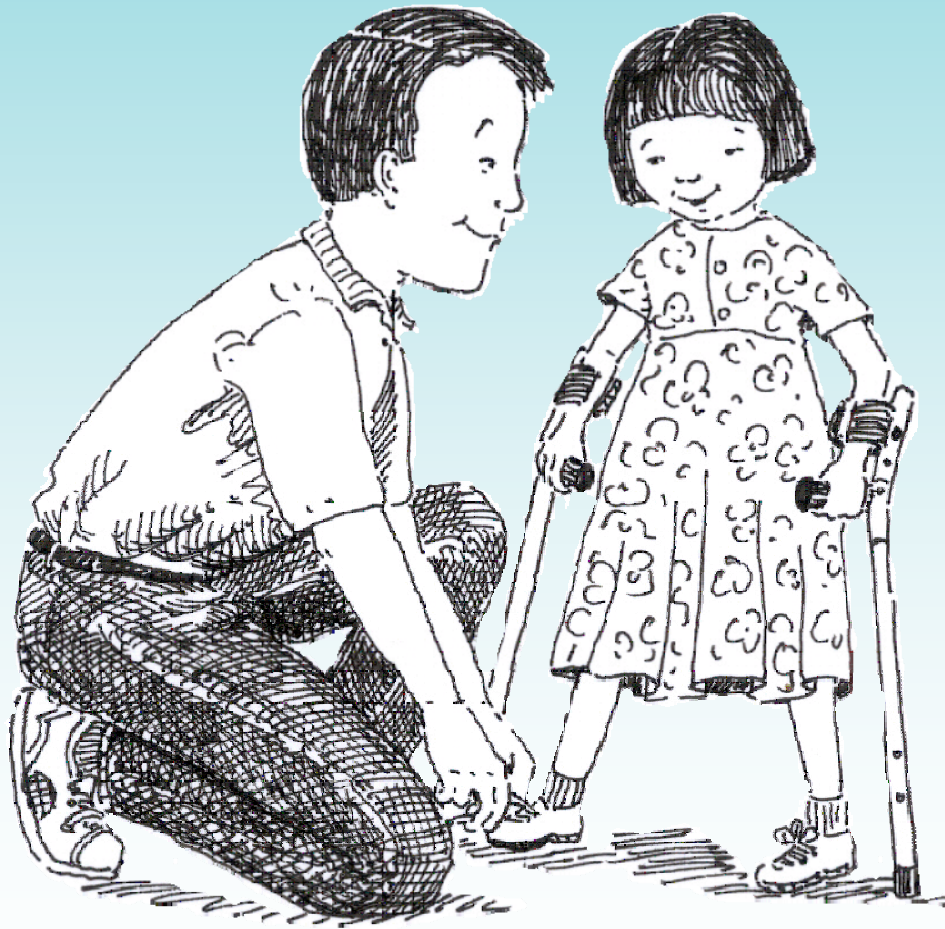




Starting Point Guide

Resources for Children with Special Health Care Needs in Washington State, 2011-2012 Edition




Starting Point on the Internet:


The Starting Point Guide is also on the Center for Children with Special Needs Web site at:

 www.cshcn.org/get-started

In Spanish:

Guia Para Padres is the Spanish-language version of *Starting Point*. To request a copy call:

 (206) 987-2500 or toll free:


 1-866-987-2500


Or download a copy at the Center for Children with Special Needs Web site at:

 www.cshcn.org/get-started

Additional Copies:

You can make copies of *Starting Point* to share. To get a single copy, call Seattle Children's Resource Line at:

 (206) 987-2500 or toll free:

 1-866-987-2500

Additional Resources:


For a more extensive list of resources, visit the online Resources Directory at:

 www.cshcn.org/resources-contacts/resources-directory

You can search by state and county for agencies and organizations in your community, as well as statewide and national resources.

Questions/Comments:


If you have questions or comments, contact Alta Bassett at:

 (206) 884-5735 or

 alta.bassett@seattlechildrens.org

Symbol Key:

 = Telephone number

 = Web site

 = E-mail address

 = Tips to help you

TTY/TDD = Phone for Deaf and Hearing Impaired


 = Phone book

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Introduction

What is Starting Point?


Starting Point is a resource guide for Washington families who have children with ongoing health conditions. It can help you find and contact resources that you and your child need. It includes phone numbers, email addresses, and websites for many services. Please share this guide with other families or providers who help you.

Are there listings for my city or county?

The listings in *Starting Point* are for families who live anywhere in Washington. Statewide contacts can help refer you to your local resources. Some listings include information for your city or county. You can search for more resources by category and county at:

 www.cshcn.org/resources-contacts/resources-directory

You can also call the Family Health Hotline for local resources toll free at:

 1-800-322-2588 or ask your health care provider.

How is Starting Point organized?


Starting Point is organized by topic or type of service. There is an A to Z list of agencies on page 4.

How do I use the guide?

If you need a service, look under the kind of service to find help. Or, if you know the name of the organization, look in the list of resources on page 4 for the name and page number.

If you are not sure who to call:

1. Call the Family Health Hotline.

 1-800-322-2588

The Family Health Hotline is a program of *WithinReach*

2. Talk with your doctor or health care provider.

Tips for Getting Answers to Your Questions

Many parents say finding information can be confusing. Talk with your doctor about the information and services in this guide. Here are tips from other parents who have a child with special needs:



Keep Trying

“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.”

- Keep calling and keep asking questions.
- Ask for names and phone numbers or e-mails of other people to contact.
- If the recorded voice on the phone is confusing, often you can just stay on the line. Then you can talk with a person.
- Written requests or e-mail may get a prompt response.

Keep Notes

“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.”

Keep track of:

- Who you talked with, the name of the organization, the phone number, e-mail and the date of the call.
- The information you were given.
- What you and what they agreed to – and by what date.
- Ideas about other people to contact.
- Ask for a business card. Write down the time and day of your contact and what was done.
- Fax, mail, or e-mail questions to your doctor before your appointment.
- Order a *Care Organizer* to help you collect and organize notes and papers. If you live in Washington State, call Children’s Resource Line to order a free Care Organizer at ☎ 1-866-987-2500, or ☎ (206) 987-2500 or 💻 Order a Care Organizer online at: <http://cshcn.org/care-organizer-order-form>, or you can make your own Care Notebook by downloading and printing pages from our website at: www.cshcn.org/planning-record-keeping/care-notebook

Educate Yourself

“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.
- Make sure the information you receive is correct and up to date. Ask your doctor or 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.”

Give this key information when you make a call or contact:



- Your child’s age.
- Your child’s diagnosis (if one has been made) or your main concern.
- Where you live (city, county).

Listen to the words others use when talking with you:

- Ask about any word you don’t understand.
- Write the word down and what it means (have them spell it out).
- Use these words when you talk to others.

Look to Other Parents

“For me, my greatest resource has been other people, other parents, and the Parent to Parent support group. I think if there is a support group, you should get into it. That is the very first thing. If you have a diagnosis, the smartest thing you can do is find another family with the same diagnosis.”

- Find a support group near you. Talking with other parents can give you energy.
- Ask your child’s doctor, nurse or teachers if they know another family whose child has the same diagnosis or needs.
- Contact the Washington State Parent to Parent organization for help:
 1-800-821-5927 or
 www.arcwa.org/parent_to_parent.htm

Give Feedback and Share What You Find

“My child’s doctor told me 26 years ago, ‘I insist you know more about your child’s disease than I do, because you are going to live with it.’ I learned that 26 years ago and I have passed it along to everybody.”

- Tell people when and how they help you.
- Pass what you learn on to other parents.

Take Care of Yourself

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

- It’s a lot of work. Take a break to recharge yourself or ask for help.
- Give yourself time each day, 10 minutes or more to do something you like.
- There is a lot of information. Set a limit on how much time you will spend looking or reading.
- Tell your child’s doctor how you are doing. Ask him or her to help you focus on what is most important.
- Share your feelings with your family, friends, other parents, doctors, and nurses.

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Advocacy and Legal Help

NOTES 

Find lawyers and community programs that may be low-cost or free. You can find help with legal problems.

The Arc of Washington State


 (360) 357-5596

 1-888-754-8798


 www.arcwa.org

- Help for children with developmental disabilities
- Help with your child's education and health
- Help when you have a problem getting services for your child

CLEAR: A Northwest Justice Project

 1-888-201-1014 (outside King County)


 211 (in King County)

 1-888-201-9737 (TTY)

 www.nwjustice.org


- Help finding a lawyer
- Legal help and information
- Free or low-cost services


County Bar Association


 Look in the phone book under the Yellow Pages under Attorneys Referral and Information.


- You may be able to talk for free with a volunteer lawyer or other legal expert

Disability Rights Washington

 1-800-562-2702

 (206) 324-1521

 1-800-905-0209 (TTY)

 (206) 957-0728 (TTY)


 www.disabilityrightswa.org


- Help protecting your child's rights
- Legal help and information
- Interpreters available via AT&T language line

Advocacy and Legal Help (more)

NOTES 

Family Voices of Washington

 (253) 565-2266

 1-800-5PARENT


 www.familyvoices.org/

 jfinholm@wapave.org

- Information on healthcare policy for children with special needs
- Involves families in policy planning

Legislative Hotline

 1-800-562-6000 (send a message to your state legislators)


 1-800-635-9993 (TTY)

 support@leg.wa.gov

 www.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

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


The Family Health Hotline, a program of *WithinReach*


 www.arcwa.org/parent_coalition.htm or

 www.washingtonparentcoalitions.com/default.aspx

- Call or visit the website to find your local coordinator
- Get help protecting your child's rights
- Find information for your child with developmental disabilities

Sound Options Group, L.L.C.

 1-800-692-2540 (WA State)

 (206) 842-2298 (Seattle Area)

 www.somtg.com/

Help with:


- Your child's school program or early intervention services
- How to better communicate with organizations that serve your child

Child Care and Respite



NOTES 

Find help with child care, preschool, or help for yourself when you need a short break.




Child Care Check

-  <https://apps.dev.del.wa.gov/check/checksearch.aspx>
- Washington State's licensed child care information system
- Find licensed child care in your area
- Basic licensing information such as how long a provider has been licensed and how many children they can care for
- Valid licensing complaints

National Respite Locator Service

-  (919) 490-5577
-  www.respitelocator.org
- Help finding respite care and other resources related to respite

Washington State Child Care Resource and Referral Network

-  1-800-446-1114
-  (253) 838-1735
-  www.childcarenet.org

Help finding:

- Licensed child care
- Money for child care
- Other resources




Child Development

Find help if you have questions about your child's development or growth

- Find out how to contact the Early Support for Infants and Toddlers Program (ESIT; formerly known as the Infant Toddler Early Intervention Program, see pg 10)
- Get help if your child has a disability or if you have concerns about your child's development.

Division of Developmental Disabilities (DDD)


 (360) 725-3413 (Central Office)


 www.dshs.wa.gov/ddd


 dddcorereception@dshs.wa.gov

- For children with developmental disabilities
- Find services and get case management
- Early Support for Infants and Toddlers
- Family support and respite care
- Medical help
- Find county contacts

Region 1: Adams, Chelan, Douglas, Ferry, Grant, Lincoln, Okanogan, Pend Oreille, Spokane, Stevens, Whitman


 1-800-462-0624


 (509) 329-2900


 (509) 568-3038 (TTY)

 DD1FSO@dshs.wa.gov

Region 2: Asotin, Benton, Columbia, Franklin, Garfield, Kittitas, Klickitat, Walla Walla, Yakima


 1-800-822-7840


 (509) 225-4620


 (509) 454-4321 (TTY)

 DD2FSO@dshs.wa.gov

Region 3: Island, San Juan, Skagit, Snohomish, Whatcom


 1-800-788-2053


 (425) 339-4833


 (425) 339-4850 (TTY)

 DD3FSO@dshs.wa.gov

Region 4: King

 1-800-314-3296

 (206) 568-5700





 (206) 720-3325 (TTY)

 DD4FSO@dshs.wa.gov





Child Development (more)

NOTES 

Region 5: Pierce, Kitsap



 1-800-248-0949
 (253) 404-6500
 (253) 572-7381 (TTY)
 DD5FSO@dshs.wa.gov

Region 6: Clallam, Clark, Cowlitz, Grays Harbor, Jefferson, Lewis, Mason, Pacific, Skamania, Thurston, Wahkiakum

 1-800-339-8227
 (360) 725-4250
 (360) 586-4719 (TTY)
 DD6FSO@dshs.wa.gov

If you have a question or concern about your child's development, birth to three, call:

The Family Health Hotline, a program of *WithinReach*


 1-800-322-2588 (TTY relay: 711)
 www.ParentHelp123.org

- Find services and supports in your county
- Find Family Resource Coordinators who can help you

Washington State Department of Early Learning

 1-866-482-4325
 www.del.wa.gov


Find out about:

- Choosing child care or preschool
 - Getting your child ready for school
 - State-funded preschool – Early Childhood Education and Assistance Program (ECEAP)
 - Find out about your child's development
-  www.del.wa.gov/development/child

Washington State Early Support for Infants and Toddlers (ESIT)

 <http://www.del.wa.gov/development/esit/>


Family Resources Coordinators (FRC) in each county provide information about child growth and development, services available for your family and screening services if you have concerns about your child's development.

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

 www.ParentHelp123.org

NOTES 

Washington State Migrant Council

 (509) 837-8909

 www.wsmconline.org

- Help finding services for migrant, seasonal and farm workers
- Help with your child's development and growth

Community Health

NOTES 


Find help with your child's medical needs:

- Public health services
- Cultural or ethnic community health clinics
- Help with your child's care at home



Call the Family Health Hotline (1-800-322-2588) to find your CSHCN Coordinator. You can also contact your public health department.

Children with Special Health Care Needs Coordinators

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


The Family Health Hotline, a program of *WithinReach*

 www.ParentHelp123.org

CSHCN Coordinators are public health nurses who can:


- Help families get services for their child, such as medical care
- Refer families to health insurance programs and information
- Help families connect through parent support organizations
- Help with concerns such as feeding, nutrition, growth, development and behavior
- Provide screening and assessment for your child

Ethnic or Cultural Community Health Clinics

 Look in the Yellow Pages of the phone book under Clinics, then under Medical.

- Health clinics that focus on the needs of ethnic or cultural groups
- Many clinics provide health and social services

Home Health Care


 Look in the phone book in the Yellow Pages under Home Health Services or Nurses, or ask your doctor


- Medical equipment
- Help with health care for your child at home



Ask if the home health care agency is licensed. Check with your insurance program or case manager about your home-care benefits.

Indian Health Service (I.H.S.)

 Look in the blue (Government) section of the phone book, under Federal, Indian Health Service

 (503) 414-5555


 www.ih.gov/FacilitiesServices/AreaOffices/Portland

- Health services and advocacy for American Indians and Alaska Natives living in Washington, Oregon and Idaho

Community Health (more)

NOTES 

Public Health Departments in your District or County


 Look in the blue (Government) section of the phone book or ask your health care provider.

 www.doh.wa.gov/LHJMap/LHJMap.htm

For help with:


- Finding your local health department/district
- Health care for your family
- Health insurance information
- WIC and nutrition information
- Immunizations
- Nurses and other people to help with your child's care

Public Health Nurses

 Look in the blue (Government) section of the phone book under County, then Health Centers

- Information about health care
- Help finding resources
- Help caring for your child
- Public Health Nurses may provide home visits


Washington Association of Community and Migrant Health Centers

 (360) 786-9722

 <http://wacmhc.org/>

- Ask for the clinic where you live
- Health and dental care for your child and family
- Information about nutrition programs
- Interpreter or translation services
- Social work services; may offer counseling

Washington State Migrant Council

 (509) 837-8909

 www.wsmconline.org

- Help finding services for migrant, seasonal and farm workers
- Help with your child's development and growth

Your Hospital


 Look in the phone book under Hospitals

- Health care
- Hospitals may have a resource center or offer classes

Counseling


Find help for your child's mental health and help with how to find a counselor or therapist for your child or family.

Community Mental Health Centers

 Look in the blue (Government) section of the phone book under County, then Community and Human Services, Mental Health.

- Help for people with mental health concerns
- Family counseling

NAMI Greater Seattle: Advocates for the Mentally Ill

 1-800-782-9264


 (206) 783-9264 (In Seattle) (Voice & TTY)


 www.nami-greaterseattle.org

 info@nami-greaterseattle.org

- Advocacy, information and referral for individuals with mental illness

National Mental Health Information Center


 1-800-789-2647

 1-866-889-2647 (TDD)

 www.mentalhealth.samhsa.gov

- Information about mental health services for adolescents
- Help finding services for you or your family

Private Counselors and Therapists


 Look in the Yellow Pages of the phone book under Counselors, or ask your doctor.


- Check if they have worked with families of children with special needs

Youth 'N Action

 <http://www.youthnaction.org>

 wayouthnaction@yahoo.com

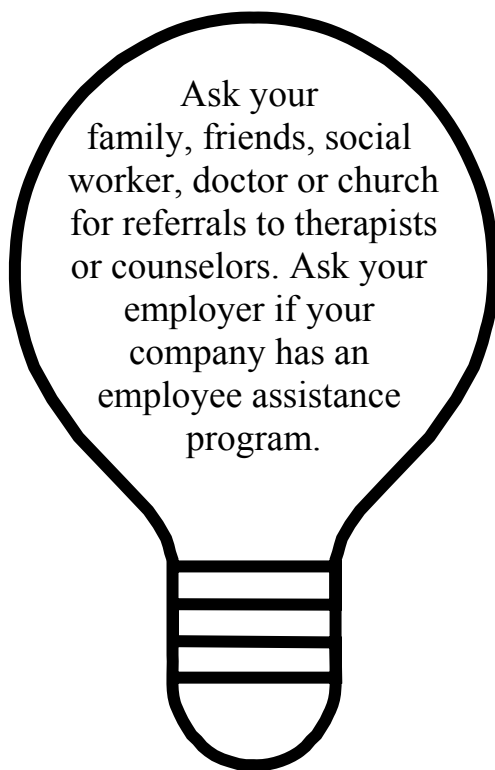
 (509) 954-7373

 1-866-898-6013

- Serves youth in the Spokane Region and Eastern Washington, ages 14-24 affected by mental illness

Counseling (more)

NOTES 




Dental

Find help with your child's dental needs.

Access to Baby and Child Dentistry Program (ABCD)

To find an ABCD program, call the Family Health Hotline, a program of *WithinReach*

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

 www.ParentHelp123.org (Use the resource finder.)

 www.kidsoralhealth.org/Oral-Health-Resources.html

- Dental care for children from birth to age six who receive Medicaid
- Ask the county health department if there is an ABCD program where you live

Dental Care for Children with Special Needs

 www.cshcn.org/childcare-schools-community/oral-health-and-children-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
- Find links to more information about dental care for children with special needs

Finding a Dental Care Provider

 www.aapd.org/finddentist/

- Find a dental provider who can care for children with special needs


Oral Hygiene Program

 www.dshs.wa.gov/ddd/dental.shtml

- Find a dental provider who can care for people with developmental disabilities
- Get assistance with Medicaid benefits and coupons

Pediatric Dentists


 Look in the phone book under Dentists – Pediatric


 Call your doctor or health care provider to ask for help finding a dentist who cares for children with special needs

Dental (more)

NOTES 

Smile Mobile

 1-800-572-7835 x 6303

 (206) 517-6303

 kamundson@deltadentalwa.com

 <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

Family Support

NOTES 

Find help seeking support for siblings, teens, parents, and fathers.


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 11 counties in Central Washington
- Programs include:
 - Early Childhood Education
 - Youth Services
 - Crisis Nursery

Families Together for People with Disabilities

 1-866-326-4864


 (509) 335-2321

 www.familiestogether.org

 sherry@familestogether.org

- Resources and support that build and maintain strong, healthy, informed, and involved family members
- Support to families through Family Enrichment Weekends
- Information to families through the Information in a Box Program

Family-to-Family Health Information Centers (F2FHICs)


 1-800-572-7368

 www.familyvoices.org/states

- Connect with other families of children with special needs
- Get help finding resources
- Find information to help you choose the best health plan for your family

Family Support (more)


The Learning Disabilities Association of Washington


 (425) 882-0820

 www.ldawa.org

- Provides services to improve the quality of life for individuals and families affected by learning and attentional disabilities
- Telephone crisis assistance, information, support and professional referrals

Parent to Parent Support Programs

 1-800-821-5927


 (425) 641-7504


 www.arcwa.org/contact_p2p.htm

 statep2p@earthlink.net

- 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 (Washington PAVE)

 1-800-572-7368 (Voice/TTY)


 (253) 565-2266 (Voice/TTY)

 www.washingtonpave.org

 pave@wapave.org

- Provides information, training and support for those with disabilities and their families

Religious Organizations - (Churches, Synagogues or, Temples, etc.)

 Look in the Yellow Pages of the phone book under Churches, Religious Counseling or Organizations, or Synagogues.

They may provide:


- Emergency funding
- Housing
- Counseling
- Day care
- Support groups

Family Support (more)


NOTES 

Sibling Support Project

Call your Parent to Parent Coordinator to find a Sibshop where you live (see page 18) or visit the Web site for a list.

 (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 listservs or discussion groups for youth and adult siblings

Specialized Training of Military Parents (STOMP)

A Project of Washington State PAVE

 (253) 565-2266 (Voice or TTY)


 1-800-5-PARENT (Voice or TTY)

 www.stompproject.org

 stomp@wapave.org

- Helps children of military families with special education or health needs
- Parent training and information center

Washington State Fathers Network

 (425) 653-4286

 www.fathersnetwork.org

 greg.schell@kinding.org


- Support programs for fathers of children with special needs
- Resources for fathers and families

Financial Information

NOTES 

Find help paying for your child's needs.

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

Financial Planning Web site

Family Village: Estate Planning and Special Needs Trusts

 www.familyvillage.wisc.edu/general/estate.htm

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 103

 www.arcwa.org/endowment_trust.htm

 patti@arcwa.org

- Set-up a special needs trust for a person who has developmental disabilities


Service Organizations


 Look in the Yellow Pages of the phone book under Clubs or Fraternal Organizations. Easter Seals, Rotary, Elks, Kiwanis Club and other service organizations may help you with money, services and support.

Financial Information (more)

NOTES 

Supplemental Security Income (SSI)


 1-800-772-1213

 1-800-325-0778 (TTY)

 www.ssa.gov

- Extra money for your child's medical care if your child has a disability


United Healthcare Children's Foundation

 (952) 992-4459

 http://www.uhccf.org/apply_applicant.html

- Apply online for a medical grant to be used for medical services not covered by commercial health plan benefits

Washington Discount Prescription Drug Program

 1-800-913-4146

 www.rx.wa.gov

- Apply for a Prescription Discount Card to help you save money on your prescriptions

Health Insurance

Apple Health for Kids

☎ 1-877-543-7669

🌐 <http://hrsa.dshs.wa.gov/applehealth/>

- Use a simple process to check if you qualify for free or low-cost insurance

Medical Assistance Toll Free Hotline

☎ 1-800-562-3022

☎ 1-800-422-7930 (TTY)

🌐 <http://hrsa.dshs.wa.gov/>

✉ customerinquiry@dshs.wa.gov

- Find out about low-cost or free health insurance programs

Office of the Insurance Commissioner

☎ 1-800-562-6900 or (360) 725-7000 (Consumer Line)

☎ (360) 586-0241 (TTY)

🌐 www.insurance.wa.gov

✉ cad@oic.wa.gov

- Find information about health insurance

Statewide Health Insurance Benefits Advisors (SHIBA)

☎ 1-800-562-6900

🌐 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 Program


☎ 1-800-660-9840

☎ 1-888-923-5622 (TTY)

☎ (360) 923-2701 (Olympia TTY)

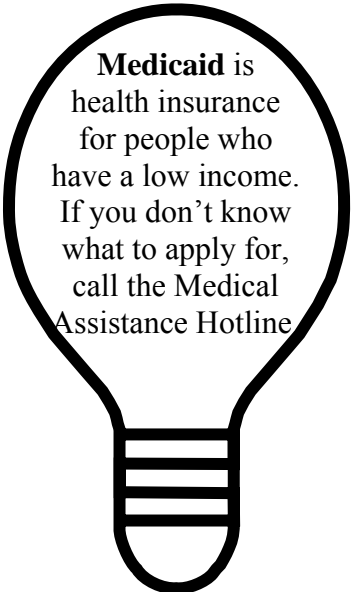
🌐 www.washington.hca.wa.gov

- Find low cost health care coverage through private health plans



Apple Health For Kids is the name for Washington State Children's Health Insurance Program.

NOTES ✍




Medicaid is health insurance for people who have a low income. If you don't know what to apply for, call the Medical Assistance Hotline

Hearing and Vision

Find hearing and vision loss services and resources.

Early Hearing Loss Detection, Diagnosis, and Intervention Program (EHDDI)

 (206) 418-5613

 www.doh.wa.gov/cfh/mch/Genetics/ehddi/default.htm

 ehddi2@doh.wa.gov

If you have questions about your child's hearing, you can:

- 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*


Hands and Voices


 <http://www.handsandvoices.org/index.htm>


- Provides resources, networks and information for families with deaf, hearing impaired or deaf-blind children.


Hearing, Speech & Deafness Center (HSDC)

Seattle

 (206) 323-5770

 1-800-761-5036

 (206) 388-1275 (TTY)

 1-800-761-2821 (TTY)

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

Tacoma

(253) 475-0782

1-866-421-5560

(253) 474-1748 (TTY)

1-866-698-1748 (TTY)

Bellingham

(360) 647-0910

1-866-647-0910

(360) 647-8508 (TTY)

1-877-647-8508 (TTY)


- Find out about programs for families with deaf or hearing impaired children, birth to 3, such as home visits, communication playgroups and family counseling
- Attend family preschool, serving children ages 3-5; provides a bilingual (English and American Sign Language) learning environment
- Get hearing tests for all ages
- Get help with speech, language and learning for children facing communication or cognitive challenges
- Purchase hearing aids

Early Support for Infants and Toddlers (ESIT)

 <http://www.del.wa.gov/development/esit/>

Family Resources Coordinator (FRC)


If you have a question about your child's hearing or vision, you can call the Family Health Hotline, a program of *WithinReach*, to find the FRC in your county:

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

 www.ParentHelp123.org

Hearing and Vision (more)

Summit Assistance Dogs


 (360) 293-5609


 www.summitdogs.org

 info@summitdogs.org

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

Washington State Department of Services for the Blind

 1-800-552-7103


 (206) 721-4056 (TTY)


 www.dsb.wa.gov

 information@dsb.wa.gov

- Provides 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


 wds@psed.org

- Serves children and youth who are deaf, hearing impaired, visually impaired, blind or deaf-blind
- Get information, training, technical assistance and resources

Washington State Talking Book and Braille Library

 1-800-542-0866 (Voice)

 (206) 615-0400

 (206) 615-0418 (TTY)

 www.wtbbl.org

 wtbbl@secstate.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

Information and Referral

NOTES 

In this section you can learn where to look for information about your child's illness or needs.

Center for Children with Special Needs


A program of Seattle Children's


 www.cshcn.org

- Find information and tools to help you 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 children with special needs by county

Children's Resource Line

Seattle Children's

 1-866-987-2500


 (206) 987-2500

 www.seattlechildrens.org

- Get handouts on many child health topics
- Find a doctor for your child

Disease or Condition-Based Agencies and Clinics

For example: American Lung Association, American Cancer Society, Autism Society of Washington, or Epilepsy Foundation Northwest

 Look in the phone book or ask your doctor, nurse or social worker


 www.healthfinder.gov

 healthfinder@nhic.org

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

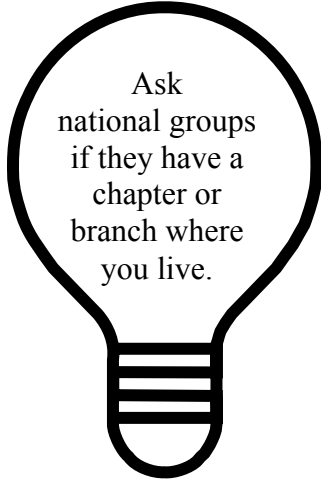
The Family Health Hotline

The Family Health Hotline, a program of *WithinReach*

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

 www.ParentHelp123.org

- Apply online for Medicaid and the Apple Health for Kids Program
- Get a referral to Family Resource Coordinators 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



Ask national groups if they have a chapter or branch where you live.

Referral can mean many things:

1. Someone may tell you about a service to help you.
2. You may need a **referral** from a doctor to see a health provider for your insurance.
3. Your doctor may refer you to a specialist.

Information and Referral (more)

Informing Families, *Building Trust*

 www.informingfamilies.org


- Provides information for individuals with developmental disabilities and their families

Medline Plus

 www.medlineplus.gov

- Get information on over 800 conditions, diseases and wellness in over 40 languages
- Get information about prescriptions, over-the-counter medicines, herbs and supplements
- Read current health news and press announcements

National Dissemination Center for Children with Disabilities (NICHCY)


 1-800-695-0285 (Voice/TTY)


 www.nichcy.org


 nichcy@aed.org

- Learn more about your child's disability
- Get help understanding special education for your child
- Find organizations that help people with disabilities

National Organization for Rare Disorders (NORD)

 (203) 744-0100

 1-800-999-6673 (Voice Mail only)

 (203) 797-9590 (TDD)

 www.rarediseases.org


 orphan@rarediseases.org

- Get information about rare diseases and conditions

ParentHelp 123

ParentHelp 123, a program of *WithinReach*

 www.ParentHelp123.org


 1-866-585-1123 (for technical support)


- Use an on-line screening tool to see what programs you can qualify for in Washington State
- Get applications for health coverage and food programs
- Get help with how to fill out applications
- Use the resource finder tool to locate many family support programs

Information and Referral (more)


Public Libraries

 <http://wlo.statelib.wa.gov/libsearch.cfm>

 (360) 704-5200 (Reception)


 (360) 704-5221 (Reference)

 askalibrarian@secstate.wa.gov

 Look in the phone book for your local library

- Find books and other information about your child's health or illness

Washington Information Network 211


 211

 www.win211.org

 info@win211.org

- Search online database to find community resources throughout the state
- Information translated into many languages

Washington State Information

 1-800-321-2808


 1-800-833-6388 (TTY) (through DSHS)

- Call for phone numbers for Washington agencies
- Get help finding which state agency to call

Washington State Medical Home

 www.medicalhome.org

 info@medicalhome.org

 206-685-1279


- 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

Websites:

 Band-Aides and Blackboards:
www.lehman.cuny.edu/faculty/jfleitas/bandaides

 Exceptional Parent Magazine: www.eparent.com

 Family Village: www.familyvillage.wisc.edu


 Our-Kids Website and Listserv: www.our-kids.org

Medical Supplies and Equipment

NOTES 


Get help finding medical equipment for your child.


Medical Supplies and Equipment

 Look in the Yellow Pages of the phone book under Medical Equipment and Supplies, Home Health Care Equipment and Supplies, or Wheelchair


- Check with your insurance plan about which supplies and equipment it covers

Washington Assistive Technology Act Program (WATAP)

 1-800-214-8731 (Voice)

 1-866-866-0162 (TTY)


 (206) 685-4181 (UW Center for Technology & Disability)


 (206) 616-1396 (TTY)


 www.watap.org

- Help finding and using assistive technology equipment
- Find resources on information, referral and funding
- Learn how to use equipment

Washington Assistive Technology Foundation (WATF)

 (206) 328-5116

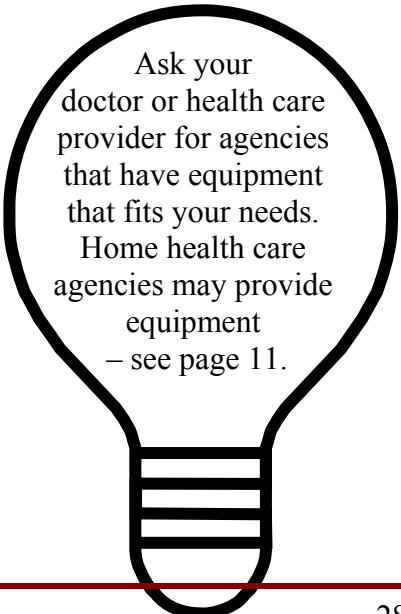
 1-877-428-5116 (Voice)

 1-888-808-8942 (TTY)

 www.watf.org

 info@washingtonaccessfund.org

- Low interest loans to help individuals obtain the technologies and business equipment to live independently and to succeed at school, work, play and in the community




Ask your
doctor or health care
provider for agencies
that have equipment
that fits your needs.
Home health care
agencies may provide
equipment
– see page 11.


Nutrition

Find information about food programs and help with feeding problems.

Family Food Hotline


 1-888-436-6392

The Family Food Hotline, 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

 www.depts.washington.edu/cshcnut

 (360) 236-3561 or (206) 685-1297

- Learn about nutrition and feeding team services for your special needs child
- Find information about nutrition
- Locate a registered dietitian who serves children with special health care needs

(WIC) – The Nutrition Program for Women, Infants and Children

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

The Family Food Hotline, a program of *WithinReach*

 www.doh.wa.gov/cfh/WIC/default.htm

 www.ParentHelp123.org

- Learn if you qualify for the WIC Program
- Qualified pregnant women, infants and children under age five receive help to buy healthy foods
- Find your local WIC clinic

Recreation

NOTES ✍

In this section you can find fun activities for your child.

Accessible Trails

www.americantrails.org/resources/accessible/index.html

- Information about accessible trails for people with disabilities in Washington state

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

Creative Activities and VSA Arts of Washington

☎ (206) 443-1843 (Voice/TTY)

💻 www.creativeactivities.org

- Take part in inclusive art activities for children and adults

North American Riding for the Handicapped Association, Inc.

☎ 1-800-369-7433

💻 www.narha.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 for people with disabilities such as skiing, cycling, hiking, camping, rafting, paddling, and day camps
- Staff are experts in adaptive recreation and serving children with disabilities






Ask local recreation groups if they will include children with special needs.

Recreation (more)




Parks and Recreation

-  Look in blue (Government) section of the phone book under County or City Listings, Parks and Recreation
- Find recreation and play for children with special needs




Seattle Adaptive Sports

-  (206) 726-3984
-  www.seattleadaptivesports.org
-  info@seattleadaptivesports.org
- Find out about recreation for children ages 7 to 21 who have physical disabilities
 - Find sports programs throughout the Northwest




Special Olympics Washington

-  (206) 362-4949
-  1-800-752-7559
-  www.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
-  1-877-424-4318
-  www.wsysa.com/Programs/TOPSoccer/tabid/91/Default.aspx
- 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

Youth Organizations (for example: YMCA, Campfire, Boys and Girls Club)


-  Check your phone book to find groups in your area.
- Find recreation programs that include children with disabilities


NOTES 

School

Find help for your child's education needs: schools, school nurses, and special education programs.

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

 (206) 685-3648 (Voice/TTY)

 1-888-972-3648 (Voice/TTY)

 www.washington.edu/doit


 doit@u.washington.edu

- Advocates for academic programs and careers for people with disabilities
- Promotes use of computers to increase independence and productivity


Educational Service Districts (ESD)

- ESDs provide information and help to parents whose children need special education
- Each ESD has a **School Nurse Corps Supervisor**. They can help if you can't find your child's school nurse.

 www.k12.wa.us/HealthServices/SchoolNurse.aspx


 360-725-6040

ESD 101: Adams, Ferry, Lincoln, Pend Oreille, Spokane, Stevens, Whitman

 (509) 789-3800


 www.esd101.net

ESD 105: Grant, Kittitas, Klickitat, Yakima

 (509) 575-2885


 www.esd105.wednet.edu

ESD 112: Clark, Cowlitz, Klickitat, Pacific, Skamania, Wahkiakum

 (360) 750-7500


 www.esd112.org


ESD 113: Grays Harbor, Lewis, Mason, Pacific, Thurston

 (360) 464-6700

 www.esd113.k12.wa.us

ESD 123: Asotin, Benton, Columbia, Franklin, Garfield, Othello, Walla Walla

 (509) 547-8441


 1-888-547-8441

 www.esd123.org

School (more)


NOTES 

ESD 171: Chelan-Douglas, Grant, Okanogan

 (509) 665-2610


 www.ncesd.org

ESD 189: Island, San Juan, Skagit, Snohomish, Whatcom

 (360) 299-4000


 www.esd189.org


Olympic ESD 114: Clallam, Jefferson, Kitsap, North Mason School District


 (360) 479-0993

 www.oesd.wednet.edu

Puget Sound ESD 121: King, Pierce, Bainbridge Island


 (425) 917-7600

 1-800-664-4549

 (425) 917-7833 (TTY)

 www.psesd.org


Office of the Education Ombudsman


 1-866-297-2597

 www.governor.wa.gov/oeo

- 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 and are free and confidential

Office of the Superintendent of Public Instruction (OSPI) State of Washington Office of Special Education

 (360) 725-6075


 (360) 664-3631 (TTY)


 www.k12.wa.us/specialed

 speced@k12.wa.us

- Get information about special education programs in Washington State

Partnership for Action, Voices for Empowerment (Washington PAVE)

 1-800-572-7368 (Voice/TTY)

 (253) 565-2266 (Voice/TTY)

 www.washingtonpave.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 (more)

NOTES 

School District Special Education Office

-  Look in the blue (Government) section of the phone book under Schools. Find your school district and the number for Special Education.
- Get help with planning special education and interventions for health concerns
- Learn about academic and psychological testing, speech and language services, early intervention programs and family outreach
- Find out about special education services for children from birth to three years of age (not all school districts)

School Health Services

-  (360) 725-6040
-  (360) 664-3631 (TTY)
-  www.k12.wa.us/HealthServices/default.aspx
- Get help with your child's health care at school

School Nurses


- Ask at your child's school if there is a school nurse. They can help with your child's medical care at school.
- Call the school nurse after a hospital stay or a change in your child's care.



Transportation

Find transportation to your child's medical appointments.

Department of Social and Health Services Medical Transportation (DSHS) Non Emergency Transportation


 <http://hrsa.dshs.wa.gov/transportation>


- 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

Medical Transportation Brokers:

Hopelink Transportation: King & some areas outside King County for specific issues


 1-800-923-7433


 425-869-6000

 1-800-246-1646 (TDD)

 www.hope-link.org


Human Services Council: Clark, Cowlitz, Klickitat, Skamania, Wahkiakum
Transportation Services Brokerage


 1-800-752-9422 opt 2 (Voice/TDD) (Cowlitz, Klickitat, Skamania or Wahkiakum)


 (360) 694-9997 (Clark County)

 <http://www.hsc-wa.org>

NW Regional Council: Island, San Juan, Skagit, Whatcom


 (360) 676-6749 (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)


 www.nwrcwa.org/transportation.htm


Paratransit Services: Clallam, Grays Harbor, Jefferson, Kitsap, Lewis, Mason, Pacific, Pierce, Snohomish, Thurston

 1-800-756-5438 (Clallam, Jefferson, Kitsap)

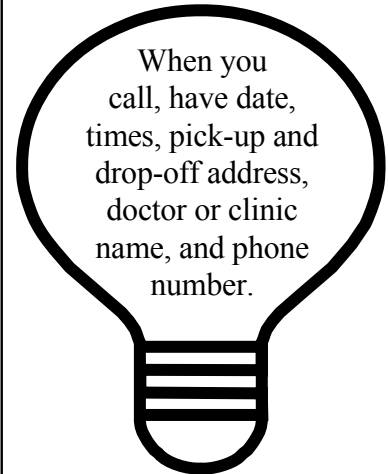
 1-800-846-5438 (Grays Harbor, Lewis, Mason, Pacific, and Thurston)

 1-800-925-5438 (Pierce)

 1-877-852-2580 (Snohomish)

 1-800-934-5438 (TDD- all counties)


 www.paratransit.net





Transportation (more)


NOTES 

People for People: Benton, Columbia, Franklin, Kittitas, Walla Walla, Yakima


 1-800-233-1624 (Voice)


 (509) 248-6739 or (509-248-6726) (Voice-Yakima)


 1-800-606-1302 (TDD)


 www.pfp.org (click on transportation)

Special Mobility Services: Adams, Ferry, Grant, Lincoln, Pend Oreille, Spokane, Stevens


 (509) 534-9760 (Spokane)


 (509) 534-8566 (Spokane-TDD)

 1-800-892-4817

 1-800-821-7167 (TDD)

Trancare: Chelan, Douglas, Okanogan


 1-800-352-8726 (Voice)

 (509) 667-2727 (Wenatchee)

 www.trancare.org/

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 & Acknowledgements

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- Artwork by Cary Lassen.
- 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 the Center for Children with Special Needs, a program of Seattle Children's. If you have any changes, please contact Alta Bassett at  (206) 884-5735 or  alta.bassett@seattlechildrens.org
- You can also find *Starting Point Guide* on the Center for Children with Special Needs Website at:  www.cshcn.org/get-started

In Case of Emergency

Today's Date: _____

<i>CHILD'S INFORMATION</i>		
Name:		Nickname:
Birth Date:	Primary Language/Communication:	
Home Address:		
Parents/Guardians:	Relationship:	Home #: Other #'s:
Diagnosis:		
Medications	Dose	Time
Allergies:		
Emergency Contact:	Relationship:	Phone #'s:
<i>PHYSICIAN INFORMATION</i>		
Primary Doctor:	Phone:	Fax:
Specialist:	Phone:	Fax:
Specialist:	Phone:	Fax:
Insurance:		
<i>HOSPITAL INFORMATION</i>		
Name: Address:		Phone: ER Phone:
<i>PHARMACY INFORMATION</i>		
Name: Address:		Phone:
<i>OTHER</i>		
Most Important Things to Know About My Child in an Emergency:		

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