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**Disability Resources, Information & Support For Families In  
 Island County, Statewide & Throughout  
 The Region**



This resource guide is presented by Island County Parent to Parent, Island County Developmental Disabilities and Island County Human Services. This and other resource guides are available on our website: [https://](https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.asp)

[www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.asp](https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.asp)

**Island County Autism Spectrum Disorder Resources for Families Website**



Autism Partnership of Island County presents an Island County ASD website of resources for families. Have a concern? Need a screening? Need resources? Need support? <https://www.pilotace.org>

**Check out all the Resource Guide Available on our Website!**

- \*Disability Resource Guide
- \*Autism Spectrum Disorder Resource Guide
- \*Behavioral Health Resource Directory
- \*Transition Services & Resources: School Age to Adulthood Quick Guide
- \*Transition Services & Resources: School Age to Adulthood In Depth
- \*Recursos Generales - Spanish Resource Guide
- \*Understanding Medical Insurance Workbook

# Island County Disability Resource Guide

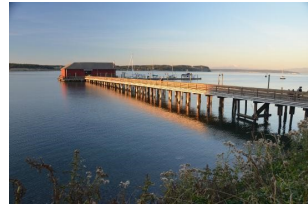


**Resources, support and information for families in Island County, Statewide and throughout the region.**

They say “*It Takes A Village*”, but in our case,

## “It Takes Two Islands”

Navigating various complex systems can be overwhelming at times. Another way of saying “You Don’t Know, What You Don’t Know”. This guide can help you and your family on your journey.



We provide a comprehensive list of resources for families with special needs/disabilities in Island County and in our region. Information on resources, opportunities & support in our community.

This Guide offers you choices, access, diversity, promote inclusion and supports available. If you have questions, please contact Tiffany Wheeler-Thompson with Island County Parent to Parent Program. .

This resource guide and more are on the Parent to Parent Website: <https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx>



The website has archived newsletters as well as our resource guides for Disabilities, Behavioral Health, School Age Transition to Adulthood and Autism.

### Island County Autism Spectrum Disorder Resource Website




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<https://www.pilotace.org/>

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Local County Developmental Disabilities Programs (Skagit, Snohomish, etc.) offer resource guides as well. Seattle Children’s Hospital offers webinars, toolkits and resources. We do our best to keep this guide up to date. Always call to check days and times. Services should not be considered an endorsement from Island County Government.



The Arc of Washington and Island County Developmental Disabilities are the Sponsoring agencies for the Island County Parent to Parent Program.



Tiffany Wheeler-Thompson, Island County Coordinator  
t.wheeler-thompson@islandcountywa.gov  
or call/text (360)632-7539

Resource Guides available on the Parent to Parent website:

- Island County Disability Resource Guide
- Island County Autism Spectrum Disorder Resource Guide
- Island County Behavioral Health Resource Guide
- Transition Services & Resources in Island County: School age to Adulthood. 2 versions available Quick Guide & In-Depth
- Island County Recursos Generales—Spanish Resources
- Understanding Medical Insurance

[www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx](https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx)

### Island County Autism Spectrum Disorder Resource Website



Autism Partnership of Island County presents an Island County ASD for families. Have a concern? Need a screening? Need resources? Need support? <https://www.pilotace.org/>



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# Understanding the Bigger Picture

## Federal Government

**SSI— Supplemental Security Income**

- \*Basic Living Allowance
- \*Linked to Medicaid
- \*Implemented by State Community Service Office (CSO)

**(800)772-1213**

**SSA—Social Security Administration**

- \*US Citizen
- \*Medically Disabled
- \*Apply at age 18 or younger based on income

www.ssa.gov **(800)772-1213**

**SSDI/DAC—Soc. Security Disability Insurance**

- \*Paid into system through employment
- \*Or based on parents
- \*Medicare

**(800)772-1213**

## State Government Department of Social and Health Services (DSHS)

**DDA - Developmental Disabilities Administration**

Can Apply at any age for:

- \*Early Intervention Services (Birth-3)
- \*Case Management
- \*DD Endowment Special Needs Trust
- \*Employment Support (as available)
- \*Supported Living Program
- \*Adult Family Home Referral
- \*Personal Care Services (if eligible)

Island County Region 2  
**(800)788-2053**  
**(360)544-6539**  
www.dshs.wa.gov/ddd

**HCS - Home & Community Services**

Services seniors and adults with disabilities who do not qualify for DDA

- \*COPEs (Physical Needs)
- \*MPC (Personal Care)

Island County Region 3  
**(866)608-0836**

<https://www.dshs.wa.gov/dda/consumers-and-families/home-and-community-based-waivers-hcbs>

**Long Term Services & Info**

- \*Long Term Care Housing
- \*In-Home Care for Adults
- \*Caregiver Resources

Northwest Regional Council  
**(360)676-6749**

**CSO - Community Service Office**

- \*Medicaid
- \*Childcare
- \*Food Stamps
- \*Financial
- \*Employment/Training

Island County **(877)501-2233**  
www.dshs.wa.gov

**DVR - Division of Vocational Rehabilitation**

Begins working with students in their final year of school preparation for employment

**(800)637-5627**  
www.dshs.wa.gov/ddd

## Local - Island County Developmental Disabilities

Contracts with Community Providers Include:  
Early Intervention Services (Birth—Three)  
Employment Providers (Job Development/Coaching)  
**DD Coordinator Mike Etzell (360)678-7883**

**DSB  
Department of Services for the Blind**

Services to support home, school, mobility & employment.  
**(800)552-7103** www.dsb.wa.gov

Has any Deductible been met for this year? No Yes If yes, how much? \_\_\_\_\_

What are the dates for my benefit year \_\_\_\_\_ to \_\_\_\_\_

What is my maximum out of pocket expenses? \_\_\_\_\_

What is my lifetime maximum? \$ \_\_\_\_\_

How much has been met to date? \$ \_\_\_\_\_

Is the lifetime maximum per family or per person? \_\_\_\_\_

Occupational Therapy (OT), Physical Therapy (PT), and Speech Therapy – even if your child only needs one so you do not have to call again in the future)?

\_\_\_\_\_visits for OT, \_\_\_\_\_ for PT, \_\_\_\_\_ for Speech

Any benefits used to date? \_\_\_ Yes \_\_\_ No If yes, explain:

\_\_\_\_\_

Is Pre-authorization from my Primary Care Provider needed? \_\_\_ Yes \_\_\_ No

Is pre-authorization from my Primary Care Provider required for specific services such as OT, PT and Speech? \_\_\_ Yes \_\_\_ No

Is a prescription from my Primary Care Provider needed? \_\_\_ Yes \_\_\_ No

Is a prescription from my Primary Care Provider required for special services such as OT, PT and Speech? \_\_\_ Yes \_\_\_ No

If yes, ask what they need (i.e., medical records, prescription, evaluation, letter of medical necessity, etc) in order to preauthorize visits or give you a prescription:

\_\_\_\_\_

How many sessions the authorization/prescription covers: \_\_\_\_\_

What periods of time will the authorization/prescription cover: \_\_\_\_\_ to \_\_\_\_\_

Can we get more visits approved once we have exhausted the visits?

\_\_\_ Yes \_\_\_ No

Are the following codes covered?

Therapy	Code	Yes	No
---------	------	-----	----

Name: \_\_\_\_\_ Parent Name: \_\_\_\_\_

Child's DOB: \_\_\_\_\_ Child's Diagnosis: \_\_\_\_\_

Referring Physician: \_\_\_\_\_

Insurance Information: *Please phone your Insurance Company and fill out this form the best you can.*

Name of Insurance: \_\_\_\_\_

Phone: \_\_\_\_\_

Claims Address: \_\_\_\_\_

Insured's Name: \_\_\_\_\_ ID #: \_\_\_\_\_

Plan/Group #: \_\_\_\_\_

Effective Date of Policy: \_\_\_\_\_

When you call be sure to write down the name of the person that you talk to for later reference. Contact Person: \_\_\_\_\_

Date, Time of call: \_\_\_\_\_

*Say, "I'm calling to clarify my benefits and coverage for neurodevelopment benefits." Ask enough questions to complete all of the information. Incomplete information will require another phone call.*

Is my therapist/EI Program, \_\_\_\_\_, on the Participating Provider List?

If your therapist/EI Program of choice is NOT in their network, then ask these questions:

"Does my policy allow me to choose my own therapist?" \_\_\_\_\_

"Can I go outside of my network or the provider list?" (If so, "Is my coverage different/ what difference? Will I be billed for the difference?")  
\_\_\_\_\_

Then ask: "What is my":

Co-pay: \_\_\_\_\_ % or \$ \_\_\_\_\_ /session.

Is the co-pay or coinsurance per day or per therapy? \_\_\_\_\_ For example, if your child see OT and Speech and you have a \$15 co-pay, do you owe \$15 per therapy which totals \$30 or only \$15 per day regardless of how many therapies you see.

Deductible? \_\_\_ No \_\_\_ Yes Amount of Deductible \$ \_\_\_\_\_ / family or individual?

Deductible per Calendar Year? \_\_\_ Yes \_\_\_ No

Month deductible begins: \_\_\_\_\_ 40

## FEDERAL ASSISTANCE

### Supplemental Security Income (SSI)

It is designed to help aged, blind, and disabled people, who have little or no income; and it provides cash to meet basic needs for food, clothing, & shelter.

<https://www.ssa.gov/ssi/> (800)772-1213

Supplemental Security Income (SSI), a program administered by the Social Security Administration (SSA), pays benefits to disabled adults and children who have limited income and resources. A child younger than age 18 can qualify if his or her family's income and resources fall within the eligibility limits and he or she meets SSA's definition of disability for children. For some conditions, if the child is eligible based on the family's income and resources, SSI payments are granted right away, while the agency decides whether he/she meets the disability definition. If the agency decides that the child's disability is not severe enough for SSI, the family will not have to pay back the SSI payments that the child received. Tip: *bold time can be very long and avoid calling at the beginning of the month.*

Social Security Administration (SSA): Eligibility Determination Office Locations

- Mount Vernon Office serves North Whidbey Island 710 E College Way, Mt. Vernon 98275
- Everett Office serves South Whidbey Island and Camano Island 3809 Broadway, Everett 98201

SSDI vs. SSI	
Social Security Disability Insurance	Supplemental Security Income
Payments come from the Social Security trust funds and are based on a person's earnings.	Payments come from the general treasury fund, NOT the Social Security trust funds. SSI payments are not based on a person's earnings.
An insurance that workers earn by paying Social Security taxes on their wages.	A needs-based public assistance program that does not require a person to have work history.
Pays benefits to disabled individuals who are unable to work, regardless of their income and resources.	Pays disabled individuals who are unable to work AND have limited income and resources.
Benefits for workers and for adults disabled since childhood. Must meet insured status requirements.	Benefits for children and adults in financial need. Must have limited income and limited resources.


 Securing today and tomorrow  
 SocialSecurity.gov

### Social Security Disability Insurance (SSDI)

(800)772-1213 Sometimes also abbreviated as SSD) is a Social Security program that pays monthly **benefits** to you if you become disabled before you reach retirement age and aren't able to work. Some people know it as "workers **disability**." <https://www.ssa.gov/planners/disability/index.html>

# WA STATE ASSISTANCE

## Department of Social Health Services (DSHS)

<https://www.dshs.wa.gov/> (877)501-2233



*Washington State*  
Department of Social & Health Services  
Island County Community Service Office  
(877)501-2233  
275 SE Pioneer Way #201  
Oak Harbor, WA 98277

Here is a list of what DSHS can help you with:

Apply for benefits such as Basic Food, Child Care, Cash, TANF, SSI, Disability Medicaid, Submit documents requested by your caseworker, Have an in-person interview or benefits review, Report changes for any of your benefits, Meet with a WorkFirst or Social Services case manager, Access public computers.

Divisions of DSHS:

- 1) Aging and Long-term Support Administration – to transform lives by promoting choice, independence and safety through innovative services.
- 2) Behavioral Health Administration – to transform lives by supporting sustainable recovery, independence and wellness.
- 3) Developmental Disabilities Administration – to transform lives by creating partnerships that empower people.
- 4) Economic Services Administration – to transform lives by empowering individuals and families to thrive.
- 5) Rehabilitation Administration –to transform lives by creating pathways for self-sufficiency through meaningful partnerships, employment, new opportunities and effective rehabilitation.
- 6) Financial Services Administration – to transform lives by promoting sound management of Department resources.
- 7) Services and Enterprise Support Administration – to transform lives by helping those who serve succeed.

<https://www.dshs.wa.gov/disability-support>

age booklet to make sure your plan covers the denied service. In general the following steps can be taken:

- If you believe the service has been denied in error, you can contact your plan by phone to discuss your EOB. This is an informal review process. Make sure you get in writing any outcome from an informal review as you cannot appeal a phone call.
  - Keep a record of every phone call to your plan with the name of the person you talked to and notes of the conversation. If the health plan representative will get back to you with information, make sure you find out when you can reasonably expect a reply and follow up with the health plan if you have not heard back.
- If your customer service representative says your plan will not cover a service, you can still submit a claim for coverage. You will need the written denial if you want to proceed to a formal appeal.
  - If you decide to file a formal appeal, it must be in writing.
    - Your health plan may have an appeal form.
    - If not, the Evidence of Coverage will describe the appeal process.
    - Always keep a copy of your written appeal.
  - Expect to provide the following information in an appeal
    - Your name, address, and telephone number
    - Your member identification number or Social Security number
    - Copies of the Explanation of Benefits (EOB) forms and your provider's name and billing form
    - Description of the service or procedure you want covered
    - Information supporting why the service should be covered

You may have to file your appeal within a specified period of time. Appeals filed outside the allowed time period will not be considered by the health plan. In some cases the plan may have a special procedure for urgent cases.

For more information on Insurance regulations in Washington State Call the Insurance Consumer Hotline at 1-800-562-6900.

For more information on health care financing for children who have a special health care need, developmental delay or disability call Family Voices of Washington State at 1-800-5-PARENT. 3

## General Questions to ask about Your Plan

Beyond the basics of learning what your plan covers, it is important to learn about the rules required for coverage:

- Does your plan require a referral from your doctor or other service provider to see a specialist?
- Does your plan require a referral to see a specific therapist/program who provides early intervention services (i.e., Physical Therapist, Occupational Therapist, Speech Therapist, Nutritionist)
- How do you obtain a referral? Office visit? Notice in advance? Other?
- How many therapy visits does my plan cover in a year? Does the referral require renewal? Can you get approval for more visits over the phone or do you need to schedule another visit with the primary care doctor?
- What appointments, test and procedures require pre-authorization? Can the doctor obtain the pre-authorization or do you need to contact your health plan directly?
- Are you required to use only providers who have agreed to be covered by the plan (in network providers)?
- If you can also see doctors or other medical service providers who are not part of your plan (out of network coverage), what rules does the plan have for seeing these doctors or other service providers? What will it cost you to use an out of network provider?
- Can you see a doctor or other service provider who is not in your plan's network in an emergency or when traveling? If so, what will the cost be to you?

## Appealing a Denial

If your health plan has not paid for a service or will not agree in advance to a service, then you have the option of appealing the health plan's decision. While your FRC or service provider may be able to work with you and your health plan to get information on why the insurance is not paying for the service, you are responsible to initiate an appeal. The information on the appeals process for your health plan is in the Evidence of Coverage. The process for a Health plan appeal will vary from health plan to health plan so you should familiarize yourself with the process at the same time you are reviewing your coverage. Your plan's Explanation of Benefits (EOB) form will tell you if a service is covered or not. Your health plan does not have to cover all services for your child and you should first check the Evidence of Cover-

## Developmental Disability Administration

**(DDA)** (formally DDD)

A division of DSHS. Assists individuals with developmental disabilities and their families to obtain services and supports based on individual preference, capabilities and needs. Services are based on DDA guidelines and available funding.

Island County - Region 2 - Oak Harbor  
275 SE Pioneer Way, Suite 203 (360)544-6543

DSHS Statewide Disability Support  
[www.dshs.wa.gov/disability-support](http://www.dshs.wa.gov/disability-support) [www.dshs.wa.gov/dda](http://www.dshs.wa.gov/dda)

State/Island County Region 2: (800)788-2053

Eligibility and Intake: (425)977-6520

General Questions: (360)544-6539

<https://www.islandcountywa.gov/Humanservices/Pages/ddp.aspx>

Coordinates, funds, and manages local services for children from birth to three and for adults 21 and over who have developmental disabilities. We work actively with families, schools, the business community, as well as local, state, and federal governments to facilitate full contribution for all citizens who experience developmental disabilities.

### DDA

WA State, Developmental Disabilities Administration (DDA) uses state and federal funds to provide or buy support and services for eligible persons and their families. Employment services for DDA are managed through local county government and may include:

- > Case management
- > Personal care
- > Employment
- > Community access
- > Respite care
- > Skilled nursing services
- > Mental health/crisis services
- > Residential services



Our underlying belief is that all individuals with developmental disabilities have the skills, interests, and talents to enhance their community and have a responsibility to do so. We also know that employment is a powerful way to contribute both to the larger community as well as to continue to grow and learn.

To contact the coordinator for Island County Developmental Disabilities please call or e-mail Mike Etzell at (360) 678-7883 or [mikeet@islandcountywa.gov](mailto:mikeet@islandcountywa.gov)

## Who do you call when you have a concern about your child's development?

### Ages Birth until 3rd Birthday

land County  
mental Disa-  
gram

Is-  
Develop-  
ilities pro-

#### Whidbey Island

Call Toddler Learning Center

(360)679-1039

#### Stanwood/Camano Island

Call Sherwood Community Services

(425)334-4071

### Ages 3-21 Call Your Local School District

#### South Whidbey Island

South Whidbey  
School District

Special Education Office  
(360)221-6808 x 2206

#### Central Whidbey Island

Coupeville School District

Special Services  
(360)678-2420

#### North Whidbey Island

Oak Harbor School District

Hand in Hand Ages 3-5  
(360)279-5928

Special Education Office  
Ages 5-21 (360)279-5073

#### Stanwood/Camano Island

Stanwood/Camano Island  
School District

Special Education Office  
(360)629-1236

## UNDERSTANDING YOUR MEDICAL INSURANCE

### Navigating Your Insurance Coverage

When your child has a special health care need, developmental delay or disability, it is important to understand your insurance coverage. You are encouraged to learn more about your health insurance benefits and how insurance may be used to contribute to funding your child's early intervention program. You can use the attached *Insurance Verification Worksheet* with more detailed tips to gather this information to share on with your Family Resources Coordinator (FRC) and Early Intervention Team.

#### Learn About Your Plan

Learning about your coverage will help you make the best decisions to meet your child's needs. Your insurance plan has a Summary Plan Description, a document that summarizes your coverage and provides some guidance on how to find providers who accept your insurance and/or are in your network. Depending on your employer and the insurance provider, this may be a paper document or information you can read online. To find the information about your plan contact your employer's human relations department or the member service information on your insurance card.

#### Medically Necessary

Even if you know what benefits your health plan will cover and how the billing works, you may still have problems with getting your child's early intervention services covered. "Medically necessary" is the term that insurance companies use to determine the medical need for a particular treatment or procedure. This definition is used as a determining factor of payment for treatment and procedures your child may need. 2 You should always look for your plan's definition of medical necessity; any definition of medical necessity has room for interpretation. If you need to prove medical necessity, a letter can be written by your Primary Care Provider, or other medical provider requesting the service.



## ADVOCACY

**Washington PAVE (800)5-PARENT** [www.wapave.org/](http://www.wapave.org/) PAVE works with families, individuals with disabilities, professionals and community members and with all types of disabilities.

**Washington Autism Alliance and Advocacy (425)894-7231** Supportive network of families of children on the spectrum who help find providers and school services, as well as personal support. A free online Resource Directory [www.washingtonautismadvocacy.org/](http://www.washingtonautismadvocacy.org/)

**Office of Developmental Disabilities Ombuds** [www.DDOombuds.org](http://www.DDOombuds.org) (833)727-8900 Promotes the wellbeing of people receiving DDA services through resident-directed, person-centered support and complaint resolution.

**Washington State Developmental Disabilities Council (DDC)** (800)634-4473 Information, policy advocacy and projects to foster better service provision for children and adults with developmental disabilities and families

**Family Voices of Washington** <http://www.familyvoicesofwashington.com> Serves families who have children with special healthcare needs up to age 18. It provides individual info on advocating for your child in the healthcare system and refers to resources in WA state

## LEGAL ASSISTANCE

**Northwest Justice Project CLEAR Hotline (888)201-1014** Washington's toll-free, centralized intake, advice and referral service for low income people seeking free legal advice with civil (not criminal) legal problems.

**Disability Rights of Washington ( DRW) (800)562-2702** [www.disabilityrightswa.org/](http://www.disabilityrightswa.org/) Legal services for disability rights violations, general information about legal rights

**WA Law Help** [www.washingtonlawhelp.org/](http://www.washingtonlawhelp.org/) Provides education, materials, tools and information for an array of legal issues, linking to programs and resources. Available in multiple languages. Part of NW Justice Project

**Benefits Law Center** [www.benefitslawcenter.org/](http://www.benefitslawcenter.org/) Legal advocacy, physical & mental disability, DHAP & SSAP projects, Social Security, SSDI, SSI.

**Jones & Ibrahim** [www.seattledisabilitylaw.com/](http://www.seattledisabilitylaw.com/) (206)405-3240 Serving people with disabilities and their families. Estate planning, guardianship, special needs trusts, probates, benefits advocacy and special education.

**National Alliance of Attorneys for Special Needs** <https://www.specialneedsalliance.org/>

## SCHOOL DISTRICTS & CHILD FIND

Each Island County School District provides evaluation and services for children beginning at age three. If a delay is suspected in any of the five areas (cognition, communication, fine motor, gross motor and/or social emotional) the school district will provide an interdisciplinary evaluation. Eligible children will be provided a program with an Individualized Education Plan (IEP).

### **Special Education Department**

**Oak Harbor School District (360)279-5073**

**Coupeville School District (360)678-2420**

**South Whidbey School District (360)221-6808 xt 2206**

**Stanwood/Camano Island School District (360)629-1236**



South Whidbey School District Resource: Readiness to Learn Foundation (360)221-6198 xt 4602Langley

## EARLY INTERVENTION

**Early intervention** is a system of services that helps babies and toddlers with developmental delays or disabilities. Early Intervention provides a free screening to all families that suspect a delay or disability. **NO REFERRAL NEEDED** **Department of Children, Youth and Families (DCYF)** Early Support for Infants and Toddlers (ESIT) - Ages birth to 3 years Provides services to children birth to 3 who have disabilities and/or developmental delays. Eligible infants and toddlers and their families are entitled to individualized, quality early intervention services in accordance with the federal Disabilities Education Act (IDEA), Part C.

The IFSP is a written treatment plan for Early Intervention (EI). It details your child's current levels of functioning, specific needs and goals for treatment (referred to as outcomes). The first step in writing the IFSP will be for the members of your child's team to conduct various types of assessments to identify your child's individual strengths and needs. Physical development, cognitive development, communication development, social & emotional development, adaptive development, fine & gross motor skills, vision, hearing, etc.

**Toddler Learning Center:** Ages Birth to Three Whidbey (360)679-1039

**Sherwood Community Services:** Ages Birth to Three Camano (425)334-4071

# SPECIAL EDUCATION LAW (IDEA)

US Department of Education: IDEA 2004. Ages 0-21 years <http://idea.ed.gov/>

The Individuals with Disabilities Education Act (IDEA) is a law ensuring services to children with disabilities throughout the nation. IDEA governs how states and public agencies provide early intervention, special education and related services to more than 6.5 million eligible infants, toddlers, children and youth with disabilities. Infants & toddlers with disabilities (birth-2) and their families receive early intervention services under IDEA Part C. Children and youth (ages 3-21) receive special education and related services under IDEA Part B.. See website for full definition.

## Office of Superintendent of Public Instruction– Special Education

**(360)725-6075** Special Education serves approximately 143,000 eligible students in Washington state. Children with disabilities have access to a free and appropriate public education (FAPE).

<https://www.k12.wa.us/student-success/special-education>

## Office of Special Education Programs (800)872-5327

<https://www2.ed.gov/about/offices/list/osep/index.html>

US Department of Education: The Office of Special Education Programs (OSEP) is dedicated to improving results for infants, toddlers, children and youth with disabilities ages birth through 21 by providing leadership and financial support to assist states and local districts.

# Student's IEP Team

Regular Education Teacher(s)	School Administrative Representative	Parents Or Guardians	Student (when appropriate)	Special Education Teacher(s)	Evaluation Interpreter(s) (OT, PT, BCBA, Speech Therapist, School Psychologist, etc.)	Others (as needed)
This member knows the curriculum for a child's grade level and what children in regular education classes are typically expected to do.	This member is generally a principal or superintendent. They must have the power to commit the resources needed so services on the IEP can be provided and ensure they will be provided.	This might include a grandparent, a step parent or other relatives with whom the child lives or an individual who is legally responsible for the child's welfare.	IDEA requires the child be invited to the IEP meeting if transition goals and services are going to be discussed.  Parents decide when it is appropriate for a child to attend meetings.	This member has more training in providing the supplementary aids and services needed, providing special accommodations, and other aspects of individualizing instruction to meet the child's unique needs.	This member explains the evaluation results to the IEP team and describes how they can use the results to provide appropriate instruction to the student.	The parent and/or school system can invite anyone they feel may have knowledge or special expertise about the child, such as a neighbor, babysitter, grandparent, advocate, etc.

[www.facebook.com/OkParentsCenter/](http://www.facebook.com/OkParentsCenter/)



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

# Apoyo para Familias en Español

PAMI Padres Apoyando Motivando Informando (Grupo de apoyo para familias de niños con necesidades especiales). Laiza Ramos **(787)529-6788**  
[pamiespanol@gmail.com](mailto:pamiespanol@gmail.com)

la Coordinadora para la comunidad Latina (360)416-7570 Skagit

la Coordinadora para la comunidad Latina: (360) 255-2056 x 2 Whatcom

la Coordinadora para la comunidad Latina: (425)258-2459 xt 114 Snohomish

Los programas de apoyo de Padres a padres ofrecen apoyo emocional e información a las familias de niños con diferencias y retrasos del desarrollo o enfermedades crónicas. Toda su información se mantiene confidencial.



Servicios ofrecidos:

- Apoyo emocional para familias de niños con diferencias del desarrollo por padres/madres voluntarios.
- Actividades sociales y de recreación en nuestra comunidad - gratis.
- Visitas de/citas con la coordinadora para la comunidad hispana, individualizadas para su familia.
- Boletín de noticias y recursos en español por correo postal o correo electrónico.
- Promoción social con participación de la comunidad en la inclusión de las personas con retrasos del desarrollo.

Información y herramientas que pueden ayudarle a cuidar a su hijo(a) que padece de una condición crónica física, de desarrollo, de comportamiento o emocional.

Social Security Administration <https://www.ssa.gov/espanol/agencia/contacto/>

Developmental Disabilities <https://www.ssa.gov/espanol/agencia/contacto/>

Island County Spanish Resource Manager **(425)977-6636**

## Open Doors for Multicultural Families

**(253) 216-4479**

Arabic, Mandarin, Cantonese, Korean, Russian, Somali, Spanish and Vietnamese Ensuring families with family members with developmental/intellectual disabilities and special health care needs have equal access to culturally and linguistically appropriate information, resources and services.

## SENSORY FRIENDLY

Always call ahead to verify dates and times

**Swimming - Sensory Splash at Oak Harbor Pool:** Sensory Splash is a swim time dedicated to community members with special needs and their families. Sundays. Call for times and dates. (360)675-7665

**Movies**—Sensory Friendly AMC Movies at Cascade Mall, Burlington. Family, PG13 and up rated movies are offered Sounds are turned down, lighting is slightly on. Check website or call for times and movie listings. (360)707-2727

**Chuck E Cheese**—Sensory Sensitive Sundays. Cascade Mall, Burlington Opens early for this opportunity. 9-11am on the 1st Sunday of the month for families with autism and other disabilities. Lights are dimmed, limited appearances by Chuck E Cheese, less crowding and noise. (360)755-1901

**Pacific Science Center**, Seattle—Explorations for All. Free admission with morning or evening opportunities. Experience our exhibits without heavy crowds when we have softened general lighting and decreased the noise level and visual stimulation on interactive exhibits wherever possible. (206)443-2001

**Point Defiance Zoo & Aquarium** in Tacoma offer Free Days for seniors and people with disabilities on the 3rd Tuesday of the month. Don't forget to check out their sensory bags during your visit. (253)404-3800

**The Paramount Theater**, Seattle offers a Sensory Friendly performances on occasion. (206)682-1414

**Woodland Park Zoo** Seattle. <https://www.zoo.org/access>  
Zoo for All! (206)548-2500 Sensory maps and planning tools available.

**Pacific Northwest Ballet** Sensory-friendly performances are designed to provide a welcoming and supportive environment for people with sensory processing challenges to enjoy the shared experience of live ballet with their friends and family. In this performance we understand that patrons may move, vocalize, and behave in ways that are sometimes not welcome in formal performance settings. Box Office at (206)441-2424 (Mon-Fri, 10am-6pm).

Other venues that offer sensory friendly events:

MoPop Museum, Seattle Mariners, Seattle Theater Group,

Always call ahead to verify dates and times.

## SPECIAL EDUCATION ADVOCACY

**Washington State Governor's Office of the Education Ombuds**

<http://oco.wa.gov/> (866) 297-2597 Email: OEOinfo@gov.wa.gov

The role of the Office of the Education Ombudsman is to:

- Listen to concerns and perspectives • Advocate for consumer access to fair processes • Ensure focus is on positive student outcomes • Resolve complaints through alternative dispute resolution techniques • Collect data, identify trends, and report recommendations to policy makers and elected officials to improve educational access and outcomes for students



Learning Knows No Bounds

**Washington State Special Education Ombuds (360)725-6075**

<http://www.k12.wa.us/SpecialEd/Families/Assistance.aspx>

**Washington PAVE** – Partnership for Action. Voices for Empowerment

<http://wapave.org/> (800)5-PARENT

PAVE is a parent directed organization that works with families, individuals with disabilities, professionals and community members in all walks of life and with all types of disabilities. Since 1979, PAVE has provided information, training and support for over 1,000,000 individuals with disabilities, parents and professionals. email: [pave@wapave.org](mailto:pave@wapave.org)

**Washington Autism Alliance and Advocacy**

<http://www.washingtonautismadvocacy.org> (425)894-7231 WAAA provides access to a supportive network of families of children on the spectrum who help find providers and school services, as well as personal support. A free online Resource Directory includes statewide Autism services of all types with personal recommendations from member families. .

**Wright's Law**

<http://www.wrightslaw.com> Email: [webmaster@wrightslaw.com](mailto:webmaster@wrightslaw.com)

Information about special education law, education law and advocacy for children with disabilities.

**Yellow Pages for Kids with Disabilities**

<https://www.yellowpagesforkids.com/help/wa.htm>

## POST SECONDARY

**Skagit Valley College** <https://www.skagit.edu/academics/areas-of-study/basic-education-for-adults/invest-program/> (360)416-7623

INVEST Fast Track Employability Certificate: The INVEST program is designed to address the unique academic and employment needs of post-secondary students with intellectual disabilities. INVEST students may earn a 1 or 2 year local employability certificate. INVEST courses focus on academic enrichment, inclusive socialization and recreation, assistive technology, self-advocacy, independent living skill development, career exploration and integrated work experiences. Contact the Director of Disability Services for more information “Individualized Next Step Vocational Education and Social Skills Training” (INVEST) INVEST program is interested in starting the program in Oak Harbor. If you are interested, connect with Lisa Forsythe (360)416-7969

**WSU ROAR** (Responsibility Opportunity Advocacy and Respect) is a two-year inclusive postsecondary education program for students with intellectual and developmental disabilities (I/DD). Highlights include: Individualized programs of study in education. Individualized social skills classes. Individualized vocational training. Students live communally on the Pullman campus. WSU ROAR is an approved Comprehensive Transition Program (U.S. Department of Education).

## EMPLOYMENT ASSISTANCE

**Division of Vocational Rehabilitation (DVR)** (360)240-4732 OH

Helps individuals with disabilities participate fully in their communities and become employed. Provides individualized employment services and counseling to people with disabilities. Also provides technical assistance and training to employers about the employment of people with disabilities. (800)637-5627

**Service Alternatives (SA)** (800)292-6697

**Washington Vocational Services (WVS)** (360)419-0910—Burlington (425)774-3338—Everett

**Sherwood Community Services** (425)334-4071

**WorkSource Whidbey** (360)675-5966

**More Information in the Island County School Age to Adulthood Transition Guide on the Island County Parent to Parent website**



### Washington State Park Discover Pass

<http://www.discoverpass.wa.gov/131/Exemptions>

Disability placards or license plates- The Department of Licensing issues Washington state disability permits and license plates, and holders of these are exempt from needing the Discover Pass on State Parks lands. Holders of these permits and plates will need the Discover Pass to access lands managed by WDFW and DNR. Free WA State Park Days offered throughout the year.



### National Parks and Federal Recreational Lands Pass

[www.nps.gov/findapark/passes.htm](http://www.nps.gov/findapark/passes.htm) Access Pass for free admission to National Parks and Federal Recreational Lands for U. S. Citizens or permanent residents with permanent disabilities The pass may be obtained in person at a federal recreation site or through the mail using the application form on website.

### ADA Access: Accessing Washington’s Outdoors for Persons with Disabilities

[www.wdfw.wa.gov/accessibility/](http://www.wdfw.wa.gov/accessibility/) Washington State is recognized for its wide array of outdoor recreational activities and wildlife. The Department of Fish and Wildlife (WDFW) encourages all persons with a disability to experience recreation in Washington's wonderful outdoors. Numerous opportunities are offered for hunters and anglers with disabilities through legislative mandates, statutes, and policies complying with provisions of the Americans with Disabilities Act (ADA). We have Trustland Trails, which is ADA Compliant. **Trustland Trails located is near the intersection of Hwy 525 & Craw Rd** (Langley)



### Fishing Licenses <https://wdfw.wa.gov/accessibility/eligibility-requirements-disability-status>

Eligibility for a combination fishing license (fresh water, salt water, and shellfish) and/or hunting license at a discounted rate. Resident who permanently uses a wheelchair as certified by the doctor, blind or visually impaired, developmental disability as determined by DSHS authority or physicians signature.



**Skagit Adult Day Programs** (360)293-4466 Anacortes Gentry House, (360)755-1235 Burlington Bradford House. A supervised daytime program where adults with special needs can participate in a supportive group setting.

### Outdoors for All (206)838-6030 <https://outdoorsforall.org/>

To enrich the quality of life for children and adults with disabilities through outdoor recreation.

**Whidbey Macaroni Kids** <https://whidbeyisland.macaronikid.com/>

## RECREATION/SPORTS



**Special Olympics of Washington** <http://specialolympicswashington.org/>

Olympics programs for children and adults with intellectual disabilities who love sports and want the challenge of competing with their peers. The programs run year round offering competition in several sports. The goal is to provide a physical fitness with an emphasis on sportsmanship, friendships, and FUN!



South Whidbey Coordinator –Mike Etzell (360)678-7883 (Basketball)  
North Whidbey Coordinator – Chris Becker (360)320-2549  
[wispecialolympics@gmail.com](mailto:wispecialolympics@gmail.com) (Bowling, Basketball, Track, Cycling Bocce Ball)  
Stanwood Regional Coordinator - Punkie Doyle [snohomishad@outlook.com](mailto:snohomishad@outlook.com)



**Challenger Division Baseball:** Through North Whidbey Little League but waivers available for south end families. Ages 5-18 experience the joys of baseball. Learn the fundamentals at your own pace.

**Art as a Way** Carol Way [carol@artsaway.org](mailto:carol@artsaway.org) (360)730-1135  
Teaching life skills through art. DDA respite funds accepted.

**Sensory Splash at Oak Harbor Pool:** (360)675-7665

Sensory Splash is a swim time dedicated to community members with special needs and their families. Call to verify dates and times.



**Hope Therapeutic Riding Program** (360) 221-7656  
<http://www.hope-whidbey.org/> Physical, cognitive or emotional - to discover their abilities, independent skills and explore their potential through use of our nationally accredited safe and effective equine-assisted activities and therapy .

**Senior Centers / Camano Center** (360)387-0222

Offers support, resources and a variety of classes and events throughout the year.  
[Camano \(360\)387-0222](tel:3603870222) [OH \(360\)279-4580](tel:3602794580) [South Whidbey \(360\)321-1600](tel:3603211600)  
[Anacortes \(360\)293-7473](tel:3602937473) The **Time Together Adult Day Program** is a for seniors and adults (ages 18 & up) that have cognitive or physical disabilities. Participants enjoy a social, fun, engaging program that is designed for everyone to experience “successful moments” in a comfortable and safe environment. All staff and volunteers are trained in Positive Approach to Care. DDA funding accepted

## HEALTH INSURANCE ACCESS

\*Most Apple Health providers also offer free cellphones

**Washington Health Plan Finder**

<https://www.wahealthplanfinder.org/content/Homepage.html>

1-855-923-4633; TTY 1-855-627-9604

WAHealthPlanFinder.org is the official insurance exchange for Washington State use this site to apply for Apple Health for Kids, Medicaid, and Affordable Care Act (ACA) health plans.

**Health Care Authority/Apple Health/Medicaid**

<http://www.hca.wa.gov/> (800)562-3022

Managed Care Health Plans offered by Apple Health  
Amerigroup (800)600-4441

Community Health Plan of WA (800)440-1561

Coordinated Care Corp (877)644-4613

Molina Healthcare of WA (800) 869-7165

United Healthcare Community Plan (877)542-8997



**ParentHelp123/ Within Reach** <https://www.parenthelp123.org/>

(800) 322-2588 ParentHelp123.org is operated by the statewide non-profit Within Reach, and helps Washington State families. Use their Benefit Finder to apply for health insurance, food assistance programs and more.

**Opportunity Council** (360) 679-6577 (800) 317-5427

1791 NE 1st Ave. Oak Harbor, 98277 Connects people with community resources to help meet basic needs such as health insurance, food and housing.

**State Health Insurance Benefits Advisors** SHIBA (800)562-6900

To promote understanding about Medicare, Medicare Supplement Insurance, Long-term care insurance, consumer protection, and general health insurance topics. Consultations are free.

**Washington State Insurance Commissioner** (800)562-6900

**Tricare** Military Medical Insurance (844)866-9378

## AREA HOSPITALS

**Whidbey Health** (360)678-5151 101 N Main Street, Coupeville

**Island Hospital** (360)299-1300 1211 24th Street, Anacortes  
Resource Center (360)299-1397

### Providence Regional Medical Center Everett:

Colby Campus (425)261-2000 1700 13th Street, Everett  
Pacific Campus (425) 261-2000 916 Pacific Avenue, Everett

**Skagit Valley Regional Hospital** (360)424-4111 Mt Vernon

**Seattle Children's Hospital** (206)987-2000

<http://www.seattlechildrens.org/> 4800 Sand Point Way NE, Seattle, WA 98105

**University of Washington Medical Center** (206)520-5000

<https://www.uwmedicine.org/locations/uw-medical-center>



## HEALTH DEPARTMENT

### Children with Special Health Care Needs Nurse (CYSHCN):

Island County Public Health,



Desk Phone: (360)678-7939, Cell Phone: (360)544.2371,

EMAIL: [l.bezold@islandcountywa.gov](mailto:l.bezold@islandcountywa.gov)

<https://www.islandcountywa.gov/Health/Pages/Home.aspx>

## FINANCIAL ASSISTANCE WITH MEDICAL CARE

### Safe Harbor Free Clinic

Stanwood (425)870-7384

Free health care and referral service for those underinsured.

**North Whidbey Medical Help** (Formally Medical Safety Net of N. Whidbey)

Zip codes 98277 & 98278 only (360)675-0681

**Small Miracles Medical Support Fund** Coupeville (360)672-5651

**Friends of Friends Medical Support Fund** S. Whidbey (360)221-4535

**WA Prescription Drug Discount Card** (800)913-4146

For anyone who lacks prescription drug coverage.

- ◇ Informing Families [www.informingfamilies.org](http://www.informingfamilies.org) (FB)
- ◇ ARC Of Washington and Parent to Parent [www.arcwa.org](http://www.arcwa.org) (FB)
- ◇ Island County Parent to Parent [www.islandcountywa.gov/humanservices/pages/parent-to-parent.aspx](http://www.islandcountywa.gov/humanservices/pages/parent-to-parent.aspx) (FB)
- ◇ ARC of Snohomish County [www.arcsno.org](http://www.arcsno.org) (FB)
- ◇ ARC of Whatcom County [www.arcwhatcom.org](http://www.arcwhatcom.org) (FB)
- ◇ Disability Support with DSHS [www.dshs.wa.gov/disability-support](http://www.dshs.wa.gov/disability-support)
- ◇ Washington Autism Alliance and Advocacy [www.washingtonautismalliance.org](http://www.washingtonautismalliance.org)
- ◇ Senior Services of Island County [www.senior-resources.org](http://www.senior-resources.org) (FB)
- ◇ Washington PAVE [www.wapave.org](http://www.wapave.org) (800)5PARENT (FB)
- ◇ WA State Father's Network [www.fathersnetwork.org](http://www.fathersnetwork.org) (FB)
- ◇ Readiness to Learn (360)221-0484 [www.readinesstolearn.org/](http://www.readinesstolearn.org/) (FB)
- ◇ Ed Wiley Autism Acceptance Lending Library Stanwood (425)791-0869
- ◇ WA State Long Term Care Ombudsman (800)562-6028
- ◇ Senior Aging and Disability Resource So. Whidbey (360)221-1600  
No Whidbey (360)675-0311 Camano (360)387-6201
- ◇ CADA—Citizens Against Domestic and Sexual Abuse (360)675-7057
- ◇ NAMI –National Alliance Mental Illness in WA [www.namiwa.org/](http://www.namiwa.org/) (FB)
- ◇ Whidbey Island Macaroni Kid Activities/events for families on Whidbey  
[www.whidbeyisland.macaronikid.com/](http://www.whidbeyisland.macaronikid.com/) (FB)
- ◇ Understood– Learning Disabilities [www.understood.org](http://www.understood.org) (FB)
- ◇ Learning Disability Association of Washington [www.ldawa.org/resources/](http://www.ldawa.org/resources/)
- ◇ Disability Rights of Washington [www.disabilityrightswa.org](http://www.disabilityrightswa.org)
- ◇ Seattle Children's Patient and Family Autism Resources <https://www.seattlechildrens.org/clinics/autism-center/patient-family-resources/>

(FB) indicates Facebook page

## HELPFUL WEBSITES/FACEBOOK PGS

**Within Reach / Parent Help 123/Help Me Grow** (800) 322-2588

[www.parenthelp123.org](http://www.parenthelp123.org) Provides free developmental screening, connections to early learning and family support services, referrals to early intervention for developmental delays, and family support in English and Spanish to families across Washington.

**Washington Connections** <https://www.washingtonconnection.org/home/>

Offers a fast and easy way for families and individuals to apply for a variety of services such as food, Cash, Childcare, Long Term Care and Medical Savings Programs. Individuals that are age 65 or older, blind or disabled may also apply for medical assistance.

**Washington Listens** <https://www.walistens.org/> (800)681-0211 Provides no-clinical support to people who feel sad, anxious, stressed due to COVID19. WA Listens is free and anonymous.

**Opportunity Council** <https://www.oppco.org/> (800)317-5427 Agency serving homeless and low-income families and individuals with basic needs such as food and housing; emergency shelter, rental assistance, referrals for affordable housing, food and nutrition, home and energy assistance, home repair, weatherization.

**Community Resource Center** of Stanwood & Camano Island [www.crc-sc.org/](http://www.crc-sc.org/) (360)629-5257 Assistance with food vouchers, assistance to avoid homelessness, financial utility assistance and vehicle/fuel assistance.

**The Family Helpline** (800)932-4673 Call this number from anywhere in Washington and access the online resource database anytime 24/7 for parenting information, family support, referrals to community classes, services and resources

**Washington 211** <https://wa211.org/> Call 211 and you will be connected at no cost, to critical health and human services in their community.

**Open Doors for Multicultural Families** (253) 216-4479

Arabic, Mandarin, Cantonese, Korean, Russian, Somali, Spanish and Vietnamese Ensuring families with family members with developmental/intellectual disabilities (FB)

**Island Senior Resources** (360)221-1600 Provide resources that enhance the emotional, social and physical wellbeing of seniors, adults with disabilities and those who care for them. Trainings, support, services, etc.

**Senior Aging & Disability** So Whidbey (360)221-1600 No Whidbey (360)675-0311 Camano (360)387-6201

## CENTERS OF EXCELLENCE

### **Certified Autism Diagnostic Clinics**

**Pediatric Associates of Whidbey Island**

<https://www.pediatricsofwhidbey.com/>

North (360)675-5555 275 SE Cabot #B102, Oak Harbor

South (360)331-1314 or (360)678-6848 1690 Layton Rd, Freeland

**Connections Psychology** (206)718-0906 Dr. Julie Davies

<http://www.connectionspsychology.com/>

**Whidbey Intergative Mental Health** (360)205-4560

**Elizabeth Holland, PhD** (360)610-7668

**Seattle Children's Autism Center** (206)987-8080

<https://www.seattlechildrens.org/clinics/autism-center/>

**University of Washington Autism Center** (877)408-UWAK

<https://depts.washington.edu/uwautism/>



**Island County Autism Spectrum Disorder Resource Website**

Autism Partnership of Island County presents an Island County ASD website of resources for families. Have a concern? Need a screening? Need resources? Need support?

<https://www.pilotace.org/>

## ABA THERAPY

**Applied Behavioral Analysis (ABA) Therapy Program**

**Health Care Authority** <https://www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage/autism-and-applied-behavioral-analysis> 360-725-1681 email ABA@hca.wa.gov The Health Care Authority has an Applied Behavior Analysis (ABA) therapy benefit for Apple Health Kids clients with a diagnosis in the Autism Spectrum Disorder.

**Blue Water Behavior Consulting** [www.bluewateraba.com](http://www.bluewateraba.com) (360)333-5684

**Aptitude Blue Sprig Pediatrics** (360)279-9000

<https://www.bluesprigautism.com/>

**Leaps and Beyond, Inc.** [www.leapsandbeyond.com](http://www.leapsandbeyond.com) (866)240-0808

**Autism Learning Solutions** (TriCare only)

autismlearningsolutions@gmail.com (541) 517-0095

## THERAPIES (OT, PT, SLP)

### Occupational Therapy (OT)

### Physical Therapy (PT)

### Speech Therapy (SLP)



Whidbey Health offers OT, PT & SLP

Locations in Coupeville and Oak Harbor (360)678-7619 (360)679-1415

Island Hospital offers OT, PT & SLP (360)299-1328 1015 25th St, Anacortes

IRG Physical Therapy PT (360)914-5504 275 SE Cabot Dr. #05, OH

Harada Physical Therapy & Rehab Services PT (360)679-8600 Oak Harbor  
(360)682-2770 Coupeville

Rue & Primavera OT & PT (360)279-8323 210 SE Pioneer Way #2, OH

Coupeville Physical Therapy OT (360)678-1200 35 NW 1st St, Coupeville

Oak Harbor Physical Therapy PT (360)279-0100

Speech Bubbles SLP (360)279-8220 (Log Cabin Oak Harbor)

Life Without Limits OTR/L (360)675-6000 Sharon Andor

WA Elks Therapy Program for Children OT/PT(800)825-3557 All Island

Island Speech (206)409-6639 South Whidbey

Stanwood Camano Physical Therapy PT (360) 629-8043 Stanwood

Saratoga Transitional Rehabilitation OT/PT/SLP Stanwood (360)629-2126  
<https://www.josephinecc.com/saratoga/>

Awareness Healing SLP (360)631-3459 Camano Island

Hope Therapeutic Riding Program (360) 221-7656 hope@whidbey.com  
<http://www.hope-whidbey.org/> Langley

South Whidbey Physical Therapy (360)331-5272 <https://southwhidbeypt.com/>

Whidbey Performance Physical Therapy (360)331-0141

Puget Sound Speech Therapy SLP Anacortes (360)303-2486

North Sound Physical Therapy PT Stanwood (360)629-9768 OH (360)279-1445

## CHILDCARE/HOME CARE/RESPIRE

Childcare Subsidy Program (877)501-2233 This program pays for child care subsidies to eligible households with parents who are working or are participating in a DSHS approved work activity.

Child Care Action Council <http://www.ccacwa.org/> (800)446-1114

### Home Care Referral Registry of Washington State

Island County (360)707-2368 The Home Care Referral Registry is customized internet-based system operated by local registry offices across Washington State.

It is designed to assist seniors, individuals with developmental disabilities, their families and representatives to find pre-screened home care workers that best meet their personal and respite care needs.



### All Ways Caring-ResCare HomeCare

(360)240-0044 Oak Harbor (360)331-7441 S Whidbey Respite care offers family caregivers temporary relief from care for Individuals with various needs.

### All Heart Agency (360)969-3553

Provides quality support services for people with developmental disabilities.

Visiting Angels (888)264-3528 We assist people in Whatcom, Skagit, Island, San Juana and Snohomish County. We are a non-medical franchise agency and not a nursing agency. It is our job to assist people.

### A Better Solution –In Home Care Camano (866)669-4510

Home Care Agency– Sunrise Services Oak Harbor (360)336-0798 Keeping independence and the comforts of home a reality

### Exceptional Family Members (EFMP) Respite Care (800)424-2246

This program is a partnership specifically designed for EFM families identified as Category IV or V. EFMP Respite Care will help Navy families with children with special needs by providing respite care. For Navy Active Duty and Reserve on Active Duty, children must reside with the service member.



### Island County Senior Resources Private In-Home Provider (PI) List

(360)675-0311 OH (360)321-1600 Langley (360)387-6201 Camano  
<https://senior-resources.org/private-in-home-provider/>



## CAREGIVER/KINSHIP SUPPORT

### Kinship Caregiver Services (part of Northwest Regional Council

[www.nwrcwa.org/kinship-caregiver-services/](http://www.nwrcwa.org/kinship-caregiver-services/)

(800) 317-5427 or (360) 676-6577

Grandparents and other family members raising a relative's child are known as Kinship Caregivers. Kinship Navigators connect Caregivers with community resources, including healthcare, financial and legal services, support groups and emergency funds. Almost all Kinship Care families qualify for some benefits. AARP GrandFacts: State fact sheets for grandparents and other relatives raising children <http://www.aarp.org/relationships/friends-family/grandfacts-sheets/>



### Washington State Department of Social and Health Services Kinship Care

<https://www.dshs.wa.gov/altsa/home-and-community-services-kinship-care/kinship-care> The financial, legal, and emotional issues of raising a relative's child can be challenging. Services and support when raising a relative's child can be a lifesaver. Getting answers to questions and finding services, programs, and support can be confusing and overwhelming. Benefit Finder, Health Resources: Food Assistance, Summer Meals Program, Family Health Hotline, Health Insurance Program

### The Sibling Support Project <https://www.siblingsupport.org>

The Sibling Support Project is a national program dedicated to the life-long concerns of brothers and sisters of people with special health, developmental, and mental health concerns

Family Caregivers Support Program at Island Senior Resources Coupeville (360)678-4886, SW (360)321-1600, OH (360)675-0311, Camano (360)678-4886

The Sibling Experience packet, video and info for siblings, by Sesame Street: <http://autism.sesamestreet.org/brothers-and-sisters>

<https://autism.sesamestreet.org/wp-content/uploads/2015/08/SiblingGuide.pdf>

### A Friends Guide to Autism

<https://www.autismspeaks.org/sites/default/files/Friends%20Guide%20to%20Autism.pdf>

<https://www.autismspeaks.org/tool-kit/friends-guide-autism>

## ADAPTIVE/HOME EQUIPMENT

### Summit Assistance Dogs (360)293-5609 Oak Harbor [info@summitdogs.org](mailto:info@summitdogs.org)

Organization that creates life-changing partnerships by providing highly-skilled mobility-assistance dogs for people living with disabilities, giving them increased independence and renewed confidence.

Island Drug Oak Harbor (360)675-6688 Clinton (360)341-3880 <http://islanddrug.com/medical.aspx> We are Contracted Medical Equipment

Whidbey Home Medical 360)679-7927 Oak Harbor

### Lions Club Wheel Chair Warehouse

<http://www.bellinghamcentrallions.org/al-boe-wheelchair-warehouse/> WCW loans durable medical equipment. It is a free service, Equipment loaned includes low vision aids, wheelchairs, power chairs, walkers, crutches, canes, and bed side and bathroom helpers of all kinds.

Island Senior Services (360)344-3333 Has a lending closet with various medical equipment such as manual wheelchairs, walkers, crutches, shower chairs

## TRANSPORTATION

### Island Transit and Paratransit (360)678-7771 (800)240-8747

Specialized Transportation provides curb-to-curb transportation to people who are unable to ride fixed route buses due to a mental or physical disability. Eligibility requirements have been established by the Americans with Disabilities Act (ADA). **Train the Rider** program is available to those that might need a little extra help navigating the system.



### Medicaid Transportation—Northwest Regional Council

<http://www.nwrcwa.org/medicaid-transportation/> (800) 860-6812

### Senior Resources of Island County (360)321-1600

Offer volunteer drivers for adults with disabilities ages 18 & up and seniors [https://senior-resources.org/index.php?page\\_id=1117](https://senior-resources.org/index.php?page_id=1117)

### Volunteer Medical Transportation Camano (360)387-0222

Coupeville and Langley (360)678-4886

Skagit Transit (877)584-7528 Community Transit (800)562-1375

## **BEHAVIORAL HEALTH**

(Formally known as Mental Illness/Health)

**Mental Health Crisis Line** (available 24 hours) (800)584-3578

**National Suicide Prevention Lifeline** (800)273-8255

**Island County Outreach Behavior Health** (360)678-2346

**Access Line for Medicaid Outpatient Services** (888)693-7200

**Texting Crisis Line** Text #741741

**Trevor Project LGBTQ** (866)488-7386 Text #678-678



**Washington's Mental Health Referral Service for Children and Teens** Families can call 833-303-5437, Monday through Friday from 8 a.m. to 5 p.m for a referral specialist and information. <https://www.seattlechildrens.org/healthcare-professionals/access-services/partnership-access-line/washingtons-mental-health-referral-service-children-teens/>

**Washington Listens** <https://www.walistsens.org/> (800)681-0211

Provides no-clinical support to people who feel sad, anxious, stressed due to COVID19. WA Listens is free and anonymous. Any Washington resident can call and a support specialist will listen and help guide you to the connections within your county.

**National Institute of Mental Health** [www.nimh.nih.gov](http://www.nimh.nih.gov)

**National Alliance on Mental Health (NAMI)** <http://www.nami.org/>

**NAMI Skagit** [www.namiskagit.org](http://www.namiskagit.org) NAMI advocates for access to services, treatment, supports and research and raising awareness and building a community of hope for all of those in need. NAMI Skagit services Island, Skagit and Stanwood in Snohomish County. **Support Groups: Mt. Vernon (360)770-5666**

**Anacortes (369)424-8224 Camano (360)941-0996 or 360-420-7422**

**North Sound Behavioral Health Admin BHO** (800)584-3578

**North Sound Behavioral Health Ombuds** (888)336-6164 (360)416-7004

**NAMI-Navigating a Mental Health Crisis** <https://www.nami.org/About-NAMI/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis>

**APA American Psychological Association** <http://www.apa.org/>

## **SUPPORT/SOCIAL/SELF ADVOCAY**

**Island County Early Childhood Parent Support** (360)240-5517

**Island County Special Health Care Needs Nurse**

(360)678-7939 (360)544-2371

<https://www.islandcountywa.gov/Health/CFHS/Pages/Home.aspx>

A program of Seattle Children's Hospital. And Department of Health. Information for families and professionals focusing on children with special healthcare needs who have chronic physical, developmental, behavioral or emotional conditions. They provide: Information and resources, Program evaluation and needs assessment, Health education and training, Finding support and making connections



**NAS Whidbey Island: Exceptional Family Member Program EFMP**

(360)527-5266 Resource, information and support group for military families

**Padre Apoyando Motivando Informando PAMI** (787)529-6788

Spanish Support Group. Aptitude Habilitation Services. Childcare offered with RSVP when not virtual. [pamiespanol@gmail.com](mailto:pamiespanol@gmail.com)

**People First of Washington:** (360)720-4918 Support and advocacy for adults with disabilities that meets monthly for support, advocacy skills and social events. Email Diane [pmmdfm@cablespeed.com](mailto:pmmdfm@cablespeed.com)

**Washington Father's Network:** <https://fathersnetwork.org/>

Mike Etzell (360)678-7883 Information and resources for fathers raising a child with special needs.

**Flying Fingers Deaf & Hard of Hearing Social** (360)221-0383 Langley

Contact Susan for more details.

**Family Caregivers Support Program** Coupeville (360)678-4886, SW (360)321-1600, OH (360)675-0311, Camano (360)678-4886

\*\*Most of these support groups have a Facebook Page as well. Island County Parent to Parent, PAMI and WA Father's Network. Great resources, information and support offered on these pages.

## FAMILY SUPPORT

**Parent to Parent of Island County (P2P)** (360)632-7539 call/text

<https://www.islandcountywa.gov/Humanservices/Pages/ddp.aspx>  
**Support and Resources for Special Needs Families**



We walk along side those parenting children/adults with developmental delays and/or special healthcare needs. Connecting them with peer support, information, resources so they can take the next step. We offer you choices, access, diversity, promote inclusions and supports available.

Parents may have questions and concerns as they learn about new information and services that can help their child and family. Parents also need time and support to navigate their own emotions and adjust to raising a child with special needs. Personal support from another parent, who has a child with similar needs, can help. You are not alone. We have been there. Parent to Parent offers services at no cost. FREE!

Support	Support Meetings	Events
Resources	Educational Workshops	Presentations in our
Newsletters	Social/Recreational	Community

**Island County Parent to Parent: Tiffany Wheeler-Thompson, Coordinator**  
 (360)632-7539 call/text Email: t.wheeler-thompson@islandcountywa.gov

**Coffee & Conversations** (360)632-7539

Virtual option- Daytime and Nighttime versions to meet new people on a similar journey, ask about resources and/or support, or just chat about life. To receive the Zoom link, email t.wheeler-thompson@islandcountywa.gov

**Parent to Parent Virtual Office Hour** Pop in on Zoom to ask questions, find resources, seek support, referrals, match up with another family on a similar journey and more. Email t.wheeler-thompson@islandcountywa.gov to receive zoom link.



**Autism Partnership of Island County (APIC)**  
 Autism Resources For Families Website  
<https://www.pilotace.org/>

## Inpatient/Outpatient Behavior Health Services

**Ituha Stabilization Center** (360)499-7011 275 NE 10th Ave Oak Harbor  
 Voluntary sub-acute detox short-term residential facility for people experiencing substance use issues and/or mental health crisis. <https://www.islandcountywa.gov/Humanservices/Pages/Stabilization-Center.aspx>

**Skagit Valley Hospital** (acute voluntary/involuntary treatment) (360)814-2422

**Smokey Point Behavior Hospital** (inpatient/outpatient) (844)202-5555  
<https://smokeypointbehavioralhospital.com/>

**Seattle Children's Psychiatry and Behavioral Medicine** (206)987-2164  
[www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/](http://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/)

**For a comprehensive list of individual therapist in Island County**  
<https://www.psychologytoday.com/us/therapists/wa/island-county>

**Compass Health** OH (360)682-4100 Coupeville (360)678-5555  
<http://www.compasshealth.org> Medicaid only

**Sea Mar Community Health Centers** (360) 679-7676  
<http://www.seamar.org/island-bh-oakharbor.html> Medicaid Only

**Sunrise Community Behavioral Health** Medicaid only OH (360) 544-3800  
 Camano (360)929-8490

**Island Hospital Psychiatry and Behavioral Health** Anacortes(360)299-4297

**Island County Outreach Behavioral Health** (360)678-2346

**Washington's Mental Health Referral Service for Children & Teens**  
 (833)303-5437 <https://www.seattlechildrens.org/clinics/washington-mental-health-referral-service/family/>

## Substance Use

**Substance Abuse Mental Health Services Admin** [www.samhsa.gov/](http://www.samhsa.gov/)

**Island County Opioid Outreach Services** (360)499-5552

**Washington Recovery Help Line** (800)789-1511

**24 Hour Crisis Line** (800)584-3578

**Addiction Guide** <https://www.addictionguide.com/> (877)722-2906  
 Needle exchange (360)387-0184 Camano (360)221-6626 Whidbey

**\*\*** Island County Behavioral Health Resource Directory on our website.  
[www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx](https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx)

## VISION—HEARING

### Washington Sensory Disabilities Services (WSDS) (800)572-7000

<http://www.wsdsonline.org/deaf-blind/>

#### 1. Technical Assistance and Consultation

Assess how the child is currently functioning and if there are classroom or home modifications that could help. Develop IFSP outcomes or IEP goals and activities that are meaningful to the student. Establish an effective communication system, or improve an existing one. Locate staff resources or materials. Start planning for life after high school.

#### 2. Training

Local, regional, and state trainings throughout the year on topics relating to children and youths with deaf-blindness.



### National Federation of the Blind <https://nfb.org/>

Advocacy, education, research, technology, and programs encouraging independence and self-confidence. Information about vision loss. Resources for Living, Working, Learning and Recreation

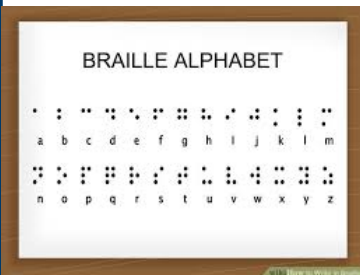
### Northwest Braille Services

<http://www.healthsupportcenter.org/nwbs/>

Ferndale, WA 98248 (360) 384-6494

Northwest Braille Services is a nonprofit organization, whose purpose is to provide Braille materials, education, and information to individuals, groups, and/or agencies. •

• Braille Transcription • Braille Book Loan • Braille Information Workshops (local) • Braille Transcriber Training • Resource Referral Service



### Department of Services for the Blind: (800)552-7103 <https://dsb.wa.gov/>

### Washington State Hands & Voices <http://www.wahandsandvoices.org/>

A parent-driven nonprofit organization providing families whose children are deaf, deaf/blind or hard of hearing with resources, networks, and information needed to improve communication and educational outcomes for their children.

**Guide by Your Side** Guide By Your Side Program Provides: A Parent Guide to listen and share resources. Unbiased Support. Compassion and knowledge from parents who have a child with hearing loss. (425)268-7087

Assistive Technology continued.....

### Washington Sensory Disabilities Services (WSDS) (800)572-7000

Provides information, training, technical assistance and resources to families and educators (statewide) for individuals age birth to 21 with sensory disabilities.

### Special Education Technology Center (509)963-3350

Assist with the special technology needs of special education students.

### Safe In Home (855)476-6665 <https://www.safeinhome.com/>

Seizure management, kitchen safety, elopement mitigation, fall risk mitigation, medication management, overnight supports, remote supports, personal centered solutions to become more independent.

### Provail (206)363-7303 <https://provail.org/>

Life opportunities for individuals with disabilities. Finding a voice with assistive technology.

## ACCESSIBILITY

### Island County Accessibility Community Committees

(360)632-7539

Join us as we brain storm ideas to make our communities more accessible for all.

Camano Island and Whidbey Island each have a committee but work together on the projects. We brainstorm, draft a proposal and seek funding from the Governor's Accessibility Committee. We have been very successful submitting proposals for funding.



### US Department of Justice (800)514-0301

[www.ada.gov](http://www.ada.gov) Provides information and technical assistance on the Americans with Disabilities Act (ADA)

### ADA Access: Accessing Washington's Outdoors for Persons with Disabilities

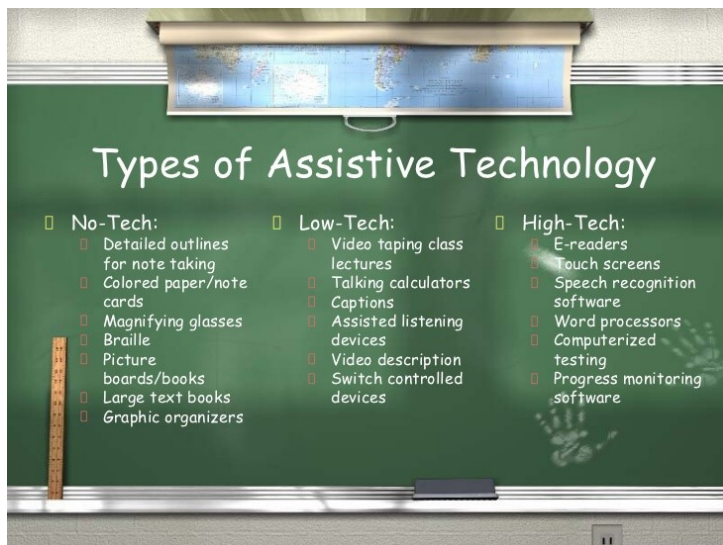
[www.wdfw.wa.gov/accessibility/](http://www.wdfw.wa.gov/accessibility/) Washington State is recognized for its wide array of outdoor recreational activities and wildlife. The Department of Fish and Wildlife (WDFW) encourages all persons with a disability to experience recreation in Washington's wonderful outdoors. Numerous opportunities are offered for hunters and anglers with disabilities through legislative mandates, statues, and policies complying with provisions of the Americans with Disabilities Act (ADA). We have Trustland Trails, which is ADA Compliant. **Trustland Trails located is near the intersection of Hwy 525 & Craw Rd (Langley)**

# ASSISTIVE TECHNOLOGY

**Washington Relay** (877)501-2233

<https://www.dshs.wa.gov/altsa/odhh/telecommunication-relay-services>

Free service that provides full telephone accessibility to people who are deaf, hearing, hard of hearing, deaf-blind, late –deafened, or have a speech disability. Allows text-telephone (TTY) or captioned telephone users through specially trained relay operators. Calls can be made anywhere in the world, 24 hours a day with no restrictions on the number of calls, length or type of calls. Long distance rates apply.



**Center on Technology & Disability** <https://www.ctdininstitute.org/>

The Center on Technology and Disability provides a wealth of free resources – personal and professional development (PPD) webinars, articles, guides, training materials and more.

**Western WA University-The Ershig Assistive Technology Resource**

<https://wcu.edu/e-atrc/ershig-assistive-technology-resource-center>

Contains a collection of over 300 assistive technology (AT) items, equipment and products, with a focus on tech supports for students with diverse learning needs in preschool through grade 12 (360)650-2783

**Washington Assistive Technology Act Program (WATAP)** (800)214-8731

Technology resources for employment, education and independent living.

## Vision and Hearing Continued.....

**Early Hearing-loss Detection, Diagnosis and Intervention (EHDDI)**

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

The Early Hearing-loss Detection, Diagnosis and Intervention (EHDDI) Program follows the 1-3-6 goals, to ensure that infants in Washington are:

- 1 – Screened for hearing loss before hospital discharge or by one month of age
- 3 – Have a diagnostic hearing evaluation by an audiologist by three months of age (if the infant did not pass two screens)
- 6 – Enrolled in early intervention by six months of age (if a hearing loss was found)

**Speech to Speech** (877)833-6341

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

This service, called Speech-to-Speech (STS), provides communication assistants (CA's) for people with difficulty being understood by the public on the telephone. It is available for business, medical, and personal communication.

**Hearing Care Professionals**

Connect Hearing, Freeland (360)331-1415 Connect Hearing, OH(360)279-1229

Connect Hearing, Stanwood (360)629-6554

Hearing Health Services, Coupeville (360)678-1423

**Washington School for the Deaf**

(360)696-6525 <https://www.wsd.wa.gov/>

**Hearing Loss Association of Washington**

<https://hearingloss-wa.org/> email [info@hearingloss-wa.org](mailto:info@hearingloss-wa.org)

**Office of the Deaf & Hard of Hearing (ODHH)** (800)422-7930 Services for persons who are deaf, hard of hearing, deaf-blind or hearing with speech disability.



**My Hearing Centers** (360)639-4318 Freeland (360)639-4324

Oak Harbor (360)386-3472 Stanwood

**Stanwood Hearing** (360)926-1020

**Social/Support Group on Whidbey Island**

**Flying Fingers Deaf & Hard of Hearing Social** (360)221-0383 Langley

Contact Susan for more details.

## FOOD RESOURCES/WIC

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is a preventive health and nutrition program.

North Whidbey -(360)240-5554 South Whidbey (360)221-8880 Camano (360)387-0184 NASWI (360)679-8049

**Camano Center** (360)-387-0222 Meals on wheels nutrition program.

### Dept. of Social and Health Services (DSHS) Food Benefits

(877-)501-2233 apply online at [www.waconnections.org](http://www.waconnections.org) or call.

**Various Foodbanks in Island County: Whidbey Island:** Whidbey Island Nourishes (360)221-7787, Island Church of Whidbey (360)221-6980, SPIN Café Sack Meals (360)678-2348, St. Augustine's Church OH (360)675-2303, Ryan's House for Youth (ages 12-24) (360)331-4575, North Whidbey Help House (360)675-0681, Gifts from the Heart Food Bank (360)678-8312, Good Cheer Food Bank (360)221-6454 Whidbey Angels whidbeyangels@gmail.com

**Camano Island:** Stanwood/Camano Food Bank (360)629-2789 Camano Chapel (360)387-7202

## ORAL HEALTH



### Access to Baby and Child Dentistry

[www.abcd-dental.org/](http://www.abcd-dental.org/) (360)678-8281

A dental program for children birth to age 5 with Apple Health for Kids (DSHS) Island County Public Health

**Sea Mar Community Health Centers** Medicaid only (360)679-9216

<https://www.seamar.org/island-dental-oakharbor.html>

**DECOD (Dental Care of Individuals with Disabilities)** (206)543-4619

University of WA School of Dentistry's web-based registry helps locate dental resources for person with dental needs and physical, mental, medical or other disabilities. <https://dental.washington.edu/patient/>

**Oral Health for People with Special Needs** <http://www.doh.wa.gov/YouandYourFamily/OralHealth/PeoplewithSpecialNeeds>

<http://www.doh.wa.gov/YouandYourFamily/OralHealth/PeoplewithSpecialNeeds>

**WA Directory of Dentists for Patients with Special Needs**

Email: [info@wsda.org](mailto:info@wsda.org) <https://www.wsda.org/public/special-needs-directory>

## HOUSING



**Island County Housing Support Center** (360)678-8284

Are you homeless or at risk of becoming homeless? We offer Assessments & Referrals to Housing Programs. Housing interest List with light touch case management. 105 NW 1st St

Coupeville

**Housing Authority** (360)678-4181

Primary resource for senior citizens (62 or older) and persons with disabilities (minimum age 18). This housing is not assisted living, and does not have any supportive services

**Opportunity Council** – (360)679-6577 or (800)317-5427 for housing crisis.

<http://www.opcco.org/> Broad scope of services that range from helping people in crisis with immediate needs to addressing long-term systemic change Community Resource Centers: Connects people with community resources to help meet basic needs such as food and housing; including requests for emergency shelter, rental assistance, referrals for affordable housing and problem solving help with landlord/tenant issues • Food and Nutrition: Information about nutrition, and local food resources • Home and Energy programs include Conservation\*Education, the Energy Assistance, Home Repair, Lead Hazard Reduction, and Weatherization.

**Community Resource Center** Stanwood (360)629-5257

Food vouchers for extreme circumstances when local food banks are not open. Financial help to avoid homelessness in form of hotel vouchers, state park vouchers, rent and/or mortgage assistance and move in costs. Financial help in the form of vouchers/cash for water and heat, fuel to get to needed appointments, work & school, necessary vehicle repair.

**Whidbey Homeless Coalition (serving Whidbey Island)--** (360) 900-3077

**Emergency Housing**

**Ryan's House** Coupeville (ages 18-24) (360)331-4575

**Oasis Teen Center** Mt. Vernon (360)419-9058