



RESOURCES

Ages Birth to Three



NAVIGATING YOUR WAY

The following resources are described in *Navigating Your Way, Ages Birth to Three*, the first in a series of videos that provides a bird's eye view of services, supports and resources for every stage of life. Visit informingfamilies.org/0-3 to learn more and watch the video.



SERVICES

Early Intervention for Infants and Toddlers (ESIT)

No referral is needed to request an evaluation for ESIT. To get started, [connect with an early intervention program directly](#) or call the Help Me Grow Washington Hotline at 1-800-322-2588, or visit helpmegrowwa.org.

Developmental Disabilities Community Services (DDCS)

Case management and supportive services for children and adults with intellectual and developmental disabilities in Washington State. Children enrolled in ESIT are also eligible for DDCS up to age 4, when eligibility must be renewed. dshs.wa.gov/dda.

HEALTH CARE

WithinReach

Helps families across Washington State navigate complex health and social service systems and connect with the resources they need to be healthy and safe. Call the Help Me Grow Washington Hotline at 1-800-322-2588 or visit helpmegrowwa.org to get connected.

Early Periodic Screening, Diagnosis, and Treatment (EPSDT)

EPSDT is an important benefit for children who are eligible for Apple Health. With EPSDT, children can get a regular check up and treatment for medical issues found during an exam up to age 21. Call 1-800-562-3022 and ask about EPSDT services.

FINANCIAL ASSISTANCE

If your family is low income and in need of financial assistance, contact the Social Security Administration to find out if your child qualifies for Supplemental Security Income (SSI). Call 1-800-772-1213, or visit ssa.gov.

SUPPORT

Parent to Parent (P2P) provides emotional support and information to families of children with special health care needs or other disabilities. arcwa.org/parent-to-parent.

Informing Families Coordinators connect families with support, resources, and information tailored to their local communities. informingfamilies.org/coordinators

The Arc chapters provide information, referral and advocacy. Find chapter near you at arcwa.org.

Partnerships for Action, Voices for Empowerment (PAVE) provides information, training and support to families. wapave.org.

Sibshops provide peer support from other siblings in a recreational setting. siblingsupport.org.

HELPFUL IDEAS AND PLANNING

Informing Families' Community Resource Guide connects families to information, services, and supports. informingfamilies.org/publications/resource-flyer

My Life Plan

Free online planning tool for every stage of life. Visit mylifeplan.guide to get started.