



Connecting Resources in Washington State

Health - Advocacy - Community Living - Education - Services



HEALTHY LIVING

WA APPLE HEALTH & APPLE HEALTH FOR KIDS

Health care for individuals with low income (formerly known as Medicaid).

hca.wa.gov/ | 800-562-3022

WA HEALTH PLAN FINDER

Find, compare and enroll in health insurance.

wahealthplanfinder.org

WA PRESCRIPTION DRUG DISCOUNT CARD

Free to anyone who lacks prescription drug coverage.

<https://www.hca.wa.gov/billers-providers-partners/program-information-providers/prescription-drug-discount-card> | 800-913-4146

AUTISM CENTERS

University of Washington

Evaluation, treatment, training, and research.

depts.washington.edu/uwautism/

Seattle 206-221-6806 | Tacoma 253-692-4711

NW Autism Center (Spokane)

Information and referral.

nwautism.org | 509-328-1582

Seattle Children's Autism Center

Assessment, diagnosis, treatment and support.

seattlechildrens.org/clinics/autism-center/

206-987-8080

UW INSTITUTE ON HUMAN DEVELOPMENT & DISABILITY (IHDD)

A range of on-site clinical service programs that serve primarily children, with or at risk for developmental, learning, and behavioral problems. <https://ihdd.org/>

UW DENTAL EDUCATION IN CARE OF PERSONS WITH DISABILITIES (DECOD)

A program of the School of Dentistry that treats persons with severe disabilities.

dental.washington.edu/decod/ | 206-543-4619

DIRECTORY OF DENTISTS FOR CHILDREN WITH DEVELOPMENTAL OR SPECIAL NEEDS

A partial listing of dentists who treat patients with mild and/or moderate- severe developmental and acquired special needs.

wsda.org/special-needs-directory

BEHAVIORAL HEALTH ADMINISTRATION

Contracts with Behavioral Health Organizations to administer community mental health programs for Medicaid- eligible persons.

dshs.wa.gov/bha/

FAMILY TO FAMILY HEALTH INFORMATION CENTER

Information and referral about special health care needs and insurance.

familyvoices.org | 800-572-7368

SEATTLE CHILDREN'S HOSPITAL

Clinics and programs throughout Western WA, as well as Tri-Cities and Wenatchee.

seattlechildrens.org | 866-987-2000

WITHINREACH/Help Me Grow WA

A family-friendly clearinghouse, connecting families to resources, benefits, and services.

withinreachwa.org | helpmegrowwa.org/

BASIC FOOD

Monthly benefits to help low-income individuals and families buy food.

washingtonconnection.org/home/

FAMILY HEALTH HOTLINE

Provides families and professionals with the most up-to-date information about state-sponsored health insurance, food programs, and a wide variety of other resources. The hotline is a program of WithinReach. **800-322-2588**



Learn more about Informing Families by visiting informingfamilies.org or scanning the QR code here.





COMMUNITY LIVING

HOUSING & URBAN DEVELOPMENT (HUD)

Rental assistance to low-income individuals. Contact your local Public Housing Authority to apply for a Section 8 Housing Voucher.

hud.gov

HOMECHOICE PROGRAM

Down payment assistance for low- to-moderate income individuals with disabilities (or families which include individuals with disabilities) seeking to own a home.

heretohome.org

LOW INCOME ENERGY ASSISTANCE PROGRAM

Helps families keep their heat on, especially those that are most vulnerable, such as the elderly, the disabled, and young children.

commerce.wa.gov/community-opportunities/liheap/

DEVELOPMENTAL DISABILITIES COMMUNITY SERVICES

Home and community-based services for children and adults with developmental disabilities, including Medicaid Personal Care, Employment/ Day, Supported Living, Therapies and Respite. Waiting lists may exist for some services, depending on available funding.

dshs.wa.gov/dda

DEPT OF SERVICES FOR THE BLIND (DSB)

Serves children, youth and adults who are blind or have low vision.

dsb.wa.gov/ | 800 552-7103

DISABILITY RIGHTS WASHINGTON

Legal services for disability rights violations, general information about legal rights, community education and training.

disabilityrightswa.org

800-562-2702 | (TTY) 800-905-0209

NW JUSTICE PROJECT

Civil legal assistance and representation to low-income people in situations affecting basic human needs, such as family safety and security, housing preservation, protection of income, access to health care, education and other basic needs.

nwjustice.org

2-1-1 (Inside King County)

888-201-1014 (Outside King County)

OFFICE OF DEVELOPMENTAL DISABILITIES OMBUDS

Informing the legislature to ensure safe, quality DD services. Focused on complaints of abuse or neglect.

ddombuds.org

WASHINGTON LAWHHELP

Provides information about legal issues and where to find legal help for low-income individuals.

washingtonlawhelp.org

END HARM

If you suspect that a child or vulnerable adult is being abused or neglected, call 866-363-4276.

The operator will connect you with the right DSHS office to make your report. **If you are calling about an immediate life-threatening emergency, call 911.**



LEGAL AND ADVOCACY

OFFICE OF THE DEAF & HARD OF HEARING (ODHH)

Services for persons who are deaf, hard of hearing, deaf-blind, or hearing with a speech disability.

dshs.wa.gov/altsa/odhh | 800-422-7930

DIVISION OF VOCATIONAL REHABILITATION (DVR)

Short-term services to help adults with disabilities prepare for and secure stable employment, as well as transition to long-term employment support outside DVR.

dshs.wa.gov/dvr | 800-637-5627

INDEPENDENT LIVING CENTERS

Non-residential, private, non-profit, consumer-controlled, community-based organizations providing services and advocacy by and for persons with all types of disabilities.

wasilc.org/

SUPPLEMENTAL SECURITY INCOME (SSI)

A cash benefit program to help with daily living expenses (food, shelter, clothing).

www.ssa.gov/ssi

800-772-1213 | (TTY) 800-325-0778

NORTHWEST ACCESS FUND

Low interest loans for any type of assistive technology device or service, as well as vehicle and home modifications.

washingtonaccessfund.org

877-428-5116 | (TTY) 888-494-4778

WASHINGTON ASSISTIVE TECHNOLOGY ACT PROGRAM (WATAP)

Resources and expertise to obtain the technology and related services needed for employment, education and independent living.

watap.org | 800-214-8731





EARLY LEARNING & EDUCATION

EARLY SUPPORT FOR INFANTS & TODDLERS (ESIT)

Located within the Department of Children, Youth & Family Services (DCYF), the ESIT program provides services to children birth to age 3 who have disabilities or developmental delays.

dcyf.wa.gov/services

EARLY CHILDHOOD EDUCATION & ASSISTANCE PROGRAM (ECAP) AND HEAD START

Comprehensive preschool programs that provide free services and support to help ensure all Washington children enter kindergarten ready to succeed.

dcyf.wa.gov/services

OFFICE OF THE EDUCATION OMBUDS (OEO)

Resolves complaints, disputes, and problems between families and Washington State elementary and secondary public schools in all areas that affect student learning.

oeo.wa.gov | 866-297-2597

OFFICE OF THE SUPERINTENDENT OF PUBLIC INSTRUCTION (OSPI)

The primary agency charged with overseeing K-12 public education in Washington state.

ospi.k12.wa.us/

SPECIAL EDUCATION TECHNOLOGY CENTER

Assists with the special technology needs of special education students. specialedtechcenter.org

WASHINGTON PAVE

Workshops, resources and referral regarding special education.

wapave.org

800-572-7368 | 800-5-PARENT



ADVOCACY & FAMILY SUPPORT

NATIONAL DOWN SYNDROME SOCIETY

Support and information for individuals with Down syndrome and their families. ndss.org/

EPILEPSY FOUNDATION NORTHWEST

Programs and services for people with epilepsy in the northwest.

epilepsynw.org | 800-752-3509

EASTERSEALS WASHINGTON

Training, information, and direct service.

206-281-5700 | info@wa.easterseals.com

NAMI WA

Advocacy, information and support for individuals living with mental illness and their families. namiwa.org | 206-783-4288

SPECIAL OLYMPICS WA

Year-round sports training and athletic competition.

specialolympicswashington.org | 206-362-4949

WA STATE HANDS & VOICES

Dedicated to supporting families with children who are deaf, deaf-blind or hard of hearing. wahandsandvoices.org | 425-268-7087



ADVOCACY & FAMILY SUPPORT

INFORMING FAMILIES

Up-to-date information about issues, services and supports for individuals with developmental disabilities & their families. Features blogs by parents, an extensive video library, news bulletins, and social media information sharing. A project of the WA State Developmental Disabilities Council.

informingfamilies.org

PARENT TO PARENT (P2P)

Helping Parents (matching parents in one-to-one relationships with trained, experienced parents, based on similar diagnoses and family issues), information & referral, workshops, trainings, support. Local chapters throughout the state.

arcwa.org/parent-to-parent/ | 800-821-5927

PARENT COALITIONS

14 coalitions throughout the state assist parents, family members, and guardians to advocate for their family members and others who have developmental disabilities.

arcwa.org/parent-coalition/

WA STATE FATHER'S NETWORK

Support for fathers and families of children with special needs. Chapters throughout the state.

fathersnetwork.org | 425-653-4286

THE ARC OF WA STATE

Advocates for quality services and necessary funding to meet the needs of people with intellectual and developmental disabilities and their families. Local chapters provide support, information and referral.

arcwa.org | 888-754-8798

PEOPLE FIRST OF WA

Statewide self-advocacy organization run by and for individuals with developmental and other disabilities. peoplefirstofwashington.org

| 800-758-1123

SELF ADVOCATES IN LEADERSHIP (SAIL)

A coalition of people with developmental disabilities shaping public policy. selfadvocatesinleadership.com/ | 888-754-8798, ext. 102

AUTISTIC SELF ADVOCACY NETWORK (ASAN)

Disability rights organization run by and for autistic adults.

autisticadvocacy.org

AUTISM SOCIETY OF WA STATE

Information and referral to families.

autismsocietyofwa.org | 888-279-4968

FEAT OF WA (FAMILIES FOR EFFECTIVE TREATMENT OF AUTISM)

Information and referral.

featautismguide.wordpress.com/ | 425-223-5126

WA AUTISM ALLIANCE AND ADVOCACY

Helping individuals and families improve access to health insurance benefits, effective services in schools, and supportive community-based services, regardless of their personal financial situation.

washingtonautismadvocacy.org | 425-894-7231

BRAIN INJURY ALLIANCE OF WA

Information and referral.

biawa.org | 877-824-1766

GENERAL DISABILITY RESOURCES

ACHIEVE A BETTER LIFE EXPERIENCE (ABLE)

ABLE Savings accounts allow people with disabilities to save money without losing financial eligibility for public benefits and services.

washingtonstateable.com



COMMUNITY SERVICES OFFICE (CSO)

Connects people to some of the services provided by the Department of Social & Health Services (DSHS).

dshs.wa.gov/esa/online-community-services-office-cso | 877-501-2233



DD ENDOWMENT TRUST FUND

A public-private special needs (supplemental) trust for individuals with developmental disabilities.

ddef.wa.gov | 888.754.8798, ext. 1; 360-705-9514

DEPT OF SOCIAL & HEALTH SERVICES (DSHS)

Lead state agency that administers social and health programs, such as: Developmental Disabilities Administration, Aging and Long-Term Support Administration, Division of Vocational Rehabilitation, Behavioral Health Administration, and the Office of Deaf and Hard of Hearing.

dshs.wa.gov



DEPT OF CHILDREN, YOUTH & FAMILIES (DCYF)

Oversees programs that provide safe and healthy early care and education opportunities for all children. Programs include: Early Support for Infants & Toddlers, Early Childhood Education and Assistance Program, and Head Start.

dcyf.wa.gov | 866-482-4325

SOCIAL SECURITY ADMINISTRATION (SSA)

Determines eligibility for Supplemental Security Income (SSI) as well as other federal benefit programs for seniors and persons with disabilities.

ssa.gov | 800-772-1213 | (TTY) 800-325-0778



UNIVERSITY CENTER FOR EXCELLENCE IN DEVELOPMENTAL DISABILITIES (UCEDD)

Within the University of Washington Institute on Human Development and Disability UCEDD provides technical assistance, outreach, clinical services, training and information in support of individuals with developmental disabilities.

ihdd.org/about/center-grants/ucedd/



WA STATE DEVELOPMENTAL DISABILITIES COUNCIL (DDC)

Information, policy advocacy, and projects to foster better service provision for children and adults with developmental disabilities and their families.

ddc.wa.gov | 800-634-4473

WA CONNECTION

Find and apply for a variety of services and assistance online.

washingtonconnection.org



WA STATE HEALTH CARE AUTHORITY (HCA)

Oversees the state's Apple Health (formerly Medicaid) and prescription drug assistance program.

hca.wa.gov