

Q. How do I find insurance?

- A. Apple Health for Kids** helps families apply for children's medical coverage. To find out if your child is eligible go to <http://hrsa.dshs.wa.gov/AppleHealth/index.shtml> or call 1-877-543-7669.

Department of Social and Health Services (DSHS), Division of Developmental Disabilities (DDD) assists Washington State individuals of all ages with developmental disabilities and their families to obtain services and supports. Learn more at www.dshs.wa.gov/DDD/.

The **Developmental Disability Council** resources help families navigate the DDD process. To access topics available on DVD, visit http://InformingFamilies.org/Request_DVDs.htm.

Social Security Administration provides Supplemental Security Income (SSI) for children under age 18 with a disability. To learn more and determine eligibility, call the toll-free Help Line at 1-800-772-1213 or visit www.socialsecurity.gov/pgm/ssi.htm.

Parent Help 123 provides eligibility guidelines for state benefit programs and helps families find services in their area such as breastfeeding support, child care, food banks, family planning, and affordable health care at www.ParentHelp123.org. To learn about other options for families, call the **Family Health Hotline at 1-800-322-2588** or visit www.WithinReachWA.org.

Q. Who can help me navigate the health care system and find ways to pay for services?

- A. Family to Family Health Information Center** helps families navigate health care systems for children and youth with special health care needs in Washington. Call (253) 565-2266, 1-800-5-PARENT or visit www.FamilyVoicesofWashington.com.

The **Statewide Health Insurance Benefit Advisor (SHIBA)** within the Office of the Insurance Commissioner provides free health care coverage counseling and can help families save money on health care; make sense of confusing information; and make better choices about your coverage. Call the toll-free Helpline at 1-800-562-6900 or visit www.Insurance.WA.gov/SHIBA/index.shtml.

The **Washington State Department of Health** has developed **Finding Your Way in Managed Care** for those caring for a child with special health care needs to help them obtain and give the best possible care for the child. Only available online in both English and Spanish, visit <http://here.doh.wa.gov/materials/finding-your-way-in-managed-care>.

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For people with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-525-0127 (TDD/TTY 1-800-833-6388).