

Education | Family Support | Healthcare | Insurance | Nutrition | Other

**Q. How do I find information about support, advocacy and resources?**

- A.** The following organizations provide information and emotional support to families of children with special health care needs. You may also contact your **Children with Special Health Care Needs Coordinator** who will help individuals by listening and then referring them to local community resources. To find your local public health nurse coordinator and ask questions related to your child's specific situation, go to [www.doh.wa.gov/cfh/mch/CSHCN\\_Referrals.htm](http://www.doh.wa.gov/cfh/mch/CSHCN_Referrals.htm).

**Arc of Washington** advocates for the rights and full participation of all people with developmental disabilities and supports and empowers individuals and families. Learn more at [www.ArcWA.org](http://www.ArcWA.org).

**Center for Children with Special Needs** provides information to families and professionals focusing on children who have chronic physical, developmental, behavioral or emotional conditions (in both English and Spanish) at [www.CSHCN.org](http://www.CSHCN.org).

**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/](http://www.dshs.wa.gov/DDD/).

**Easter Seals Washington** provides services for people with disabilities and their families to live, learn, work and play. Learn more at <http://WA.Easterseals.com>.

**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](http://www.FamilyVoicesofWashington.com).

**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](http://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](http://www.WithinReachWA.org).

**Parent to Parent** provides emotional support and information on community resources for parents who have a child with a disability or chronic health need. Learn more at [www.ArcWA.org/Parent\\_to\\_Parent.htm](http://www.ArcWA.org/Parent_to_Parent.htm).

**PAVE (Partnerships for Action Voices for Empowerment)** strives to increase opportunities and options for people with disabilities, their families and friends. Resources include a free lending library of books, video tapes and low cost materials in a variety of formats and languages. Learn more at [www.WashingtonPave.org](http://www.WashingtonPave.org).

**The Fathers Network** provides resources and support to all men and their families who have children with special needs. Learn more at [www.FathersNetwork.org](http://www.FathersNetwork.org).

**Q. I need help with transportation, who do I call?**

- A.** **Washington State Department of Transportation** provides resources for finding local transportation options in your area at [www.wsdot.wa.gov/Choices/](http://www.wsdot.wa.gov/Choices/).

**Q. How do I find social recreation programs for my child?**

- A. Center for Children with Special Needs** provides information to families and professionals focusing on children who have chronic physical, developmental, behavioral or emotional conditions (in both English and Spanish) at [www.CSHCN.org](http://www.CSHCN.org).

**CSHCN Coordinators** help individuals by referring them to local community resources. To find your local public health coordinator, go to [www.doh.wa.gov/cfh/mch/CSHCN\\_Referrals.htm](http://www.doh.wa.gov/cfh/mch/CSHCN_Referrals.htm).

**Easter Seals Washington** provides recreation and camping services for people with disabilities. Learn more at <http://WA.Easterseals.com>.

**Local Health Departments** may provide recreational opportunities for special needs children. Find contact information at [www.doh.wa.gov/lhjmap/LHJMap.htm](http://www.doh.wa.gov/lhjmap/LHJMap.htm).

**Q. How do I find respite care for my child?**

- A. CSHCN Coordinators** help individuals by listening and then referring them to local community resources. To find your local public health coordinator and ask questions related to your child's specific situation, go to [www.doh.wa.gov/cfh/mch/CSHCN\\_Referrals.htm](http://www.doh.wa.gov/cfh/mch/CSHCN_Referrals.htm).

**Q. I am in the military, how do I find support services for my family.**

- A. STOMP (Specialized Training of Military Parents)** provides families with information and training about laws, regulations and resources for military families of children with disabilities at [www.StompProject.org](http://www.StompProject.org).

**360 Military Family Center** serves military families at Joint Base Fort Lewis McChord with children age birth to 25 years with developmental disabilities. They work specifically with young families (E-4 or below) or families who have been in the military for two or less years. They also provide assistance navigating through the educational and medical system at [www.360Center.org](http://www.360Center.org).

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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).