://findahealthcenter.hrsa.gov/Search_HCC.aspx?byCounty=1
Healthcare for your family, even if you have no health insurance. You pay what you can afford, based on your income.
  • Treatment when you’re sick
  • Immunizations and checkups for your children
  • Dental care and prescription drugs for your family
  • Mental health and substance abuse care

Indian Health Service (I.H.S.) – Washington, Oregon, Idaho
(503) 414-5555 Portland Area
www.ihs.gov/portland/healthcarefacilities
  • Health services and advocacy for American Indians and Alaska Natives living in Washington, Oregon and Idaho

Public Health Departments in your County
Public health departments for each county are listed on the website below:
http://www.doh.wa.gov/AboutUs/PublicHealthSystem/LocalHealthJurisdictions.aspx
  • On this website, find where your local health department is located
  • Health care for your family
  • Health insurance information
  • WIC and nutrition information
  • Immunizations

Washington State Migrant Council
(509) 837-8909
www.inspire-centers.org
  • Services for migrant, seasonal and farm workers
Access to Baby and Child Dentistry Program (ABCD)
Call the Family Health Hotline, a program of WithinReach
1-800-322-2588 (TTY relay: 711)
www.ParentHelp123.org
206-528-2337; foundation@deltadentalwa.com
www.kidsoralhealth.org
• Dental care for children from birth to age six who receive Medicaid

Dental Care for Children with Special Needs
• Learn how your child’s health condition may affect oral health
• Get tips for daily tooth care and help for challenging situations
• Find out when to go to the dentist, how to find a dentist, and how to prepare your child for a
dental visit
• Find links to more information about dental care for children with special needs

Dental Care for Patients with Special Needs
http://www.wsdac.org/special-needs-directory/

Finding a Dental Care Provider
www.aapd.org/findddentist/
• Find a dentist who can care for children with special needs

Smile Mobile
1-800-572-7835 x 6303
(206) 517-6303
http://www.deltadentalwa.com/Guest/Public/AboutUs/WDS%20Foundation/SmileMobile.aspx
• Dental office on wheels
• View the Smile Mobile schedule
• Low cost or free care for children whose families have limited incomes
Starting Point Guide 2016

Family Support

Enterprise for Progress in the Community (EPIC)
(509) 248-3950
www.epicnet.org/
- Working with children, youth and families to improve their quality of life
- Primarily serves 6 counties in Central Washington: Benton, Yakima, Kittitas, Chelan, Douglas, Okanogan
- Programs include:
  - Early Childhood Education
  - Youth Services
  - Crisis Nursery

Fathers Network, Washington State
(425) 653-4286
www.fathersnetwork.org
greg.schell@kindering.org
- Support programs for fathers of children with special needs
- Resources for fathers and families

The Learning Disabilities Association of Washington
(425) 882-0820
www.ldawa.org
nsobich@ldawa.org
- Provides services to improve quality of life for individuals and families affected by learning and attentional disabilities
Family Support

Parent to Parent Support Programs
1-800-821-5927
(425) 641-7504
www.arcwa.org
step2p@earthlink.net or parent2parentwa@gmail.com
- Help finding resources for your child and your family
- Support groups for parents
- Meet parents of children with similar conditions

Partnership for Action, Voices for Empowerment (PAVE) A Project of Washington PAVE
1-800-572-7368 (Voice/TTY)
(253) 565-2266 (Voice/TTY)
www.wapave.org
pave@wapave.org
- Provides information, training and support for those with disabilities and their families

Sibling Support Project
Contact your Parent to Parent Coordinator to find a Sibshop near you
(206) 297-6368
www.siblingsupport.org
donmeyer@siblingsupport.org
- Workshops for brothers and sisters of children with special needs
- SibKids and SibNet are free e-mail discussion groups for youth and adult siblings

Specialized Training of Military Parents (STOMP) A Project of Washington PAVE
(253) 565-2266 (Voice or TTY)
1-800-5-PARENT (572-7368) (Voice or TTY)
http://wapave.org/programs/specialized-training-military-parents-stomp/ stomp@wapave.org
- Helps children of military families with special education or health needs
- Parent training and information center
Financial Information

Department of Social and Health Services (DSHS)
1-800-737-0617
www.dshs.wa.gov
askdshs@dshs.wa.gov
- Find out if you qualify for assistance
- Food stamps
- Help finding a place to live
- Help applying for Medicaid health insurance

Guardianship Services of Seattle
(206) 284-6225
www.trustguard.org
- Advice and help with financial and care management issues
- Assist families with planning for future care
- Can act as guardian, trustee or attorney-in-fact

Kinship Care in Washington State
www.dshs.wa.gov/kinshipcare/
- Assisting grandparents or other family members raising a child with special needs
- Find services, programs and support

Life Opportunities Trust
1-888-754-8798, press 106
The Arc Washington State
www.arcwa.org/endowment_trust.htm
patti@arcwa.org
- Create a special needs trust for a person who has developmental disabilities
Supplemental Security Income (SSI)
1-800-772-1213
http://www.dshs.wa.gov/dds/
  • Apply online for disability benefits
  • Extra money for your child’s medical care if your child has a disability

United Healthcare Children’s Foundation
1-855-698-4223
http://www.uhccf.org/apply/
customerservice@uhccf.org
  • Apply online for a grant to be used for non-covered medical services

Washington Discount Prescription Drug Program
1-800-913-4146
TTY Dial 711
www.rx.wa.gov
  • Apply for a Prescription Discount Card to save money on prescriptions
Health Insurance

Apple Health for Kids
1-877-543-7669
http://www.hca.wa.gov/applehealth/Pages/default.aspx
- Health For Kids is the name of Washington State’s health insurance program for children
- Use a simple process to find out if you qualify for free or low-cost insurance

Medical Assistance Toll Free Hotline
1-800-562-3022
Dial 711 (TTY)
http://hrsa.dshs.wa.gov/
askmagi@hca.wa.gov
- Find out about low-cost or free health insurance programs

Office of the Insurance Commissioner
1-800-562-6900 or (360) 725-7080 (Consumer Line)
(360) 586-0241 (TTY)
www.insurance.wa.gov
askmike@oic.wa.gov
- Information about health insurance
Statewide Health Insurance Benefits Advisors (SHIBA)
1-800-562-6900
360-586-0241 (TDD)
www.insurance.wa.gov/shiba/index.shtml
ShibaHelpLine@oic.wa.gov
- Help with understanding your health care coverage
- Help with evaluating and comparing health insurance plans
- Help finding affordable health care coverage

Washington Health Plan Finder
Enrollment available now:
http://www.wahealthplanfinder.org/
- Find out if you are eligible for financial help
- Compare plans side by side

Washington Health Program
1-800-562-3022
Dial 711 (TTY)
ASKMEDICAID@hca.wa.gov
www.washingtonhealth.hca.wa.gov
- Find low-cost health care coverage through private health plans
Hearing and Vision

Early Hearing Loss Detection, Diagnosis, and Intervention Program (EHDDI)
(206) 418-5613
1-888-923-4434 Toll free
ehddi2@doh.wa.gov

- Find out where your child can be screened for hearing loss
- Find a list of hearing specialists who treat children
- Learn about hearing loss resources within your community
- Obtain a Resources Guide for Families of Children with Hearing Loss

Family Health Hotline
1-800-322-2588 (TTY relay: 711)
www.ParentHelp123.org
If you have a question about your child’s hearing or vision, you can call the Family Health Hotline, a program of WithinReach

Summit Assistance Dogs
(360) 293-5609
www.summitdogs.org
info@summitdogs.org
- Provides mobility, hearing and therapy dogs for people with disabilities
Hearing and Vision

Washington Hands and Voices
425-268-7087
www.wahandsandvoices.org/contact-us/
info@wahandsandvoices.org
- Supports families with children who are deaf, deaf-blind or hard of hearing, without a bias towards communication modes
- Provides families with resources, networks, and information needed to improve communication and educational outcomes for their children

Washington State Department of Services for the Blind
1-800-552-7103
www.dsb.wa.gov
information@dsb.wa.gov
- Resources and services for blind and visually impaired children

Washington Sensory Disabilities Services (WSDS)
1-800-572-7000 (voice/ TTY)
(425) 917-7827 (voice/ TTY)
www.wsdsonline.org
wsds@pse sd.org
- Serves children and youth who are deaf, hearing impaired, visually impaired, blind or deaf
- Get information, training, technical assistance and resources

Washington State Talking Book and Braille Library
1-800-542-0866 (Voice)
(206) 615-0400
www.wtbbl.org
- wtbbl@sos.wa.gov Get reading help for children who are blind, deaf-blind, visually impaired, physically disabled or learning disabled
- Check out talking books and Braille books in numerous translations
Seattle Children’s Center for Children with Special Needs
A program of Seattle Children’s, provides information to families who have children with on-going health, developmental, behavioral or emotional conditions.

www.cshcn.org

- Find information and tools to help organize your child’s care
- Learn more about your child’s condition
- Learn how to make a care plan for your child
- Find resources and services for your child in your area

Center for Parent Information and Resources
973-642-8100
www.parentcenterhub.org
malizo@spannj.org

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

Disease or Condition-Based Agencies and Clinics
www.healthfinder.gov
healthfinder@hhs.gov

- Locate a doctor or health center
- Get the latest health news
- Find information, brochures and other resources

The Family Health Hotline
The Family Health Hotline, a program of WithinReach
1-800-322-2588 (TTY relay: 711)
www.ParentHelp123.org

- Apply online for Medicaid and Apple Health for Kids Program
- Get a referral to a Family Resource Coordinator and the Children with Special Health Care Needs Program
- Learn about and apply for the WIC Nutrition Program
- Get support resources for siblings and parents
Informing Families, Building Trust
www.informingfamilies.org
  • Provides information for people with developmental disabilities and their families

Medline Plus
www.medlineplus.gov
  • Information on over 800 conditions, diseases and wellness in over 40 languages
  • Information about prescriptions, over-the-counter medicines, herbs and supplements
  • Current health news and press announcements

National Organization for Rare Disorders (NORD)
(203) 744-0100
www.rarediseases.org
  • Information about rare diseases and conditions

ParentHelp 123
ParentHelp 123, a program of WithinReach
www.ParentHelp123.org
  • Use an on-line screening tool to see what Washington State programs you qualify for
  • Get applications for health coverage and food programs
  • Get help with how to fill out applications
  • Use the resource finder tool to locate family support programs
Information and Referral

Public Libraries
(360) 704-5200 (Reception)
(360) 704-5221 (Reference)
www.publiclibraries.com/washington.htm
netadmin@publiclibraries.com
  • Find books and other information about your child’s health or illness

Washington Information Network 211
www.win211.org
Dial 211
  • Search online to find community resources throughout the state
  • Translation into many languages is available for this online information

Washington State Agency Information
Trained operators answer this toll free number, and help you find the phone number of any state agency.
1-800-321-2808
1-800-833-6388 (TTY) (through DSHS)
  • Get help finding which state agency to call

Washington State Medical Home Partnerships Project
206-685-1279
www.medicalhome.org
info@medicalhome.org
  • Get information and resources that help support care for your child
  • Learn more about your child’s condition
  • Read tips from other families
  • Search for health care providers

Helpful Websites:

Our-Kids: www.our-kids.org
Medical Supplies and Equipment

Seattle Children’s Center for Children with Special Needs
http://cshcn.org/washington-resource-lists-county
  • Find companies that provide medical equipment and supplies in your county

Home Health Care
http://www.hcaw.org/find-a-provider
  • Medical supplies and equipment delivered to your home

Washington Assistive Technology Act Program (WATAP)
1-800-214-8731 (Voice)
1-866-866-0162 (TTY)
(206) 616-1396 (TTY)
www.watap.org
watap@uw.edu
  • Help finding and using assistive technology equipment
  • Find information, referral and funding
  • Learn how to use equipment

Washington Access Fund
(206) 328-5116 (Voice)
1-877-428-5116
1-888-494-4775 (TTY)
http://washingtonaccessfund.org/
info@washingtonaccessfund.org
  • Low interest loans and matched savings accounts for assistive technologies needed for any purpose (including home and vehicle accessibility modifications) and equipment needed for employment or self-employment
  • Closed Circuit TV Magnifier rentals on a long-term basis
Children’s Mental Health Services – Washington State
https://www.dshs.wa.gov/bhsia/division-behavioral-health-and-recovery/mental-health-services-and-information

NAMI Greater Seattle: Advocates for the Mentally Ill
1-800-782-9264
(206) 783-9264
www.nami-greaterseattle.org
supportlink@nami-greaterseattle.org
  • Advocacy, information and referral for people with mental illness

Youth ‘N Action
206-685-2085
http://familyorgdirectory.fmhi.usf.edu/viewOrg.cfm?orgID=1020
  • Serves youth in the Spokane region and Eastern Washington, ages 14-24 years affected by mental illness
Nutrition

Family Food Hotline
1-888-436-6392
The Family Food Hotline is a program of WithinReach
www.ParentHelp123.org
- Learn about and apply for the Basic Food Program
- Locate a community food bank

FoodHelp.Wa.Gov
1-877-501-2233
http://foodhelp.wa.gov
- Find healthy and affordable food
- Find information about food assistance, nutrition, and other resources to save money

Nutrition for Children with Special Health Care Needs in Washington State
(360) 236-3561 or (206) 685-1297
www.depts.washington.edu/cshcnut
- Learn about nutrition and feeding team services for a child with special needs
- Locate a registered dietitian who serves children with special needs

(WIC) – The Nutrition Program for Women, Infants and Children
1-800-322-2588 (TTY relay: 711)
The Family Food Hotline is a program of WithinReach
www.doh.wa.gov/YouandYourFamily/WIC
www.ParentHelp123.org
- Learn if you qualify for the WIC Program
- Qualified pregnant women, infants and children under age five years receive help to buy nutritious foods
- Find your local WIC clinic
Accessible Trails
www.americantrails.org/resources/accessible/index.html
- Information about accessible Washington State trails for people with disabilities

C.A.S.T. for Kids Programs
(425) 251-3214
www.castforkids.org
- Children with disabilities take part in fishing activities
- Locations throughout Washington State
- Receive a rod, reel, tackle box, t-shirt and hat to keep

North American Riding for the Handicapped Association, Inc.
1-800-369-7433
www.pathintl.org
- Learn horseback riding (for people with and without disabilities)
- Find therapeutic riding centers located throughout Washington state

Outdoors for All Foundation
(206) 838-6030
www.outdoorsforall.org
info@outdoorsforall.org
- Learn about recreation such as skiing, cycling, hiking, camping for people with disabilities
- Staff are experts in adaptive recreation and serving children with disabilities
Seattle Adaptive Sports
(206) 726-3984
www.seattleadaptivesports.org
info@seattleadaptivesports.org
- Find out about recreation for children ages 7 to 21 years who have physical disabilities
- Find sports programs throughout the Northwest

Special Olympics Washington
(206) 362-4949
www.sowa.org
info@sowa.org
- Take part in activities and competition for children and adults with developmental disabilities

Summer Camps and Programs for Children with Special Needs
1-866-987-2500
(206) 987-2500
www.cshcn.org/resources-contacts/summer-camp-directory
- Learn about day camps, resident camps, and recreational programs in Washington State
- Web-based search or PDF directory available

Washington State Youth Soccer Association (WSYSA)
(253) 476-2237
www.washingtonyouthsoccer.org
- TOPSoccer is a community based training and team placement program for differently-abled players over 4 years of age, who have a mental or physical disability
- Focus is on exercise and participation
Disabilities, Opportunities, Internetworking & Technology (DO-IT)
(206) 685-3648 (Voice/TTY)
1-888-972-3648 (Voice/TTY)
www.washington.edu/doit
doit@uw.edu
  • Advocates for academic programs and careers for people with disabilities
  • Promotes use of computers to increase independence and productivity

Education Ombudsman, Washington State
1-866-297-2597
  • http://oeo.wa.gov/Help to solve disputes between Washington families and public schools
  • Advocates for fair processes for students in public schools
  • Services are conducted over the phone, are free and confidential

Partnership for Action, Voices for Empowerment
Washington PAVE
1-800-572-7368 (Voice/TTY)
(253) 565-2266 (Voice/TTY)
www.wapave.org
pave@wapave.org
  • Get information and resources about special education for your child
  • Attend workshops for parents
  • Find help working with school staff

School Health Services
(360) 725-6040
www.k12.wa.us/HealthServices/default.aspx
Robin.fleming@k12.wa.us
  • Get help with your child’s health care at school

Special Education - Office of the Superintendent of Public Instruction (OSPI)
(360) 725-6075
(360) 586-0126 (TTY)
www.k12.wa.us/specialed
speced@k12.wa.us
  • Get information about special education programs in Washington State
Transportation

Department of Social and Health Services Medical Transportation (DSHS)
Non Emergency Transportation
http://www.hca.wa.gov/medicaid/transportation/Pages/index.aspx
- Get rides to and from non-emergency medical visits (if you have Medicaid)
- Call at least two days in advance to make a reservation
- Find your county below and call that agency

DSHS Transportation Services Brokers:

Hopelink Transportation:
King, Snohomish & some areas outside service region for specific issues
1-800-923-7433 King
1-855-766-7433 Snohomish
1-800-246-1646 (TDD)
http://www.hope-link.org/get_help/transportation/

Human Services Council: Clark, Cowlitz, Klickitat, Skamania, Wahkiakum
1-800-752-9422 opt 2 (Voice/TDD)
(360) 694-9997 (Clark County)
http://www.hsc-wa.org

NW Regional Council: Island, San Juan, Skagit, Whatcom
(360) 738-4554 (Voice) (Whatcom)
1-800-860-6812 (Voice) (Skagit, Island, San Juan and Pt. Roberts)
1-800-585-6749 (TDD) (Skagit, Island, San Juan and Pt. Roberts)
http://www.nwrcwa.org/medicaid-transportation/

Paratransit Services: Clallam, Grays Harbor, Jefferson, Kitsap, Lewis,
Mason, Pacific, Pierce, Thurston
1-800-756-5438 (Clallam, Jefferson, Kitsap)
1-800-846-5438 (Grays Harbor, Lewis, Mason, Pacific, and Thurston)
1-800-925-5438 (Pierce)
1-800-934-5438 (TDD- all counties)
www.paratransit.net
Transportation

People for People: Benton, Columbia, Franklin, Kittitas, Walla Walla, Yakima
1-800-233-1624
(509)-248-6726
http://www.pfp.org/pfp/Transportation/PersonWithDisabilities.aspx

Special Mobility Services: Adams, Ferry, Grant, Lincoln, Pend Oreille, Spokane, Stevens
(509) 534-9760 (Spokane)
1-800-892-4817
http://www.sms1.org/transportation

Trancare: Chelan, Douglas, Okanogan
(509) 667-2727
1- 800-352-8726
Fax: 509-667-2083

Air Travel

Angel Flight West
1-888-426-2643
www.angelflightwest.org
info@angelflightwest.org
  • Get free plane rides to and from non-emergency medical visits for those with serious medical conditions

National Patient Air Transportation Helpline
1-800-296-1217
www.patienttravel.org
info@nationalpatienttravelcenter.org
  • Get help finding a plane ride to a medical visit for those in need
Notes and Acknowledgements

- Originally developed by families and community organizations working with the Community Linkages Work Group, Patient and Family Education Steering Committee, and Seattle Children’s Center for Children with Special Needs.

- We would like to thank the parents of children with special health care needs and the providers who help care for them for their input.


- Supported by a contract with the Washington State Department of Health, Children with Special Health Care Needs Program.

- This guide is not a complete list of resources or an endorsement by Seattle Children’s, WithinReach, or the Washington State Department of Health.

For changes or to reproduce this guide:

- Please share this guide with other families and providers. All or parts of this guide may be adapted or reprinted.

- Information in this guide is maintained by Seattle Children’s Center for Children with Special Needs. If you have any changes, please contact Maryam Jafari at (206) 987-3736 or maryam.jafari@seattlechildrens.org.

- The *Starting Point Guide* is available on the Center for Children with Special Needs Website at:

  www.cshcn.org/get-started
In Case of Emergency

Today’s Date:_________

**CHILD’S INFORMATION**

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<thead>
<tr>
<th>Name:</th>
<th>Nickname:</th>
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<tr>
<td>Birth Date:</td>
<td>Primary Language/Communication:</td>
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<tr>
<td>Home Address:</td>
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<td>Parents/Guardians:</td>
<td>Relationship:</td>
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<td>Home #:</td>
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<td>Other #’s:</td>
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<td>Diagnosis:</td>
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Allergies:

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**PHYSICIAN INFORMATION**

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<tr>
<td>Specialist:</td>
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Insurance:

**HOSPITAL INFORMATION**

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<td></td>
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<td>ER Phone:</td>
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**PHARMACY INFORMATION**

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<tr>
<th>Name:</th>
<th>Address:</th>
<th>Phone:</th>
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</thead>
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**OTHER**

Most Important Things to Know About My Child in an Emergency:

For additional copies of this form see: http://www.cshcn.org