Contents

How do I use this guide? ........................................................................................................... 1
Tips from parents ...................................................................................................................... 2
Alphabetical resource list ......................................................................................................... 4
Legal help .................................................................................................................................. 6
Child and respite care ............................................................................................................... 8
Your child’s growth and development ....................................................................................... 9
Community health ................................................................................................................... 11
Dental ...................................................................................................................................... 13
Family support ......................................................................................................................... 14
Financial information ................................................................................................................ 16
Health insurance information ................................................................................................. 18
Hearing and vision services ..................................................................................................... 19
Information and referral ......................................................................................................... 21
Medical supplies and equipment .............................................................................................. 23
Mental Health .......................................................................................................................... 24
Nutrition ................................................................................................................................... 25
Recreation programs ............................................................................................................... 26
School ................................................................................................................................... 28
Transportation ........................................................................................................................ 29
In Case of Emergency Form ..................................................................................................... back cover
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 or visit www.parenthelp123.org.

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

For additional copies call (206) 987-3736 or email cshcn@seattlechildrens.org. 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 The Center for Children with Special Needs at (206) 987-3736 or email cshcn@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 [www.cshcn.org/care-organizer-order-form](http://www.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:
  - National Organization for Rare Diseases at [www.rarediseases.org](http://www.rarediseases.org/)
  - American Academy of Pediatrics at [www.healthychildren.org](http://www.healthychildren.org/)
- 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

<table>
<thead>
<tr>
<th>A, B</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access to Baby and Child Dentistry Program (ABCD)</td>
<td>13</td>
</tr>
<tr>
<td>Access to Respite Care and Help (ARCH)</td>
<td>8</td>
</tr>
<tr>
<td>Accessible Trails</td>
<td>26</td>
</tr>
<tr>
<td>American Academy of Pediatric Dentists</td>
<td>13</td>
</tr>
<tr>
<td>Angel Flight West</td>
<td>30</td>
</tr>
<tr>
<td>Apple Health for Kids</td>
<td>18</td>
</tr>
<tr>
<td>Arc of Washington State</td>
<td>6</td>
</tr>
<tr>
<td>C</td>
<td>Page</td>
</tr>
<tr>
<td>C.A.S.T. for Kids</td>
<td>26</td>
</tr>
<tr>
<td>Center for Children with Special Needs</td>
<td>23</td>
</tr>
<tr>
<td>Childcare Aware of Washington</td>
<td>8</td>
</tr>
<tr>
<td>Children with Special Health Care Needs Coordinators</td>
<td>11</td>
</tr>
<tr>
<td>Community and Migrant Health Centers</td>
<td>11</td>
</tr>
<tr>
<td>Community Health Centers</td>
<td>11</td>
</tr>
<tr>
<td>D</td>
<td>Page</td>
</tr>
<tr>
<td>Dental Care for Children with Special Needs</td>
<td>13</td>
</tr>
<tr>
<td>Department of Social and Health Services (DSHS)</td>
<td>16</td>
</tr>
<tr>
<td>Disability Rights Washington</td>
<td>6</td>
</tr>
<tr>
<td>Developmental Disabilities Association (DDA)</td>
<td>9</td>
</tr>
<tr>
<td>DO-IT</td>
<td>28</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>E, F</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>DSHS Transportation Brokers</td>
<td>30</td>
</tr>
<tr>
<td>Early Hearing Loss Detection, Diagnosis and Intervention Program</td>
<td>19</td>
</tr>
<tr>
<td>Early Support for Infants &amp; Toddlers (ESIT)</td>
<td>10</td>
</tr>
<tr>
<td>Easterseals of Washington</td>
<td>8</td>
</tr>
<tr>
<td>Education Ombuds</td>
<td>7, 28</td>
</tr>
<tr>
<td>Enterprise for Progress in the Community (EPIC)</td>
<td>14</td>
</tr>
<tr>
<td>Family Food Hotline</td>
<td>25</td>
</tr>
<tr>
<td>Family Health Hotline</td>
<td>1, 10, 18, 19, 21</td>
</tr>
<tr>
<td>Family Voices of WA</td>
<td>6</td>
</tr>
<tr>
<td>Fathers Network</td>
<td>14</td>
</tr>
<tr>
<td>Food Help.WA.gov</td>
<td>25</td>
</tr>
<tr>
<td>G, H, I</td>
<td>Page</td>
</tr>
<tr>
<td>Guardianship Services</td>
<td>16</td>
</tr>
<tr>
<td>Hands and Voices WA</td>
<td>19</td>
</tr>
<tr>
<td>Health Resources &amp; Services Administration</td>
<td>12</td>
</tr>
<tr>
<td>Home Health Care Svs.</td>
<td>11, 23</td>
</tr>
<tr>
<td>Indian Health Services</td>
<td>12</td>
</tr>
<tr>
<td>Informing Families</td>
<td>21</td>
</tr>
<tr>
<td>J, K, L</td>
<td>Page</td>
</tr>
<tr>
<td>Kinship Care in WA State</td>
<td>16</td>
</tr>
<tr>
<td>Learning Disabilities Association of Washington</td>
<td>14</td>
</tr>
<tr>
<td>Legislative Hotline</td>
<td>7</td>
</tr>
<tr>
<td>Libraries</td>
<td>24</td>
</tr>
<tr>
<td>Life Opportunities Trust</td>
<td>16</td>
</tr>
<tr>
<td>Lifespan Respite</td>
<td>8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>M, N</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medline Plus</td>
<td>21</td>
</tr>
<tr>
<td>Mental Health Services</td>
<td>24</td>
</tr>
<tr>
<td>NAMI Greater Seattle</td>
<td>24</td>
</tr>
<tr>
<td>National Organization of Rare Disorders (NORD)</td>
<td>21</td>
</tr>
<tr>
<td>National Patient Travel Center</td>
<td>30</td>
</tr>
<tr>
<td>Northwest Justice Project</td>
<td>6</td>
</tr>
<tr>
<td>Nutrition for Children with Special Needs</td>
<td>25</td>
</tr>
<tr>
<td>O, P</td>
<td>Page</td>
</tr>
<tr>
<td>Oral Health Programs</td>
<td>13</td>
</tr>
<tr>
<td>Outdoors for All</td>
<td>26</td>
</tr>
<tr>
<td>Parent Coalitions</td>
<td>7</td>
</tr>
<tr>
<td>Parent Help 123</td>
<td>22</td>
</tr>
<tr>
<td>Parent to Parent Support</td>
<td>15</td>
</tr>
<tr>
<td>PAVE</td>
<td>15, 28</td>
</tr>
<tr>
<td>Professional Association of Therapeutic Horsemanship International (PATH Intl.)</td>
<td>26</td>
</tr>
<tr>
<td>Q, R, S, T, U,</td>
<td>Page</td>
</tr>
<tr>
<td>School Health Services</td>
<td>28</td>
</tr>
<tr>
<td>Seattle Adaptive Sports</td>
<td>27</td>
</tr>
<tr>
<td>Sibling Support Project</td>
<td>15</td>
</tr>
<tr>
<td>Smile Mobile</td>
<td>13</td>
</tr>
<tr>
<td>Special Education</td>
<td>28</td>
</tr>
<tr>
<td>Special Olympics</td>
<td>27</td>
</tr>
<tr>
<td>Specialized Training of Military Parents (STOMP)</td>
<td>15</td>
</tr>
<tr>
<td>Statewide Health Insurance Benefits Advisors (SHIBA)</td>
<td>18</td>
</tr>
<tr>
<td>Summer Camps &amp; Programs</td>
<td>27</td>
</tr>
<tr>
<td>Organization</td>
<td>Page</td>
</tr>
<tr>
<td>----------------------------------------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>Summit Assistance Dogs</td>
<td>19</td>
</tr>
<tr>
<td>Supplemental Security Income (SSI)</td>
<td>17</td>
</tr>
<tr>
<td>Transportation, DSHS</td>
<td>29</td>
</tr>
<tr>
<td>United Healthcare Children’s Foundation</td>
<td>17</td>
</tr>
<tr>
<td><strong>V, W, Y, Z</strong></td>
<td></td>
</tr>
<tr>
<td>WA Assistive Technology Act Program (WATAP)</td>
<td>23</td>
</tr>
<tr>
<td>WA Access Fund (WATF)</td>
<td>23</td>
</tr>
<tr>
<td>WA Discount Drug Prescription Program</td>
<td>17</td>
</tr>
<tr>
<td>WA Health Plan Finder</td>
<td>18</td>
</tr>
<tr>
<td>WA Health Program</td>
<td>19</td>
</tr>
<tr>
<td>WA Information Network 211</td>
<td>22</td>
</tr>
<tr>
<td>WA Sensory Disability Services</td>
<td>20</td>
</tr>
<tr>
<td>WA State Dental Association</td>
<td>13</td>
</tr>
<tr>
<td>WA State Department of Services for the Blind</td>
<td>20</td>
</tr>
<tr>
<td>WA State Medical Home</td>
<td>22</td>
</tr>
<tr>
<td>WA State Migrant Council</td>
<td>10, 12</td>
</tr>
<tr>
<td>WA State Youth Soccer</td>
<td>27</td>
</tr>
<tr>
<td>WA Talking Book and Braille Library</td>
<td>20</td>
</tr>
<tr>
<td>Women, Infants, and Children (WIC) Nutrition</td>
<td>25</td>
</tr>
</tbody>
</table>
Advocacy and Legal Help

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

Northwest Justice Project
Outside King County: 1-888-201-1014
In King County: 206-464-1519 or 1-888-201-1012
www.nwjustice.org
  • Free or low-cost legal help, information and referral

Disability Rights Washington
Toll Free 1-800-562-2702
In King County: 206-324-1521
www.disabilityrightswa.org
  • Protect your child’s rights
  • Legal help and information

Family Voices of Washington
253-565-2266
1-888-835-5669
Contact Form: www.familyvoices.org/contact
www.familyvoicesofwashington.com
  • Involves families in policy planning
  • Information on healthcare policy for children with special needs
Legislative Hotline
Call your state legislators: 1-800-562-6000
TTY: 1-800-635-9993
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 Ombuds
1-866-297-2597, interpreter services available
www.oeo.wa.gov
  • Get help to solve disputes with public schools
  • Services are conducted over the phone and are free and confidential

Parent Coalitions
www.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
Access to Respite Care and Help (ARCH)
Respite is not child care.
Respite is a short break from caring for your child with a disability.
919-490-5577 press 223
www.archrespite.org/respite-locator-state-search/240-washington-search
  • Find respite care and other resources

Childcare Aware of Washington
253-383-1735
Toll-Free: 1-866-416-4321
TTY: 1-800-833-6388
www.wa.childcareaware.org/families
  • Find Licensed Childcare
  • Help finding funding for childcare
  • Other Resources

Easterseals Washington
1-800-678-5708
www.wa.easterseals.com
  • Autism ABA therapy
  • Child development services from 6 weeks to 5 years
  • Camping and Recreation

Lifespan Respite Washington
425-740-3788
www.lifespanrespitewa.org
  • Creative respite solutions
Developmental Disabilities Administration (DDA)
360-407-1500 (Central Office)
www.dshs.wa.gov/ddd
dddcareception@dshs.wa.gov
  • Find services
  • Early Support for Infants and Toddlers
  • Family support and respite care
  • Find county contacts

Region 1: Adams, Asotin, Benton, Chelan, Columbia, Douglas, Ferry, Franklin, Garfield, Grant, Kittitas, Klickitat, Lincoln, Okanogan, Pend Oreille, Spokane, Stevens, Walla Walla, Whitman, Yakima
Region 1 Headquarters:
1611 W Indiana Ave
Spokane, WA 99205
Toll-Free: 1-800-462-0624
TTY: 509-568-3038
Email: DD1FSO@dshs.wa.gov
For DDA clients with No Paid Services: 1-800-319-7116, this is a voicemail only line.

Region 2: Island, King, San Juan, Skagit, Snohomish, Whatcom
Region 2 Headquarters:
1700 E Cherry Street
Seattle, WA 98122
Toll Free: 1-800-314-3296
TTY: 206-720-3325
Email: DD4FSO@dshs.wa.gov
For DDA clients with No Paid Services: 1-800-974-4428, this is a voicemail only line.

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
Toll Free: 1-800-248-0949
TTY: 253-572-7381
Email: DD5FSO@dshs.wa.gov
For DDA clients with No Paid Services: 1-800-735-6740, this is a voicemail only line.
The Family Health Hotline, a program of WithinReach
1-800-322-2588
www.ParentHelp123.org
  • Ask questions about your child’s development and growth
  • Find services and support in your county

Early Support for Infants and Toddlers (ESIT), birth to three
360-725-3500
Toll-Free: 1-866-482-4325
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
Community Health

Children with Special Health Care Needs (CSHCN) Coordinators
1-800-322-2588
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
www.wacmhc.org
- Local health centers
- Nutrition programs
- Interpreter services
- Social work services

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

Home Health Care
www.hcaw.org
- Find home care services

Check with your insurance program or case manager about your home-care benefits.
Community Health

Health Resources and Services Administration
www.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

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)
Visit their website to find the phone number for your county.
If you don’t have access to a computer, call the Family Health Hotline for help.
Family Health Hotline: 1-800-322-2588
www.abcd-dental.org/for-parent/find-an-abcd-dentist
- Dental care for children from birth to age six who receive Medicaid

American Academy of Pediatric Dentists
www.aapd.org/finddentist
- Find a dentist in your county who can care for children with special needs

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

Washington State Dental Association
206-448-1914
Toll-Free: 1-800-448-3368
Email: info@wsda.org
www.wsda.org/special-needs-directory/
- Find a dentist that cares for children with special needs in your county
- Request a referral

Smile Mobile
206-517-6303
Toll-Free: 1-888-286-9105
- Dental office on wheels
- View the Smile Mobile schedule
- Low cost or free care for children whose families have limited incomes
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
louis.mendoza@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/getsupport/parent_to_parent_p2p_programs
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
1-800-5-PARENT (572-7368)
253-565-2266
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
info@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
1-800-572-7368, ask for STOMP
253-565-2266
www.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)
For help resolving a complaint: 1-800-737-0617
For help with child support: 1-800-457-6202
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 ext 1
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
Financial Information

Supplemental Security Income (SSI)
1-800-772-1213
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
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
To enroll call: 1-800-913-4146
www.rx.wa.gov
- Apply for a Prescription Discount Card to save money on prescriptions
Health Insurance

Apple Health for Kids
1-800-562-3022
Email: askmedicaid@hca.wa.gov
www.hca.wa.gov/applehealth/Pages/default.aspx
Find your local Health Care Authority Specialist: www.hca.wa.gov/assets/free-or-low-cost/community_based_staff_contact.pdf
  • Apple Health For Kids is the name of Washington State’s health insurance program for children
  • Find out about low-cost or free health insurance programs
  • Use a simple process to find out if you qualify for free or low-cost insurance

The Family Health Hotline
The Family Health Hotline, a program of *WithinReach*
1-800-322-2588
www.ParentHelp123.org
  • Apply online for Medicaid and Apple Health for Kids Program

Statewide Health Insurance Benefits Advisors (SHIBA)
1-800-562-6900
TTY: 360-586-0241
www.insurance.wa.gov/your-insurance/health-insurance/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
1-855-923-4633
www.wahealthplanfinder.org/
  • Find out if you are eligible for financial help for paying for health insurance
  • Compare plans side by side
Early Hearing Loss Detection, Diagnosis, and Intervention Program (EHDDI)
206-418-5613
Toll-Free: 1-888-923-4434
ehddi2@doh.wa.gov
www.doh.wa.gov/YouandYourFamily/InfantsChildrenandTeens/HealthandSafety/EarlyHearingLoss.asp

- 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

Family Health Hotline
1-800-322-2588
www.ParentHelp123.org

- Contact them if you have a question about your child’s hearing or vision

Summit Assistance Dogs
360-293-5609
www.summitdogs.org
info@summitdogs.org

- Provides mobility, hearing and therapy dogs for people with disabilities

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
Hearing and Vision

Washington State Department of Services for the Blind
1-800-552-7103
www.dsb.wa.gov
info@dsb.wa.gov
- Resources and services for children who are blind or have low vision

Washington Sensory Disabilities Services (WSDS)
1-800-572-7000
425-917-7827
www.wsdsonline.org
wds@pssed.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
206-615-0400
www.wtbbl.org
wtbbl@sos.wa.gov
- Get reading help for children who are blind, deaf-blind, have low vision, a physical disability, or a learning disability
- Talking books and braille books in numerous translations are available state-wide, at the library and by mail to Washington residents
Information and Referral

Center for Parent Information and Resources
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

The Family Health Hotline
The Family Health Hotline, a program of WithinReach
1-800-322-2588
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
1-800-322-2588
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

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

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
www.cshcn.org/washington-resource-lists-county
- Find companies that provide medical equipment and supplies in your county

Home Health Care
425-775-8120
www.hcaw.org
- Medical supplies and equipment delivered to your home

Washington Assistive Technology Act Program (WATAP)
Toll-Free: 1-800-214-8731
Toll-Free TTY: 1-866-866-0162
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
Toll-Free: 1-877-428-5116
Toll-Free TTY: 1-888-494-4775
www.washingtonaccessfund.org/
info@nwaccessfund.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
www.dshs.wa.gov/bha/division-behavioral-health-and-recovery/childrens-behavioral-health
  • Find information on mental health or substance use disorder services
  • Information on types of services and how to find a provider

www.dshs.wa.gov/bha/division-behavioral-health-and-recovery/other-mental-health-services-children
  • Information on behavioral assessments for children with Medicaid or qualify for low-income services

NAMI (National Alliance on Mental Illness) – Washington
Visit their website to find your county’s local office contact information.
Main Office: 206-783-4288
www.namiwa.org
office@namiwa.org
  • Advocacy, information and referral for people with mental illness
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
www.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/cshcnnut
  - 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
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
530-605-4395
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

Professional Association of Therapeutic Horsemanship International (PATH Intl.)
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
206-963-0916
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
206-987-3736
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
Toll-Free: 1-877-424-4318
www.washingtonyouthsoccer.org
• TOPSoccer, for players 4 years of age and older who have developmental and/or physical disabilities
• Program is based on skill level, not age
• Focus is on exercise and participation
• Volunteers are paired with each player to assist with the game
Disabilities, Opportunities, Internetworking & Technology (DO-IT)
206-685-3648
Toll-Free: 1-888-972-3648
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 Ombuds, Washington State
1-866-297-2597
www.oeo.wa.gov/
oeoinfo@gov.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. Interpreter services available.

Partnership for Action, Voices for Empowerment - Washington PAVE
1-800-572-7368
(253) 565-2266
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 - Office of the Superintendent of Public Instruction (OSPI)
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
TTY: 360-586-0126
www.k12.wa.us/specialed
- Get information about special education programs in Washington State
Department of Social and Health Services Medical Transportation (DSHS)

**Non Emergency Transportation**
www.hca.wa.gov/free-or-low-cost-health-care/apple-health-medicaid-coverage/transportation-services-non-emergency

- 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 - TTY
www.hope-link.org/get_help/transportation/

**Human Services Council:** Clark, Cowlitz, Klickitat, Skamania, Wahkiakum
360-694-9997 - Clark
1-800-752-9422 opt 2 – Cowlitz, Klickitat, Skamania, Wahkiakum
www.hsc-wa.org

**NW Regional Council:** Island, San Juan, Skagit, Whatcom
360-738-4554 - Whatcom
Transportation: 1-800-860-6812 - Island, San Juan, Skagit and Pt. Roberts
Main Line: 1-800-585-6749 - Island, San Juan, Skagit and Pt. Roberts
www.nwrcwa.org/medicaid-transportation/
NWRCMedicaidAccess@dshs.wa.gov

**Paratransit Services:** Clallam, Grays Harbor, Jefferson, Kitsap, Lewis, Mason, Pacific, Pierce, Thurston
1-800-756-5438 - Clallam, Jefferson, Kitsap, and North Mason
1-800-846-5438 - Grays Harbor, Lewis, Pacific, South Mason, and Thurston
1-800-925-5438 - Pierce
1-800-934-5438 TTY- all counties
www.paratransit.net
People for People: Benton, Chelan Columbia, Douglas Franklin, Kittitas, Okanogan Walla Walla, Yakima
509-248-6793
Toll-Free: 1-800-233-1624
TTY: 1-800-606-1302
www.pfp.org/pfp/Transportation/PersonWithDisabilities.aspx

Special Mobility Services: Adams, Asotin, Ferry, Garfield, Grant, Lincoln, Pend Oreille, Spokane,
Stevens, Whitman
509-534-9760 Spokane
1-800-892-4817 All Counties
509-534-8566 TTY Spokane
1-800-821-7167 Toll-Free TTY
www.sms1.org/transportation

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 Travel Center
1-800-296-1217
www.patienttravel.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 Hanna Abrahamson at (206) 987-3736 or cshcn@seattlechildrens.org

- The Starting Point Guide is available on the Center for Children with Special Needs Website at: www.cshcn.org/
In Case of Emergency

Today’s Date: __________

<table>
<thead>
<tr>
<th>CHILD’S INFORMATION</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Name:</td>
<td>Nickname:</td>
</tr>
<tr>
<td>Birth Date:</td>
<td>Primary Language/Communication:</td>
</tr>
<tr>
<td>Home Address:</td>
<td></td>
</tr>
<tr>
<td>Parents/Guardians:</td>
<td>Relationship:</td>
</tr>
<tr>
<td>Diagnosis:</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Medications</th>
<th>Dose</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Allergies:                           |

<table>
<thead>
<tr>
<th>Emergency Contact:</th>
<th>Relationship:</th>
<th>Phone #:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>PHYSICIAN INFORMATION</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Doctor:</td>
<td>Phone:</td>
</tr>
<tr>
<td>Specialist:</td>
<td>Phone:</td>
</tr>
<tr>
<td>Specialist:</td>
<td>Phone:</td>
</tr>
<tr>
<td>Insurance:</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HOSPITAL INFORMATION</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Name:</td>
<td>Phone:</td>
</tr>
<tr>
<td>Address:</td>
<td>ER Phone:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PHARMACY INFORMATION</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Name:</td>
<td>Phone:</td>
</tr>
<tr>
<td>Address:</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OTHER</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Most Important Things to Know About My Child in an Emergency:</td>
<td></td>
</tr>
</tbody>
</table>

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