

# Starting Point Guide

Resources for Parents of  
Children with Special Health Care Needs



## 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

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### 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](http://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](http://www.parenthelp123.org).

Starting Point Guide and Guia Para Padres (Spanish version) are online at:

[www.cshcn.org](http://www.cshcn.org).

For additional copies call (206) 987-3736 or email [cshcn@seattlechildrens.org](mailto: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](mailto: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.
- Make a care notebook for your child’s records and care information. Download and print pages from our website at: [www.cshcn.org/planning-record-keeping/care-notebook](http://www.cshcn.org/planning-record-keeping/care-notebook).
- 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:
  - Medline Plus at [www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus)
  - [www.KidsHealth.org/](http://www.KidsHealth.org/)
  - 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](http://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.

## Starting Point Guide 2017

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

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

Washington	
<b>M, N</b>	Page
Medline Plus	21
Mental Health Services	24
NAMI Greater Seattle	24
National Organization of Rare Disorders (NORD)	21
National Patient Travel Center	30
Northwest Justice Project	6
Nutrition for Children with Special Needs	25
<b>O, P</b>	Page
Oral Health Programs	13
Outdoors for All	26
Parent Coalitions	7
Parent Help 123	22
Parent to Parent Support	15
PAVE	15, 28
Professional Association of Therapeutic Horsemanship International (PATH Intl.)	26
<b>Q, R, S, T, U,</b>	Page
School Health Services	28
Seattle Adaptive Sports	27
Sibling Support Project	15
Smile Mobile	13
Special Education	28
Special Olympics	27
Specialized Training of Military Parents (STOMP)	15
Statewide Health Insurance Benefits Advisors (SHIBA)	18
Summer Camps & Programs	27

## Starting Point Guide 2017

---

Summit Assistance Dogs	19
Supplemental Security Income (SSI)	17
Transportation, DSHS	29
United Healthcare Children's Foundation	17
<b>V, W, Y, Z</b>	<b>Page</b>
WA Assistive Technology Act Program (WATAP)	23
WA Access Fund (WATF)	23
WA Discount Drug Prescription Program	17
WA Health Plan Finder	18
WA Health Program	19
WA Information Network 211	22
WA Sensory Disability Services	20
WA State Dental Association	13
WA State Department of Services for the Blind	20
WA State Medical Home	22
WA State Migrant Council	10, 12
WA State Youth Soccer	27
WA Talking Book and Braille Library	20
Women, Infants, and Children (WIC) Nutrition	25

**Advocacy and Legal Help**

**The Arc of Washington State**

360-357-5596

Toll Free: 1-888-754-8798

[www.arcwa.org](http://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](http://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](http://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](http://www.familyvoices.org/contact)

[www.familyvoicesofwashington.com](http://www.familyvoicesofwashington.com)

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



## Advocacy and Legal Help

### Legislative Hotline

Call your state legislators: 1-800-562-6000

TTY: 1-800-635-9993

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

[support@leg.wa.gov](mailto: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](http://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](http://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

## Child and Respite Care

### 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](http://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](http://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](http://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](http://www.lifespanrespitewa.org)

- Creative respite solutions

## Child Development

### Developmental Disabilities Administration (DDA)

360-407-1500 (Central Office)

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

[dddcoreception@dshs.wa.gov](mailto:dddcoreception@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](mailto: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](mailto: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](mailto:DD5FSO@dshs.wa.gov)

For DDA clients with No Paid Services: 1- 800-735-6740, this is a voicemail only line.

## Child Development

**The Family Health Hotline**, a program of *WithinReach*

1-800-322-2588

[www.ParentHelp123.org](http://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/](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](http://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](http://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](http://www.wacmhc.org)

- Local health centers
- Nutrition programs
- Interpreter services
- Social work services

### Community Health Centers

[www.healthfinder.gov/FindServices/](http://www.healthfinder.gov/FindServices/)

- Find community health centers and other services in your area

### Home Health Care

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

- Find home care services



## Community Health

### **Health Resources and Services Administration**

[www.findahealthcenter.hrsa.gov/Search\\_HCC.aspx?byCounty=1](http://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](http://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](http://www.inspire-centers.org)

- Services for migrant, seasonal and farm workers

## Dental

### 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](http://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](http://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

[www.cshcn.org/childcare-schools-community/oral-health-and-children-special-needs](http://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 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](mailto:info@wsda.org)

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

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

### **Enterprise for Progress in the Community (EPIC)**

509-248-3950

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

[louis.mendoza@kinding.org](mailto:louis.mendoza@kinding.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](http://www.ldawa.org)

[nsobich@ldawa.org](mailto: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](http://www.arcwa.org/getsupport/parent_to_parent_p2p_programs)

[parent2parentwa@gmail.com](mailto: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](http://www.wapave.org)

[pave@wapave.org](mailto: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](http://www.siblingsupport.org)

[info@siblingsupport.org](mailto: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/](http://www.wapave.org/programs/specialized-training-military-parents-stomp/)

[stomp@wapave.org](mailto: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](http://www.dshs.wa.gov)

[askdshs@dshs.wa.gov](mailto: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](http://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/](http://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](http://www.arcwa.org/endowment_trust.htm)

[patti@arcwa.org](mailto: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/](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

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

[customerservice@uhccf.org](mailto: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](http://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](mailto:askmedicaid@hca.wa.gov)

[www.hca.wa.gov/applehealth/Pages/default.aspx](http://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](http://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](http://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/](http://www.insurance.wa.gov/your-insurance/health-insurance/)

[ShibaHelpLine@oic.wa.gov](mailto: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/](http://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](mailto:ehddi2@doh.wa.gov)

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

- 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](http://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](http://www.summitdogs.org)

[info@summitdogs.org](mailto: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/](http://www.wahandsandvoices.org/contact-us/)

[info@wahandsandvoices.org](mailto: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](http://www.dsb.wa.gov)

[info@dsb.wa.gov](mailto: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](http://www.wsdsonline.org)

[wds@psed.org](mailto:wds@psed.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](http://www.wtbbl.org)

[wtbbl@sos.wa.gov](mailto: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](http://www.parentcenterhub.org)

[malizo@spannj.org](mailto: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](http://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](http://www.informingfamilies.org)

- Provides information for people with developmental disabilities and their families

### Medline Plus

[www.medlineplus.gov](http://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](http://www.rarediseases.org)

- Information about rare diseases and conditions

## Information and Referral

### ParentHelp 123

ParentHelp 123, a program of *WithinReach*

1-800-322-2588

[www.ParentHelp123.org](http://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](http://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](http://www.medicalhome.org)

[info@medicalhome.org](mailto: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](http://www.our-kids.org)



## Medical Supplies and Equipment

### Seattle Children's Center for Children with Special Needs

[www.cshcn.org/washington-resource-lists-county](http://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](http://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](http://www.watap.org)

[watap@uw.edu](mailto: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

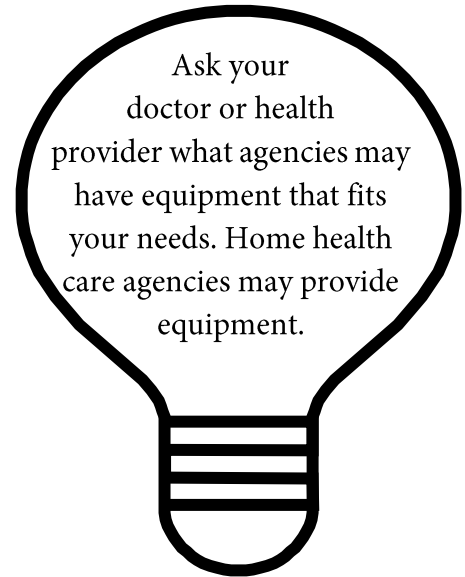
Toll-Free: 1-877-428-5116

Toll-Free TTY: 1-888-494-4775

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

[info@nwaccessfund.org](mailto: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



## Mental Health

### Children's Mental Health Services – Washington State

[www.dshs.wa.gov/bha/division-behavioral-health-and-recovery/childrens-behavioral-health](http://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](http://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](http://www.namiwa.org)

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

- Advocacy, information and referral for people with mental illness

## Nutrition

### Family Food Hotline

1-888-436-6392

The Family Food Hotline is a program of *WithinReach*

[www.ParentHelp123.org](http://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](http://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/cshcnut](http://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

The Family Food Hotline is a program of *WithinReach*

[www.doh.wa.gov/YouandYourFamily/WIC](http://www.doh.wa.gov/YouandYourFamily/WIC)

[www.ParentHelp123.org](http://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

## Recreation

### **Accessible Trails**

530-605-4395

[www.americantrails.org/resources/accessible/index.html](http://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](http://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](http://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](http://www.outdoorsforall.org)

[info@outdoorsforall.org](mailto: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

Recreation

**Seattle Adaptive Sports**

206-963-0916

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

[info@seattleadaptivesports.org](mailto: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](http://www.sowa.org)

[info@sowa.org](mailto: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](http://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](http://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

**School**

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

206-685-3648

Toll-Free: 1-888-972-3648

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

[doit@uw.edu](mailto: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/](http://www.oeo.wa.gov/)

[oeoinfo@gov.wa.gov](mailto: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](http://www.wapave.org)

[pave@wapave.org](mailto: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](http://www.k12.wa.us/HealthServices/default.aspx)

[Robin.fleming@k12.wa.us](mailto: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](http://www.k12.wa.us/specialed)

- Get information about special education programs in Washington State

## Transportation

### 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](http://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/](http://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](http://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/](http://www.nwrcwa.org/medicaid-transportation/)

[NWRCMedicaidAccess@dshs.wa.gov](mailto:NWRCMedicaidAccess@dshs.wa.gov)

**Paratransit Services:** Clallam, Grays Harbor, Jefferson, Kitsap, Lewis,

Mason, Pacific, Pierce, Thurston

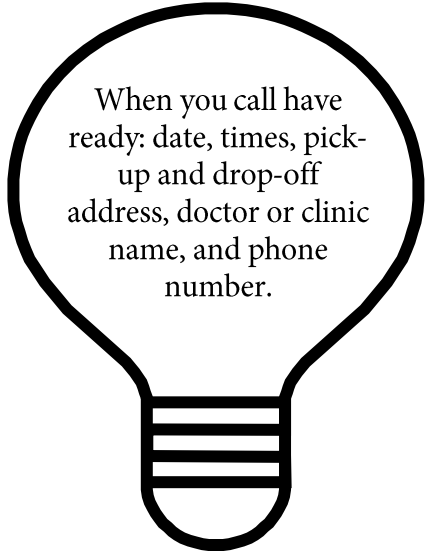
1-800-756-5438 - Clallam, Jefferson, Kitsap, and North Mason

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](http://www.paratransit.net)



When you call have ready: date, times, pick-up and drop-off address, doctor or clinic name, and phone number.

## Transportation

**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](http://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](http://www.sms1.org/transportation)

### Air Travel

#### **Angel Flight West**

1-888-426-2643

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

[info@angelflightwest.org](mailto: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](http://www.patienttravel.org)

- Get help finding a plane ride to a medical visit for those in need



### Notes and Acknowledgements

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- 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.

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- 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](mailto:cshcn@seattlechildrens.org).
- The *Starting Point Guide* is available on the Center for Children with Special Needs Website at:

[www.cshcn.org/](http://www.cshcn.org/)

# 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: [www.cshcn.org](http://www.cshcn.org)