

2003-04 Edition

Starting Point


*Resources for
Children with Special Health Care Needs
in Washington State*



Center for Children with Special Needs
A Program of
Children's
Hospital & Regional Medical Center
Seattle, Washington





Starting Point on the Internet:

The Guide can also be found on the Center for Children with Special Needs website at:  <http://www.cshcn.org> under resources.

In Spanish:

There is a Spanish-language version of *Starting Point* called *Guia Para Padres*. To request a copy, fill out the order form at the back of this booklet.

Additional Copies:

You can make copies of *Starting Point* and share it. You can get a single copy. Call Children's Resource Line at  (206) 987-2500 or toll free  1-866-987-2500.

Questions/Comments:

If you have questions or comments, contact Megan Sety at  (206) 987-5310 or  megan.sety@seattlechildrens.org.

Symbol Key:






-  = Telephone number
-  = Web site
-  = Email address
-  = Tips to help you
- TTY = Phone for Deaf and Hearing Impaired
-  = Phone book

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Introduction

What is Starting Point?

Starting Point is a guide to help you find and call resources that you and your child need. The guide is for Washington families who have children with special health care needs. Please share this guide with other families or providers who help you.

What is in the guide?

Starting Point has phone numbers, email, websites, and a list of services for each resource. Talk with your health care provider about services your child may need.

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 do include information for your city or county. There may also be a local resource guide for your city or county. You can call the ASK Line (Answers for Special Kids) toll free at ☎ 1-800-322-2588 or ask your health care provider for local resources.

How is it organized?

Each agency is listed only once. Some agencies have many services. There are 14 kinds of agencies in this book. These kinds are listed in the Table of Contents. There is a list of agencies from A to Z 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 ASK Line (Answers for Special Kids)

☎ 1-800-322-2588

(The ASK Line is a service of Healthy Mothers, Healthy Babies)

2. Talk with your doctor or health care provider



Tips for Getting Answers to Your Questions

Many parents say finding information can be confusing. You can work with your health care provider as you use 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 of other people to contact.
- If the recorded voice on the phone is confusing, often you can just stay on the line. Then you will be connected with a person.
- Written requests or email may result in 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 phone number, and the date of the call.
- The name of the organization and the information you were given.
- What you and what they agreed to – and by what date.
- Their 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 email your questions to your doctor before your appointment.
- Try using a *Care Notebook*, a 3-ring binder for notes and papers. If you live in Washington State, call Moore Business Forms to get one free Notebook at ☎ 1-800-826-9873 or print the pages from 🖨 <http://www.cshcn.org>.

Educate Yourself

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

- Get information from your providers, 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 language to know how to ask. You need to know the proper words to use to get the right care and services for your child.”

Provide 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 Parent to Parent. 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 health care providers 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.

Give Feedback and Share What You Find

“A pediatrician 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 helped you.
- Think about calling someone back if you find a great resource they did not know about.
- 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 for or reading information.
- You may not be able to look for everything at one time.
- Tell your health care provider how you are doing. Ask him or her to help you focus on important information or resources.
- Share your feelings with your family, friends, other parents, and providers.

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Advocacy and Legal

In this section you can 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

 <http://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


 1-888-201-9737 (TTY)

 <http://www.nwjustice.org>

- Help finding a lawyer
- Legal help and information


If you live in King County, call:

Northwest Justice Project

 (206) 464-1519



The Council of Parent Attorneys and Advocates

 (202) 544-2210

 <http://www.copaa.net/>


- Help finding a lawyer
- Legal help and information for parents of children with disabilities

County Bar Association

 Look in the Yellow Pages under Attorney's Referral and Information.

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

Family Voices of Washington

 (360) 866-8254

 <http://www.familyvoices.org>

 familyvoices@olywa.net

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

Advocacy and Legal (more)

Legislative Hotline

☎ 1-800-562-6000

🌐 <http://www.leg.wa.gov/>

- Find out who your legislators are
- Find out about legislative bills
- Send messages to the governor and your state legislators

Parent Coalitions

☎ 1-800-322-2588

☎ 1-800-883-6388 (TTY)

🌐 <http://www.arcwa.org/parentcoalitions.htm>

- Call or visit the website to find your local coordinator
- Get help protecting your child's rights

Sound Options Group, L.L.C.

☎ 1-800-692-2540 (WA State)

☎ (206) 842-2298 (Seattle Area)

☎ 1-800-833-6388 (TDD) Washington State Relay Service

☎ 1-800-833-6384 (voice) Washington State Relay Service

🌐 <http://www.soundoptionsgroup.com>

Help if you disagree with:

- Your child's school program
- Early intervention services that your child receives

Washington Protection and Advocacy System

☎ 1-800-562-2702

☎ (425) 776-1199

☎ 1-800-905-0209 (TTY)

☎ (425) 776-1648 (TTY)

🌐 <http://www.wpas-rights.org/>


✉ wpas@wpas-rights.org

- Help protecting your child's rights
- Legal help and information
- Find people who help with legal problems

Child Care and Respite

In this section you can find child care and respite.

National Respite Locator Service


 1-800-773-5433

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


- Help finding respite care

Special Sitters


Parent to Parent: Chelan/Douglas

 (509) 667-1301

Parent to Parent: Cowlitz/Wahkiakum


 (360) 425-5494

Parent to Parent: Spokane

 (509) 328-6326

- Find a teen or young adult trained to provide childcare for children with special needs
- Sitters are not Medicaid providers

Washington State Child Care Resource and Referral Network

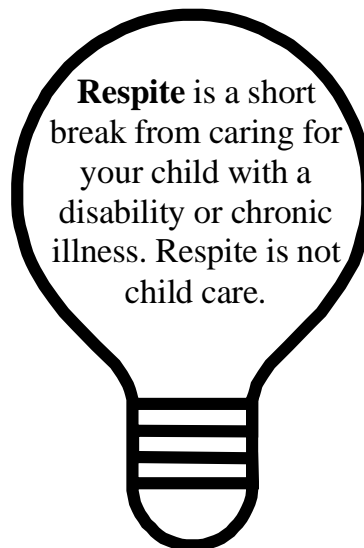
 1-800-446-1114

 <http://www.childcarenet.org>

 childcarenet@childcarenet.org

Help finding:

- Child care
- Money for child care
- Other resources




Child Development

In this section you can:

- Find help if you have questions about your child's development or growth
 - Find out how to contact the ITEIP program
 - Get help if your child has developmental disabilities
-

DDD (Division of Developmental Disabilities)


 (360) 902-8444 or


 (360) 902-8455 (TTY)

 <http://www1.dshs.wa.gov/ddd/>


- For children with developmental disabilities
- Find services and get case management
- Infant Toddler Early Intervention Program (ITEIP)
- Family support and respite care
- Medical help
- Call the region which includes your county


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

 1-800-462-0624


 (509) 456-2893


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

 1-800-822-7840


 (509) 225-7970


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

 1-800-788-2053


 (425) 339-4833


Region 4: King

 1-800-314-3296


 (206) 568-5700


Region 5: Pierce, Kitsap

 1-800-248-0949

 (253) 593-2812

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

 1-800-339-8227


 (360) 570-3150

Child Development (more)

Infant Toddler Early Intervention Program (ITEIP)

Family Resources Coordinator (FRC)

Birth to 3 Program

 1-800-322-2588 (ASK Line)

 1-800-833-6388 (ASK Line TTY)


 <http://www.wa.gov/dshs/iteip/iteip.html>

The ASK Line is a service of Healthy Mothers, Healthy Babies.

If you have a question about your child's development, you can:

- Get answers to questions about your child's growth
- Call to find the FRC in your county
- Learn about the Infant Toddler Early Intervention Program (ITEIP) and Birth to 3 programs in your county
- Find out what services and funding are offered

Washington State Migrant Council

 (509) 837-8909

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

- Help finding services where you live
- Help with your child's development and growth

WIC – Food and Nutrition Program for Women, Infants and Children

 1-800-322-2588 – Healthy Mothers, Healthy Babies


- Healthy food for pregnant, breastfeeding and postpartum women and children under age 5 who qualify

Community Health

In this section you can 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
- Help for children who may be dying

Children with Special Health Care Needs Program (CSHCN Program)


 1-800-322-2588 (ASK Line – Answers for Special Kids)

 1-800-833-6388 (ASK Line TTY)

CSHCN Coordinators can:


- Find resources where you live
- Help you organize services
- Tell you about money and insurance for your child's health care

Cultural or Ethnic Community Health Clinics

 Look in the Yellow Pages under Clinics, then under Medical.

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


Home Health Care

 Look 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


Hospice Information

Pediatric Hospice Consultant

 (206) 987-2176 (press 1)


- Services for children who are dying and their families
- May provide nursing visits, medical supervision, pain relief, respite care, social work, and support

Portland Area Indian Health Service (I.H.S.)

 Look in the blue (Government) section of the White Pages, under Federal, Indian Health Service.

 <http://www.ihs.gov/FacilitiesServices/AreaOffices/PortlandAO/default.asp>

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




Call the ASK Line to find your CSHCN Coordinator. You can also contact your public health department.



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

Community Health (more)

Migrant and Community Health Centers in Washington


 ASK Line: 1-800-322-2588

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

 info@wacmhc.org

- Ask for the clinic where you live
- Health and dental care for your child and family
- WIC and nutrition information
- Interpreter or translation services
- Social work services
- May offer counseling

Pediatric Palliative Care Consulting Service


 (206) 987-2176 (press 1)

 palliative.care@seattlechildrens.org

 <http://www.cshcn.org/palliativecare>

- Palliative care is help for children who might die from complex health problems
- Help with health and social services

Public Health Departments in your District or County


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

 <http://www.doh.wa.gov/LHJMap/LHJMap.htm>

They help you find:

- Food
- Health care for your family
- Health insurance
- WIC
- 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.

- Free help
- Information about health care
- Help finding resources
- Help caring for your child
- They can come to your home


Your Hospital

 Look in your phone book under Hospitals

- Health care
- They may have a resource center or classes


In this section you can 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 White Pages under County, then Community and Human Services, Mental Health.

- Help for people with mental health concerns
- Family counseling

National Mental Health Services Knowledge Exchange Network

 1-800-789-2647

 1-866-889-2647 (TDD)

 <http://www.mentalhealth.org>


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


Private Counselors and Therapists


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

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

Washington Advocates for the Mentally Ill (WAMI)

 1-800-782-9264


 (206) 783-9264 (In Seattle)

 (206) 545-6563 (TTY)

 <http://www.nami-wami.com/>

- Mental health information and referral

Washington State Psychological Association

 1-800-275-9772


- Find a psychologist near you




In this section you can find help with your child's dental needs.

Access to Baby and Child Dentistry Program (ABCD)

 <http://www.abcd-dental.org/>

 1-800-562-3022 (Medical Assistance Administration)

 1-800-322-2588 (ASK Line – Answers for Special Kids)


- Dental care for children from birth to age six who receive Medicaid
- Ask for the ABCD program where you live

Finding a Dental Care Provider


 <http://www.dental.washington.edu/disability/>

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

Oral Health Hygiene Program

 (360) 902-8475


 ClarkCL@dshs.wa.gov

 <http://www1.dshs.wa.gov/ddd/dental.shtml>


- Dental care for people with developmental disabilities of all ages
- Find a dental provider who can care for people with developmental disabilities

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

SmileMobile

 1-800-367-4104

 http://www.deltadentalwa.com/wdsfoundation/w_5.htm


 smilemobile@deltadentalwa.com

- Dental office on wheels
- Low cost or free care for children whose families have limited incomes

Family Support

In this section you can find help seeking support for siblings, teens, parents, and fathers.

Adolescent Health Transition Project


 (206) 685-1358


 <http://depts.washington.edu/healthtr/>

 healthtr@u.washington.edu

- Information about transition to adult health care services for children and adolescents with special health care needs

The Learning Disabilities Association of Washington


 (425) 882-0792

 1-800-536-2343 (outside King County)

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

- Provides services and support for children and adults with learning disabilities and their families

Parent to Parent Support


 1-800-821-5927

 <http://www.arcwa.org/contactp2p.htm>

 statep2p@earthlink.net

- Help finding resources for your child and your family
- Support groups for parents

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

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

They may provide:

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

Family Support (more)

Sibling Support Project


 Call your Parent to Parent Coordinator to find a Sibshop where you live (see on page 14) or visit the website for a list.


 <http://www.thearc.org/siblingsupport/>

- Workshops for brothers and sisters of children with special needs
- SibKids and SibNet are free email listservs or discussion groups for young and adult siblings

STOMP (Specialized Training of Military Parents)

A Project of Washington State PAVE

 (253) 565-2266 (Voice or TTY)


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

 <http://www.washingtonpave.com/stomp.html>

 hhebdon@washingtonpave.com

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

Washington State Fathers Network

 (425) 747-4004, press 4286

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

 jmay@fathersnetwork.org

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


Finances

In this section you can find help paying for your child's needs.

DSHS: Department of Social and Health Services


 1-800-737-0617 (DSHS Constituent Line)

 <http://www.dshs.wa.gov/basicneeds/>

 Look in the Blue (Government) section of the phone book under State, then under Social and Health Services, Dept. of.


- Help with money
- Food stamps
- Help finding a place to live
- Help applying for Medicaid health insurance
- Respite or therapeutic day care


Service Organizations

 Look in the Yellow Pages under Clubs or Fraternal Organizations. Easter Seals, Rotary, Elks, Kiwanis Club and other service organizations.

- May help you with money, services and support

Supplemental Security Income (SSI)

 1-800-772-1213

 1-800-325-0778 (TTY)


 <http://www.ssa.gov/>

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

Health Insurance

In this section you can find health insurance for your child.

CHIP: Children's Health Insurance Plan


 1-877-543-7669


 <http://www.hispokane.org/hkn/index.htm>

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

- Low cost health insurance for your child
- You may apply even if your income is too high for Medicaid

Community Health Access Programs

 1-800-756-5437


 (206) 284-0331

Get help finding:

- Health insurance
- Help if you are worried about your child's development
- A dentist, doctor or nurse

Insurance Commissioner


 1-800-562-6900 (Consumer Line)

 1-800-397-4422

 <http://www.insurance.wa.gov/>

- Information about health insurance


Medical Assistance Toll Free Hotline

 1-800-562-3022

 <https://wvs2.wa.gov/dshs/onlinecso/Medical.asp>

- Information about low-cost or free health insurance programs


Special Needs Advocate for Parents (SNAP)


 1-888-310-9889

 <http://www.snapinfo.org>

- Help understanding your insurance policy and fixing problems

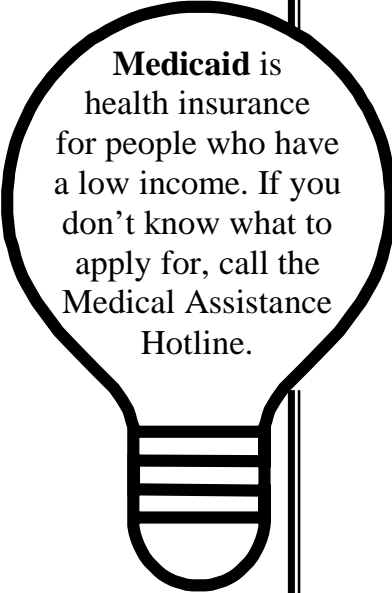
Washington State Health Care Authority Basic Health Plan

 1-800-826-2444

 1-800-321-0291 Spanish

 <http://www.basichealth.hca.wa.gov/>

- Health insurance for Washington residents who have a low income






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.

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

ASK Line (Answers for Special Kids)

A service of Healthy Mothers, Healthy Babies Coalition of Washington



-  1-800-322-2588 (Voice)
-  1-800-833-6388 (TTY)
-  1-800-833-6399 (Spanish TTY)

They will help you find:

- Support groups for parents
- A ride to and from medical visits
- Low-cost health insurance
- Recreation for your child with special needs
- Child care or respite care
- Medical equipment for your child

Children's Hospital and Regional Medical Center

Children's Resource Line and Family Resource Center


-  1-866-987-2500
-  (206) 987-2500

 <http://www.seattlechildrens.org>

- Free handouts on many child health topics
- Nurses answer questions about parenting and your child's health, illness, safety
- Find a doctor for your child

Disease or Condition-Based Agencies and Clinics

For example: American Lung Association, American Cancer Society, Muscular Dystrophy Association

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

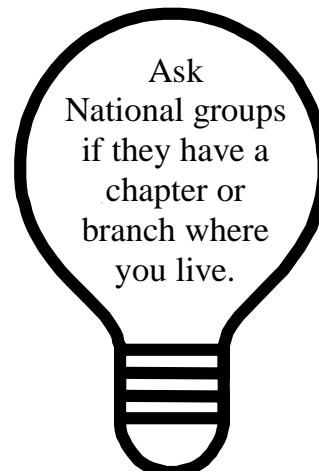
 <http://www.healthfinder.gov/organizations/>

- Provides information, brochures and other resources
- Some offer support groups
- May be able to help with medical transportation








Referral has many definitions:

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 tell you about a specialist.



Information and Referral (more)

Internet Web Sites

-  Internet Resources for Special Children: <http://www.irsc.org>
-  Family Village: <http://www.familyvillage.wisc.edu>
-  Our-Kids Listserv: <http://www.our-kids.org/>
-  Exceptional Parent Magazine: <http://www.eparent.com/>
-  Band-Aides and Blackboards:
<http://www.faculty.fairfield.edu/fleitas/contents.html>
-  Washington Parent Power: <http://www.washingtonparentpower.org>
- Information about your child's health
- Talk with your doctor or nurse about what you find





National Information Center for Children and Youth with Disabilities (NICHCY)

-  1-800-695-0285 (Voice/TTY)
-  <http://www.nichcy.org/>
-  nichcy@aed.org

Ask for information about:

- Your child's disability
- Help for your child age birth to 22
- Special education for your child
- Family issues
- Organizations that help people with disabilities
- Helping your child take care of himself


National Organization for Rare Disorders (NORD)

-  (203) 744-0100 (Nurse)
-  1-800-999-6673
-  (203) 797-9590 (TDD)
-  <http://www.rarediseases.org/>
- Provides information about rare diseases

Information and Referral (more)

Public Libraries

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

 Look in your phone book.


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


Library Resources for Children with Special Health Care Needs in Washington State

 <http://www.doh.wa.gov/cfh/CSHCN/libfinal.pdf>

- List of books about children with special health care needs
- The directory is in public libraries and on the internet
- Request the books at your local public library

Washington Talking Book and Braille Library

 1-800-542-0866 (Voice)

 (206) 615-0419 (TTY)

 <http://www.spl.org/wtbbl/wtbbl.html>

 wtbbl@wtbbl.org

- Reading help and book loans for children and adults who are blind, deaf-blind, visually impaired, physically disabled or learning disabled

Washington Sensory Disabilities Services

 1-800-572-7000 (Voice/TTY)


 (206) 439-6937 (Voice/TTY) (King County)

 <http://www.wsdsonline.org>

 wds@psed.wednet.edu

- Serves children and youth who are deaf, hard of hearing, visually impaired, blind or deaf-blind
- Information, training, technical assistance and resources to families and educators

Washington State Operator


 1-800-321-2808

- Provides phone numbers for Washington agencies
- Help finding which state agency to call

Medical and Adaptive Equipment


In this section you can get help finding medical equipment for your child.

Medical Supplies and Equipment

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

- Check with your insurance plan about which agencies it covers


Washington Assistive Technology Alliance (WATA)


 1-800-214-8731 (Voice/TTY)

 <http://wata.org>

- Help on finding and using equipment

Washington Assistive Technology Foundation (WATF)

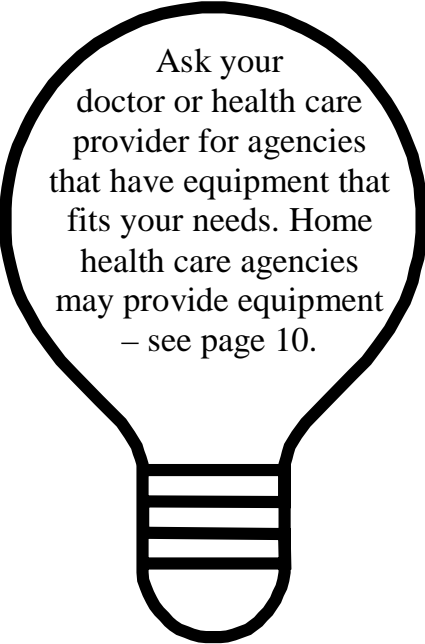
 (206) 826-1038

 1-800-214-8731 V/TTY

 <http://www.watf.org>

 fpennell@watf.org

- Low interest loans for assistive technology
- Low interest loans for to adapt your home and car
- Help finding other money for equipment




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 10.

Recreation

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

North American Riding for the Handicapped Association


 1-800-369-7433

 <http://www.narha.org>

 narha@narha.org


- Horseback riding for people with and without disabilities


Parks and Recreation

 Look in the Blue (Government) section of the White Pages under County or City Listings, Parks and Recreation.

- Recreation and play for children

SKIFORALL Foundation

 (425) 462-0978


 (425) 462-0979 (TTY)

 <http://www.skiforall.org>

 info@skiforall.org

- Recreation for people with disabilities including skiing, cycling, hiking, camping, rafting, paddling, and day camps


Special Olympics Washington

 1-800-752-7559

 <http://www.sowa.org>

- Physical activities and competition for children and adults with developmental disabilities


Summer Camps and Programs for Children with Special Needs

 1-866-987-2500

 <http://www.cshcn.org>

- Free list of camps and programs in Washington

VSA Arts of Washington


 (206) 443-1843 (Voice/TTY)

 <http://bartok.vsarts.org/Washington/>

 wa@vsarts.org

- Inclusive art classes for children and adults

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

 Check your phone book to find groups in your area.

- Recreation programs that include children with disabilities



In this section you can find help for your child's education needs. Find your child's school, school nurse, and special education programs.

DO-IT: Disabilities, Opportunities, Internetworking & Technology

☎ (206) 685-3648 (Voice/TTY)

☎ 1-888-972-3648 (Voice/TTY)

🌐 <http://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)

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

☎ (509) 456-7660

ESD 105: Kittitas, Yakima, Grant, Klickitat

☎ (509) 575-2885

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

☎ (360) 750-7500

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

☎ (360) 586-2933

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

☎ (509) 547-8441

ESD 171: Chelan-Douglas, Grant, Okanogan

☎ (509) 665-2618

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

☎ (360) 424-9573

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

☎ (360) 479-0993


ESD 121: King, Pierce, Bainbridge Island School District

☎ (206) 439-6916

- 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

School (more)

Family Educator Partnership Project


 1-888-754-8798


 <http://www.arcwa.com/FEPP.htm>

 fepp@arcwa.org

- Learn about special education for your child
- Learn how to work with your child's school

Washington State Office of Special Education


 (360) 725-6075

 (360) 586-0126 (TTY)

 <http://www.k12.wa.us/specialed/>

- Information about special education programs in Washington State


School District Special Education Office

 Look in the Blue (Government) section of the White Pages under Schools. Find your school district and the number for Special Education.

They can provide:

- Help with planning special education, intervention and remediation for health concerns
- Academic and psychological testing, speech and language services, early intervention programs and family outreach
- Some districts provide special education services for eligible children from birth to three years of age

School Health Services

 (360) 725-6040

 <http://www.k12.wa.us/learnteachsupp/healthservices/>


- Help with your child's health care at school


School Nurses

Ask at your child's school if there is a school nurse.

- School nurses can help with your child's medical care at school
- Call the nurse after a hospital stay or a change in your child's care

Washington PAVE: Parents are Vital in Education

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

 (253) 565-2266 (Voice/TTY)

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

 wapave9@washingtonpave.com

- Information and resources about special education for your child
- Workshops for parents
- Help working with school staff



Transportation




In this section you can find transportation to your child's medical appointments.

DSHS: Department of Social and Health Services Medical Transportation


 <https://www2.wa.gov/dshs/maa/Transportation/Brokerlist.html>

- Rides to and from medical visits if you have Medicaid
- Make reservations at least 2 business days in advance
- Find your county below and call that agency



Medical Transportation Brokers

-  Hopelink: King
-  1-800-923-7433
-  1-800-246-1646 (TTY)





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

-  1-800-752-9422 (Voice/TTY)


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

-  1-800-860-6812
-  1-800-860-6812 (TDD)


Paratransit Services:

-  1-800-756-5438 North Mason, Kitsap, Clallam, Jefferson
-  1-800-846-5438 Grays Harbor, Lewis, Mason-South, Pacific, Thurston
-  1-800-925-5438 Pierce
-  1-800-233-1624 TDD All counties



People for People: Kittitas, Yakima, Benton, Franklin, Walla Walla, Columbia, Adams, Grant, Lincoln

-  1-800-233-1624 (Voice/TTY)


Snohomish County Transportation: Snohomish

-  1-800-794-8818 (Voice/TTY)

Special Mobility Services: Spokane, Ferry, Pend Oreille, Stevens

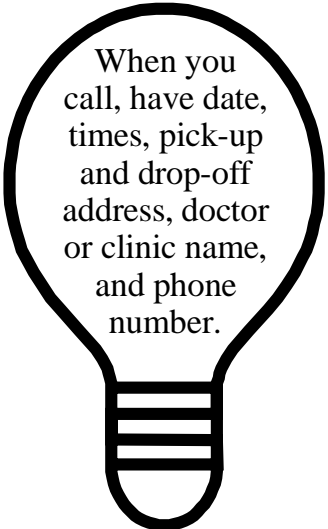
-  1-800-892-4817
-  1-800-821-7167 (TDD)

Trancare: Chelan, Douglas, Okanogan

-  1-800-352-8726 (Voice/TTY)

Coast Transportation: Asotin, Garfield, Whitman


-  1-800-873-9996 (Voice/TTY)



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

Transportation (more)


AirLifeLine

 1-877-247-5433

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

- Free plane ride to and from medical visits for needy people

Angel Flight West


 1-888-426-2643

 <http://www.angelflight.org>

 info@angelflight.org

- Free plane ride to and from medical visits for needy people

National Patient Air Transportation Helpline

 1-800-296-1217

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

- Help finding a plane ride to a medical visit for needy people

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- Artwork by Cary Lassen.
- This guide is not a complete list of resources or an endorsement by Children's Hospital and Regional Medical Center, Healthy Mothers, Healthy Babies Coalition of Washington, 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 Children's Hospital and Regional Medical Center.
- If you have any changes, errors or additions, please contact Megan Sety at ☎ (206) 987-5310 or ✉ megan.sety@seattlechildrens.org.
- You can also find Starting Point on the Center for Children with Special Needs web site: <http://www.cshcn.org>.

Order Form: 2004-05 Edition of *Starting Point* Guide

Please help us maintain our mailing list and cut down on unnecessary printing. If you would like to receive a copy of the 2004-05 Edition of the *Starting Point* Guide, please complete this form and return to:

Megan Sety
Center for Children with Special Needs
PO Box 50020/S-219
Seattle, WA 98145
Fax: (206) 987-5705
Email: megan.sety@seattlechildrens.org

Order Form: Starting Point 2004 Guide

Name: _____

Organization: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

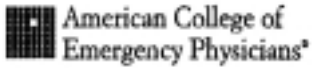
I would also like the Spanish version, called *Guia Para Padres*: Yes

I would also like the electronic version via email: Yes

Comments: _____

Emergency Information Form for Children With Special Needs

Last name:



American Academy of Pediatrics



Date form completed
By Whom

Revised
Revised

Initials
Initials

Name:		Birth date:	Nickname:
Home Address:		Home/Work Phone:	
Parent/Guardian:	Emergency Contact Names & Relationship:		
Signature/Consent*:			
Primary Language:	Phone Number(s):		

Physicians:	
Primary care physician:	Emergency Phone:
	Fax:
Current Specialty physician:	Emergency Phone:
	Fax:
Specialty:	Emergency Phone:
	Fax:
Current Specialty physician:	Emergency Phone:
Specialty:	Fax:
Anticipated Primary ED:	Pharmacy:
Anticipated Tertiary Care Center:	

Diagnoses/Past Procedures/Physical Exam:	
1.	Baseline physical findings:
2.	
3.	Baseline vital signs:
4.	
Synopsis:	Baseline neurological status:

*Consent for release of this form to health care providers

Last name:

Diagnoses/Past Procedures/Physical Exam continued:

Medications:

Significant baseline ancillary findings (lab, x-ray, ECG):

1. _____

2. _____

3. _____

4. _____

Prostheses/Appliances/Advanced Technology Devices:

5. _____

6. _____

Management Data:

Allergies: Medications/Foods to be avoided

and why:

1. _____

2. _____

3. _____

Procedures to be avoided

and why:

1. _____

2. _____

3. _____

Immunizations (mm/yy)

Dates					
DPT					
OPV					
MMR					
HIB					

Dates					
Hep B					
Varicella					
TB status					
Other					

Antibiotic prophylaxis:

Indication:

Medication and dose:

Common Presenting Problems/Findings With Specific Suggested Managements

Problem

Suggested Diagnostic Studies

Treatment Considerations

Comments on child, family, or other specific medical issues:

Physician/Provider Signature:

Print Name: