

Transitions: From Birth to Adult

Whatcom County Transition Planning and Resource Guide



“Spring Leaves” by Tom Perkins



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Transitions

from birth to adult

This publication was developed by the Whatcom County Health Department, Developmental Disabilities Program in collaboration with its Advisory Board and the DSHS/ Division of Developmental Disabilities.

The County Developmental Disabilities Program plans, monitors and contracts for employment and day program services to eligible adults 21 and older and for early intervention services to children ages birth to three.

This booklet contains 2 parts:

Part I: Timelines to help your child achieve independence and self-determination in all areas of his/her life. Timelines were based on those developed by the Adolescent Health and Transition Project—a program of the Office of Children with Special Health Care Needs Website: <http://depts.washington.edu/healthtr/>

Part II: A resource guide to help identify supports and services. Please call (360) 676-6724 ext. 32014 for corrections, additional resources, and comments.

Contact the Washington State Department of Social and Health Services (DSHS) Division of Developmental Disabilities to see what services may be available for your child. Call (360) 714-5000.

It is important that each eligible child be counted. Please register your child even if none of the current programs fit their needs.

PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER COMMUNITY

Cover Art, “Spring Leaves” by
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Table of Contents

Transition: A Federal Mandate	4
The Importance of Timelines	6
Timelines	7
Check Lists	
Employment.....	13
Independent Living	15
Community Participation	17
Emergency Information Form for Children With Special Needs.....	19
Areas of Planning	21
Tips for Parents	23
Resource Guide (blue pages)	
Table of contents.....	24
Advocacy	25
Assistive Technology	27
Education.....	29
Employment.....	33
Family Resources and Support.....	35
Financial	40
Health Care.....	41
Housing & Living	47
Legal.....	49
Older Adult.....	50
Recreation	51
Transportation.....	54
Index.....	57

Transition: A Federal Mandate

Public Law 101-476, The Individuals with Disabilities Education Act (IDEA)-formerly known as P.L.94-142 was reauthorized in 2004.

This law affirms the right of all children to a free and appropriate individualized education program in the least restrictive environment. Federal law recognizes the importance of school transitions by establishing requirements specific to a child's transition from school district to adult services.

IDEA defines transition as: "A coordinated set of activities for a child with a disability that is:

- Designed within a results-oriented process, that is focused on improving the academic and functional achievement of the child with a disability to facilitate the child's movement from school to post-school activities, including post secondary education, vocational education, integrated employment (including supported employment); continuing and adult education; adult services; independent living or community participation.
- Is based on the individual child's needs, taking into account the child's strengths, preferences, and interests; and
- Includes instruction, related services, community experiences, the development of employment and other post-school adult living objectives and, when appropriate, acquisition of daily living skills and functional vocational evaluation.

IDEA further specifies that:

"Beginning no later than the first IEP to be in effect when the **child is 16** and updated annually thereafter, the Individual Education Plan (IEP) must include:

- Post-secondary goals based upon age-appropriate transition assessments related to training, education, employment and where appropriate, independent living skills.
- The transition services (including courses of study) needed to assist the child in reaching those goals and

Beginning no later than one year before the child reaches the age of majority under state law [18], a statement that the child has been informed of the child's rights under IDEA, if any, that will transfer to the child on reaching the age of majority. [18]

Other Public Laws Related to Disability

Public Law 102-569, The Rehabilitation Act, Originally enacted in 1973, was reauthorized in 1992.

The purpose of this Act is to empower individuals with disabilities to maximize employment, economic self-sufficiency, independence, inclusion and integration into society. Funding for the Department of Vocational Rehabilitation Services is provided through this Act.

The Americans with Disabilities Act (ADA), Enacted in 1990.

These regulations provide for accessibility, nondiscrimination, and greater entrance into the workplace, public transportation, community facilities, telecommunications. To provide access, reasonable accommodations must be made to ensure a person with disabilities can use and enjoy the goods and services available to the public.

Public Law 103-218, The Technology Related Assistance for Individuals with Disabilities Act (Tech. Act) 1994.

This law was enacted to enable people with disabilities to have increased access to funding for assistive technology.

Voter Registration Act

One of the basic purposes of the Act is to increase the historically low registration rates of minorities and persons with disabilities that have resulted from discrimination. The Act requires all offices of State-funded programs that are primarily engaged in providing services to persons with disabilities to provide voter registration forms and assist program applicants in their completion.

Fair Housing Act:

This act, amended in 1988, prohibits housing discrimination on the basis of race, color, religion, sex, disability, familial status, and national origin. Its coverage includes private housing, housing that receives Federal financial assistance, and State and local government housing. The Fair Housing Act requires owners of housing facilities to make reasonable exceptions in their policies and operations to afford people with disabilities equal housing opportunities. The Fair Housing Act also requires landlords to allow tenants with disabilities to make reasonable access-related modifications to their private living space, as well as to common use spaces. (The landlord is not required to pay for the changes.)

The Importance of Timelines

“Children and families experience many transitions, large and small, over the years. Three predictable transitions occur: when children reach school age, when they approach adolescence, and when children move from adolescence into adulthood. Other transitions that children make include moving into new programs, working with new agencies and care providers, and making new friends. Transitions involve changes: adding new expectations, responsibilities, or resources, and letting go of others.”

“As a parent of a child with special health care needs you may be caught up in day to day survival. You may ask, ‘How can I think about tomorrow when I’m just trying to make it through today?’ But when those moments come when you can catch your breath, it may be helpful to be aware of those transitions and allow yourself to think about the future.”

We hope that these timelines will guide you to help your child achieve independence and self-determination in all areas of his/her life.

Quote from University of Washington Adolescent Health Transition Project Timeline
<http://depts.washington.edu/healthtr/>

Parent and Child Interactions that Encourage Independence

- Show your infant that the world is a good place to live.
- Develop a sense of trust by honoring your child's emotions and by giving praise.
- Allow your child to develop at his/her own individual rate.
- Offer a variety of opportunities for sensory stimulation.
- Take short breaks from your child to renew your energy.

By Age 1

- Look for a pediatrician that has experience caring for children who have disabilities.
- Have your child immunized for vaccine preventable diseases.
- Keep dated records from infant to adulthood (personal achievements, medical history including medications, any therapy, programs, etc.).
- **Contact a county Family Resource Coordinator to compile an Individual Family Service Plan—birth to 3 years. Call or (360) 734-5121, ext. 209**
- Obtain Social Security Card.
- **Apply for services/eligibility with the state DSHS Division of Developmental Disabilities (DDD) by calling (360) 714-5000.**

By Age 2

- Begin looking for a preschool.
- Begin building bridges into community (church, play groups, etc.).
- Contact the state Division of Developmental Disabilities for information and programs age appropriate for your child.

Parent and Child Interactions that Encourage Independence

- Assign your child chores appropriate for his/her ability level.
- Allow your child to make choices when possible.
- Begin teaching your child about his/her special health care needs.
- Begin teaching self-care skills: normal skills and those related to his/her special health care needs.
- Recognize the value of play. Play is the work of children.
- Set limits on behavior. Be firm and consistent. Realize that you will need constant repetition to enforce appropriate behaviors.
- Love, liberal praise, respect, and infinite patience are essential in helping your child to develop to his/her fullest capacity.

By Age 3

- Enroll and begin preschool.
- Begin an Individualized Educational Plan (IEP). Obtain an IEP packet from PAVE (Parents Are Vital In Education) by calling 1-800-572-7368.
- Begin to develop a long-term plan for financial support and advocacy for your child. The family needs to plan far in advance to maintain or establish eligibility for benefits and services.
- Implement a carefully drafted Will that disinherits the disabled child from any direct payment or bequest from the deceased parent's estate. Contact an attorney that is familiar with Social Security laws and Special Needs Trusts.

By Age 4

- Begin transition toward kindergarten.
- Continue to develop an IEP (Individualized Education Plan).

Parent and Child Interactions that Encourage Independence

- Help your child interact directly with doctors, nurses, and therapists.
- Assess and build on your child’s perception and basic knowledge of his/her special health care needs.
- Continue teaching normal and special self and health care skills.
- Encourage hobbies and leisure activities.
- Offer choices to your child to develop decision-making skills.
- Continue assigning ability level appropriate chores.
- Take your child shopping, whenever possible, so he/she can help in choices.
- Let your child choose how to spend some or all of his/her allowance.
- Teach your child the consequences of their behaviors and choices.
- Allow your child to experience the consequences of a poor choice as well as a good one.
- Take your child to visit your place of work.
- Begin asking, “What will you do when you grow up?”
- Continue to set limits on behavior. Provide love and liberal praise when your child does well or gives true effort.

By Age 8

- Continue to plan financial support and advocacy. Update your Wills, Trusts, and Letter of Intent.
- **Involve child in Special Olympics sport events. Call (360) 354-0384**

By Age 10

- Enroll child in age appropriate clubs, groups (boy-scouts, campfire, boys & girls club, church groups).
- Attend county Developmental Disabilities Advisory Board meetings. Call (360) 676-6724 for times and location.

Parent and Child Interactions that Encourage Independence

- Explore avenues for socialization. Involve him/her in integrated social activities. Avoid overprotecting your adolescent.
- Assess your teen's perception and basic knowledge of his/her special health care needs. Fill gaps in understanding.
- Continue teaching normal self-help skills as well as skills related to their special needs. Find opportunities for self-esteem training.
- Discuss sexuality with your teen.
- Help your teen identify and build on their strengths.
- Explore and talk about possible career interests.
- Continue to allow your teen to help with family chores. Instill good work ethics.
- Continue to encourage hobbies and leisure activities.
- Help your teen identify and be involved with adult or older teen role models.
- Help your teen learn how to use the fixed route transit system.

By Age 12-14

- Start thinking about your child's needs for a successful transition from school to adult services. Federal Law mandates transition services to begin by age 16, but earlier planning is recommended.
- Involve your son/daughter in Special Olympic individual and team sports, Boys & Girls Club, Bellingham Parks and Recreation programs, summer camps, and church activities.

By Age 14-15

- Update your child's IEP. This is the time to start your child's Functional Vocational Evaluation (FVE).

Parent and Child Interactions that Encourage Independence

- Help your teen find work and volunteer activities.
- Increase the variety of household chores.
- Continue to encourage hobbies and leisure activities.
- Help your teen identify and be involved with adult or older teen role models.
- Begin, with your teen, looking for an adult health care provider.
- Explore the possible living arrangements with your son/daughter.
- Continue self-esteem training.
- Instill good work ethics.
- Build community access and transportation skills including fixed transit routes.

By Age 16

- Complete ITP (Individual Transition Plan) toward Adulthood and Post School Options.
- Continue updating the FVE (Functional Vocational Evaluation).
- Obtain WA State ID card, or a WA State driver's license.
- Work with teacher to make a vocational portfolio including a resume.

By Age 17

- Seek volunteer opportunities. Job shadow.
- Begin to explore health care financing for young adults.
- If appropriate, begin guardianship procedures 6-8 months prior to age 18.

By Age 18

- Continue to up-date ITP, FVE, and IWRP (Individual Written Rehabilitation Plan).
- Males need to register for Selective Service upon 18th birthday.
- **Apply for entitlement services—SSI (Social Security Income (360) 738-3952, www.ssa.gov Medical Coupons, Financial Coupons—the month your teen turns 18.** *Some families are eligible to have these programs sooner and need to RE-apply 6 months before 18.*
- Investigate residential options with DSHS, DDD, or private.
- Consider vocational (job) options.
- Start to create a Life Plan/Goal with your teen, the teacher, and case

managers from DDD, DVR, counselors, primary physician, friends and family.

Timeline 18 – 21 Years

Parent and Child Interactions that Encourage Independence

- Act as a resource and support to your young adult.
- Encourage participation in support groups.
- Finalize health care financing and transfer of medical care to adult provider.
- Continue discussing work ethics (working at one job for 10-20 years).
- Teach self-advocacy, voting responsibilities, good citizenship.
- Have respect for your young adult's likes and dislikes.
- Be aware that a student with an IEP can attend school and receive support from school on or off campus until age 21.
- **Many adult services do not provide support until after the 21st birthday. Staying in school until age 21 is important if long-term supports are needed.**

By Age 21

- **Notify DDD for adult services at least 6-8 months before the 21st birthday. Call (360) 714-5000.** Vocational Services may be available through Whatcom County Health Department, Developmental Disabilities Program. A referral from DDD is necessary to access these services.
- **Apply at least 6-8 months before 21st birthday for DVR (Department of Vocational Rehabilitation). Call (360) 714-4136.**
- Update Vocational Assessment and Transition Plan prior to graduation.
- Obtain records of all school transcripts, evaluations, tests, and therapy reports. They may be needed when coordinating adult services or in the event a service is needed in the future.
- Request letters of recommendation from any employer whether paid or unpaid.
- Continue to long-term plan financial support and advocacy.

Over Age 21

- Maintain and update portfolio.
- Continue to participate in volunteer and paid positions.
- Keep communication open with vocational providers, DVR, DDD. Do not hesitate to call and ask questions.
- Continue relationships with peers from school

Transition Planning Check List

EMPLOYMENT

VOCATIONAL ASSESSMENT

These activities can help you find out what you can do best.

- Student/Parent Interview
- Student's Interests
- Student's Aptitude
- Formal Assessment
- Situational Assessment

CAREER GUIDANCE SERVICES

These activities can identify where your talents might fit.

- Counselor Services
- Access to Computerized Career Information

WORK EXPERIENCES

These activities can help you find out about jobs and what you enjoy.

- In School
- In the Community
- Job Shadowing
- Work Study
- Summer Job
- Volunteer Work

EMPLOYMENT SUPPORT SERVICES

These services may be available to help you learn to do a job successfully.

- Support on the Job
- Transitional Employment

CAREER RELATED COURSES

Your plans will require certain courses in school to help you reach your goal.

- Vocational/Technical
- College Bound
- Computer Literacy

ADULT SERVICE AGENCIES

You may be eligible for help from one of these agencies.

- Division of VocRehab
- DSHS Programs
- Other Private Providers

POST SECONDARY EDUCATION

You need to ask about opportunities for job training outside of school such as these.

- Community Technical Colleges
- Business/Trade Schools
- College Support Services
- Adult Education

Checklist for Parents and Students

Check those areas that need to be addressed or identified.

Employability Skills	Assessment of the Student's Skills	Need Training	Need Support
1. Punctuality	<input type="checkbox"/> ☺ is ready for school on time <input type="checkbox"/> ☺ shows up at the time agreed <input type="checkbox"/> ☺		
2. Dependability	<input type="checkbox"/> ☺ is punctual <input type="checkbox"/> ☺ calls if late or absent <input type="checkbox"/> ☺		
3. Takes Pride in Work	<input type="checkbox"/> ☺ does careful and accurate work <input type="checkbox"/> ☺ attempts to correct mistakes <input type="checkbox"/> ☺		
4. Respects Authority	<input type="checkbox"/> ☺ is polite to supervisors/adults <input type="checkbox"/> ☺ follows directions <input type="checkbox"/> ☺		
5. Shows Enthusiasm	<input type="checkbox"/> ☺ takes pride in assigned job <input type="checkbox"/> ☺ takes initiative to do new duties <input type="checkbox"/> ☺		
6. Appearance	<input type="checkbox"/> ☺ good personal hygiene <input type="checkbox"/> ☺ wears appropriate clothing for job <input type="checkbox"/> ☺		
7. Communicates	<input type="checkbox"/> ☺ works well with other people <input type="checkbox"/> ☺ has appropriate social behaviors <input type="checkbox"/> ☺		
8. Transportation	<input type="checkbox"/> ☺ appropriate behavior in vehicle <input type="checkbox"/> ☺ moves to work area from drop-off <input type="checkbox"/> ☺		
9. Flexibility	<input type="checkbox"/> ☺ adjusts to changes in assignments <input type="checkbox"/> ☺ able to learn new, related tasks <input type="checkbox"/> ☺		

Transition Planning Check List

INDEPENDENT LIVING

Life Skills

These are important so that you can live on your own.

- Cooking
- Cleaning
- Shopping
- Personal Hygiene
- Financial
- Safety

Transportation

Knowing how to find and use suitable transportation can help you be more independent.

- Independent
- Public
- Specialized

Self Advocacy

This information can help you have confidence if you need to ask for help.

- Rights & Responsibilities
- Understanding Your Disability
- Knowledge of Available Resources

Medical and Support Services

These services are available to help you learn to do a job successfully.

- Access to Health Services
- Counseling
- Personal Care Services
- Adaptive Equipment

Financial Management

Learning to take care of your finances is a very important part of being an adult.

- Managing a Bank Account
- Supplemental Security Income (SSI)
- Low Income Housing Options
- Insurance
- Guardianship, Wills & Trusts
- Payee

Checklist for Parents and Students

Check those areas that need to be addressed or identified.

Independent Living Skills	Assessment of the Student's Skills	Need Training	Need Support
1. Decision Making	_____ ☺ making decisions at school and home _____ ☺ appropriate relationships _____ ☺ who to ask for help		
2. Housing Opportunities	_____ ☺ can live independently _____ ☺ visit housing locations in your community _____ ☺		
3. Transportation	_____ ☺ special needs are addressed _____ ☺ will needs be met beyond high school? _____ ☺		
4. Daily Living Skills	_____ ☺ shopping, cooking, and cleaning _____ ☺ can take care of own personal hygiene _____ ☺		
5. Financial	_____ ☺ understand concept of money _____ ☺ applied for SSI and Medicaid _____ ☺		

Transition Planning Check List

COMMUNITY PARTICIPATION

Leisure/Recreation

Find out about opportunities for fun in your community.

θ Sports and Social Clubs

θ Community Programs

θ Specialized Recreation

θ Special Interest Clubs

θ Church Groups

Civic Responsibilities

Find out what you can do to improve the quality of life in your community.

θ Political Groups

θ Advocacy Groups

θ Civic/Neighborhood Groups

θ Volunteer Opportunities

The following statements reflect long-range COMMUNITY PARTICIPATION goals:

“He/She will.....”

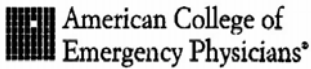
- Develop the necessary skills to live within the community and access the available resources.
- Develop the ability to utilize recreational/leisure resources in the community independently—or with support services.
- Develop the necessary skills and abilities to advocate for his/her own rights.

Checklist for Parents and Students

Check those areas that need to be addressed or identified.

Community Participation Skills	Assessment of Student's Skills	Need Training	Need Support
1. Communication	<p>_____ ☺ introduce self and carry a basic conversation</p> <p>_____ ☺ able to communicate own needs</p> <p>_____ ☺ able to self-advocate</p> <p>_____ ☺ assertiveness skills</p> <p>_____ ☺ who to ask for help</p>		
2. Community Resources	<p>_____ ☺ can access resources or request assistance</p> <p>_____ ☺ able to use telephone and phone book</p> <p>_____ ☺ able to get help if needed</p>		
3. Leisure / Recreation	<p>_____ ☺ utilize recreation / community resources</p> <p>_____ ☺ knows own interests /able to share with others</p> <p>_____ ☺ able to find others with similar interests</p> <p>_____ ☺ aware of volunteer / paid jobs in area of Interest</p>		
4. Transportation	<p>_____ ☺ able to drive</p> <p>_____ ☺ knows others who are willing to transport</p> <p>_____ ☺ utilize public or specialized transportation</p> <p>_____ ☺ able to advocate for transportation needs</p>		
5. Relationships	<p>_____ ☺ have friends who are not paid to be with them</p> <p>_____ ☺ makes own choices of who to spend time with</p> <p>_____ ☺ knows a positive relationship and can maintain</p> <p>_____ ☺ knows a variety of people</p> <p>_____ ☺ understands different types of relationships: stranger, co-worker, friend, family, boy/girl friend</p>		

Emergency Information Form for Children With Special Needs



American Academy of Pediatrics



Date form completed
By Whom

Revised

Initials

Revised

Initials

Name:		Birth date:	Nickname:
Home Address:		Home/Work Phone:	
Parent/Guardian:	Emergency Contact Names & Relationship		
Signature/Consent*:			
Primary Language:	Phone Number(s):		

Physicians:	
Primary care physician:	Emergency Phone:
	Fax:
Current Specialty physician: Specialty:	Emergency Phone:
	Fax:
Current Specialty physician: Specialty:	Emergency Phone:
	Fax:
Anticipated Primary ED:	Pharmacy:
Anticipated Tertiary Care Center:	

Diagnoses/Past Procedures/Physical Exam:	
1. _____	Baseline physical findings:
_____	_____
2. _____	_____
_____	_____
3. _____	Baseline vital signs:
_____	_____
4. _____	_____
_____	_____
Synopsis:	_____
_____	Baseline neurological status:
_____	_____

Diagnoses/Past Procedures/Physical Exam continued:

Last name:

Medications:	Significant baseline ancillary findings (lab, x-ray, ECG):
1.	
2.	
3.	
4.	Prostheses/Appliances/Advanced Tech Devices:
5.	
6.	

Management Data:
Allergies: Medications/Foods to be avoided and why:
1.
2.
3.
Procedures to be avoided and why:
1.
2.
3.

Immunizations (mm/yy)										
Dates						Dates				
DPT						Hep B				
OPV						Varicella				
MMR						TB status				
HIB						Other				

Antibiotic prophylaxis:	Indication:	Medication and dose:
Common Presenting Problems/Findings With Specific Suggested Managements		
Problem	Suggested Diagnostic Studies	Treatment Considerations

Comments on child, family, or other specific medical issues:
<small>© American College of Emergency Physicians and American Academy of Pediatrics. Permission to reprint granted with acknowledgement</small>
Physician/Provider Signature: _____ Print Name: _____

Areas of Planning

Questions that need to be asked and answered by the child / adult and family.

Living Arrangements

- Where do I see myself living after school?
- Do I want to live alone, with a roommate, in an apartment, home, dorm, or other setting?
- Who can I call to find out about the different types of housing and support options available?
- Because of housing shortages: What options are available?
- How can I become more independent?
- What types of assistive technology or supports are available to help me become more independent?

Financial – Income Needs

- What will my income be? Will I need to supplement it?
- What are the costs of living outside my parents / caregivers home?
- How will I develop and maintain a household budget?
- Will I need assistance managing my income?
- Have we identified and obtained legal assistance?
- If I live on a limited income, how will I pay for phone, electricity, cable etc.?

Medical Services and Issues

- What medical services do I need?
- What supports are available to help me with my medical needs?
- Have I chosen an adult primary physician?
- How will I pay for medical services I need?

Community Resources

- Who should I call to find out about opportunities that are available to me?
- Who do I call if I need an advocate?

Transportation Needs

- What kinds of transportation needs will I have?
- Do I know how to use the bus system?

Leisure – Recreation – Relationships

- What types of leisure activities are available in my community?
- What do I enjoy doing with my leisure time?

Advocacy

- What is advocacy, and can I do it myself?
- Who are the people in my life who can support me and advocate for me?

Legal Issues

- Guardianship and Estate Planning (Be sure to contact an attorney that has updated knowledge about the social security system and how to write your will concerning your child.)
- Do you have a Letter of Intent attached to your Will or Trust?

Personal Management

- Am I ready to be responsible for my own hygiene needs?
- Can I get myself up in the morning, catch the bus, and get to work on time?
- Can I manage my own household, keep it clean, do laundry, shop and cook for myself?

Personal – Family Issues

- Who will help me and advocate for me when my parents / caregivers die?
- What arrangements have been made financially?

Tips For Parents

Develop your parental support system

- Exchange childcare with friends.
- Join a group for parents.
- Reach out to extended family.
- Develop new friendships with people who have children both disabled or not.
- Look for role models for your children.

Decide what you can and what you can't do

- Realize that you have limitations.
- List your priorities.
- Let go of guilt.
- Ask for help.

Allow yourself to grieve

- What you are doing is hard. Let people know how hard it is.
- Talk to other parents about how hard it is for them.
- Recognize your sadness.
- Let yourself cry.

Take control

- Tell yourself that you can do it.
- Follow your own value system.
- Let others know that you know what you're doing.

Make your house into a home

- Decorate your house the way you want it.
- Invite people to dinner. Have an open house.
- Develop traditions.
- Laugh and have fun.

Transitions Resource Guide

*from
birth
to
adult*

TABLE OF CONTENTS

ADVOCACY	25
ASSISTIVE TECHNOLOGY	27
EDUCATION.....	29
Resources and supports	29
Whatcom Co. School Districts	31
Adult Education	32
EMPLOYMENT	33
FAMILY AND PARENT RESOURCES.....	35
Early Childhood	35
Resources and Supports	37
FINANCIAL.....	40
HEALTH CARE.....	41
Dental Support	41
Health Insurance	41
Medical Supports	43
Mental/Behavioral Health	45
HOUSING & LIVING	47
LEGAL	49
OLDER ADULT	50
RECREATION	51
TRANSPORTATION	54
INDEX.....	57



ADVOCACY

Americans with Disabilities (ADA) Act Hotline

☎ 1-800-949-4232

This service permits businesses, State and local governments, or others to call and ask questions about general or specific ADA requirements including questions about the ADA Standards for Accessible Design.

The Arc of Washington State

☎ 1-888-754-8798 (From within WA State only)

🌐 <http://www.arcwa.org/>

The Arc of Washington State's mission is to promote the education, health, self-sufficiency, self-advocacy, inclusion and choices of individuals with developmental disabilities and their families.

The Arc of Whatcom County

✉ 2602 McLeod Rd., Bellingham, WA 98225

☎ 360-715-0170

☎ 1-866-284-8444

🌐 <http://www.arcwhatcom.org/>

Provides Information, Referral, Parent Advocacy, assistance with systems navigation and self-determination services for individuals with developmental disabilities, their families and others.

End Harm

☎ 1-866-363-4276 V/TTY

Call this number if you suspect that a child or vulnerable adult is being abused or neglected.

PAVE (Parents Are Vital in Education)

☎ 1-800-572-7368 (1-800-5-PARENT) *Leave Message*

🌐 www.washingtonpave.com

PAVE, a non-profit organization exists to share information and resources with people whose lives are linked to children and adults with disabilities.

People First of Whatcom County

☎ 1-800-758-1123

The purpose of People First is to assist people of disability to realize and appreciate that we are people first and our disabilities are secondary and that we are equal citizens in our community.



ADVOCACY, cont.

SAIL – Self Advocates In Leadership

☎ 1-888-754-8798

🌐 <http://www.sailcoalition.org/>

SAIL Coalition strives to shape public policies that affect the lives of persons with developmental disabilities.

Disability Rights Washington (Formerly WPAS)

☎ 800-562-2702

TTY 800-957-0209

🌐 <http://www.disabilityrightswa.org/>

Disability Rights Washington's mission is to advance the dignity, equality, and self-determination of people with disabilities. We work to pursue justice on matters related to human and legal rights.

Washington State Developmental Disabilities Council

☎ 1-800-634-4473

🌐 <http://www.dcdwa.gov>

The Washington State Developmental Disabilities Council is appointed by the Governor to promote a comprehensive system of services, and serve as an advocate and a planning body for Washington State's citizens with developmental disabilities.

Washington State Representatives

☎ 1-800-562-6000

🌐 <http://www1.leg.wa.gov/legislature>

Contact your representatives to the Washington state legislature.

Whatcom County DD Advisory Board

☎ 360-676-6724 ext. 32014

For on-line application: 🌐 <http://www.whatcomcounty.us/boards/boards.jsp>

Advises the Whatcom County Health Dept on matters related to Developmental Disabilities.



Washington Assistive Technology Act Program

☎ (800-214-8731 Toll-Free Hotline or 866-866-0162 Toll-Free TTY

🌐 www.watap.org

Washington Assistive Technology Act Program—serves Washington residents of all ages with disabilities of all types, their families, employers and employment service providers, educators, health care and social service providers, and others seeking information about assistive technology (AT) and accessible information technology.

Alliance for Technologies Access

☎ 707-778-3011 or TTY 707-778-3015

🌐 www.ataccess.org

The Alliance for Technology Access (ATA) is a growing national and international network of technology resource centers, community-based organizations, agencies, individuals, and companies.

Department of Vocational Rehabilitation (DVR)

☎ 360-714-5000

☎ TTY(360-714-5002 Toll free 800-239-8285 Voice/TTY

🌐 <http://www1.dshs.wa.gov/dvr/>

Can provide information and supports to help adapt to the workplace.

Family Center on Technology and Disability

☎ 1-202-884-8068

🌐 www.fctdinfo

FCTD is a national center that offers free information resources on the subject of assistive technology to support organizations and programs that work with children and youth with disabilities.

Northwest Braille Services (NWBS)

☎ 360-714-1630 (Ferndale, WA)

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

NWBS provides Braille materials, education, and information to individuals, groups, and/or agencies.



ASSISTIVE TECHNOLOGY, cont.

Special Education Technology Center

☎ 509-963-3350

🌐 <http://www.cwu.edu/~setc/>

Provides Assistive Technology supports to schools in the state of Washington.

Speech to Speech

☎ 877-833-6341

🌐 <http://www.fcc.gov/cgb/dro/sts.html>

A free telephone assistance service for individuals who have difficulty being understood because of a speech impairment or disability. Specially trained staff will relay calls by repeating what is not understood.

Washington Talking Book and Braille Library

☎ 206-615-0400 or 800-542-0866 or (TTY) 206-615-0418

🌐 <http://www.wtbbl.org/>

Provides talking books and equipment. Large print books and Braille are also available.

Washington Relay Service

☎ (800) 572-7000 (Voice/TTY) (toll-free in Washington)

☎ 711 or 800-833-6384 (voice)

☎ 711 or (800-833-6388 (TTY

☎ 425-917-7827 (Voice/TTY)

☎ (877-833-6341 (STS)

🌐 <http://www.washingtonrelay.com/>

Washington Relay Service is a free service provided by the Washington State Office of the Deaf and Hard of Hearing (ODHH) ensuring equal communication access to the telephone service for people who are deaf, hard of hearing, deaf-blind and speech-disabled.

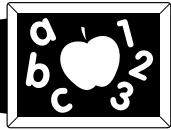
Washington Sensory Disabilities Services (WSDS)

☎ 1-800-572-7000 (Voice/TTY) or

☎ (425-917-7827 (Voice/TTY)

🌐 www.wsdsonline.org

Washington Sensory Disabilities Services (WSDS) assists children who are deaf or hard of hearing, blind or visually impaired, or deaf-blind, by providing training and other support to families and service providers.



EDUCATION

RESOURCES AND SUPPORTS

Adolescent Health Transition Project

☎ 206-543-7701

🌐 <http://depts.washington.edu/healthtr/>

The Adolescent Health Transition Project is designed to help smooth the transition from pediatric to adult health care for adolescents with special health care needs.

Autism Outreach Project

☎ 1-888-704-9633 or 360-299-4000

🌐 <http://www.esd189.org/autism/index.html>

The Autism Outreach Project provides information, dissemination of demographic data, referrals, and training on best practices in identification and program development for students with autism spectrum disorders to Washington families, schools, and agencies.

Center for Change in Transition Services

☎ 206-296-6494

🌐 <http://www.seattleu.edu/ccts/>

Provides technical assistance and training to school districts in exemplary transition practices for students with disabilities moving from school to adult life.

Children with Special Health Care Needs (CSHCN)

☎ 360-676-6762

🌐 http://www.co.whatcom.wa.us/health/children/special_needs.jsp

Information and resources for families of children with special health care needs.

Division of Developmental Disabilities

☎ 360-14-5000 or 800-239-8285

☎ TTY 360-714-5002


🌐 <http://www.dshs.wa.gov/ddd/>

Assists individuals with developmental disabilities and their families with obtaining services and supports. DDD serves individuals of ALL ages. For more information regarding eligibility and available services contact DDD.



Education, Supports and Resources, cont.


FEAT of Washington State (Families for Effective Treatment of Autism)

 **206-763-3373**

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

Dedicated to ensuring that all children and young adults with autism spectrum disorders have the opportunity to reach their full potential through effective behavioral intervention.

Northwest Educational Service District #189

 **360-299-4000**

 <http://www.esd189.org/home/>

Ensures equity in educational opportunities, provides technical assistance to local school districts, implements state rules and programs.

Office of Superintendent of Public Instruction

 **360-725-6075 (Special Education) TTY 360-664-3631**

 <http://www.k12.wa.us/SpecialEd/>

OSPI is the state agency overseeing public education in WA State. They can help answer questions and provide information about special education. Contact the Special Education Section at OSPI for special projects and services.

Special Education Ombudsman

 **360-725-6075**

 <http://www.k12.wa.us/SpecialEd/Ombudsman>

Helps parents resolve disagreements with school districts about special education services.

Special Education Mediation – Sound Options Mediation & Training Group

 **1-800-692-2540 or 800-833-6384, TTY 800-633-6388**

 **206-842-2298**

 <http://www.somtg.com>

Mediation between families of children 0-21 and school districts to help resolve Individual Family Service Plan (IFSP) or Individual Education Plan (IEP) impasses.



Whatcom County School Districts

Public School Special Education Services Administration For children ages 3-21

Bellingham School District # 501

Susan Thomas, Director, Special Services.

☎ 360-676-6400, ext. 6514 🌐 <http://www.bham.wednet.edu/>

Blaine School District # 503

Randy Elsbree, Director, Special Services.

☎ 360-332-0723 🌐 <http://www.blaine.wednet.edu/>

Ferndale School District # 502

Michael Berres, Director, Special Services.

☎ 360-383-9221 (Also provides services birth-3)

🌐 <http://www.ferndale.wednet.edu/>

Lummi Tribal School

Helen Feiger, Director, Special Services

☎ 360-758-4300

Lynden School District # 504

Steve Dahl, Director, Special Services.

☎ 360-354-2893 🌐 <http://www.lynden.wednet.edu/>

Meridian School District # 505

Fredrika Smith, Director, Special Services.

☎ 360-398-9898 🌐 <http://www.meridian.wednet.edu/>

Mt. Baker School District # 507

Ian Linterman, Director, Special Services.

☎ 360-383-2012 🌐 <http://www.mtbaker.wednet.edu/>

Nooksack Valley School District # 506

Cindy Stockwell, Director, Special Services.

☎ 360-988-4754 (Also Provides services birth-3)

🌐 <http://www.nv.k12.wa.us/>



Adult Education

Disability Support Services assists students with disabilities in acquiring appropriate accommodations and provide the means to be self-reliant during their college experience.

Bellingham Technical College (BTC)

Disability Support Services

✉ 3028 Lindbergh Ave., Bellingham, WA 98225

☎ **360-752-8450**

☎ **TTY 360-752-8515**

💻 dss@btc.ctc.edu

Whatcom Community College (WCC)

Disability Support Services

✉ 237 West Kellogg Road, Bellingham, WA 98226

Bill Culwell, DSS Director

☎ **360-383-3045**

💻 <http://www.whatcom.ctc.edu/>

Western Washington University (WWU)

Disabled Student Services

✉ 516 High Street Bellingham, WA 98225

☎ **360-650-3083**

☎ **TDD 360-650-3725**

💻 <http://www.wwu.edu/depts/drs/>



EMPLOYMENT

DSHS/Division of Vocational Rehabilitation (DVR)

✉ 4101 Meridian Street Bellingham, WA 98227-9706

☎ 360-714-4136 TTY/VCO users call WA Relay Service, 711

☎ TTY: 360-714-4009

🌐 <http://www1.dshs.wa.gov/dvr/contactus/bellingham.htm>

DVR offers short term services to help individuals find and keep work including vocational assessment, vocational counseling, job preparation, support services, job match/placement. Services are designed for persons with physical or mental impairment who are old enough to work.

Department of Services for the Blind (DSB) – Washington State

☎ 1-800-552-7103 ☎ TDD 20- 721-4056

🌐 <http://www.dsb.wa.gov/>

Eligibility includes the presence of a visual impairment and the reasonable expectation for employment after training.

Plan To Work

☎ 866-497-9443 ☎ TTY 1-877-846-0775

🌐 <http://www.plantowork.org/>

Statewide call center for Social Security benefit planning assistance. They can provide simple assistance over the phone to help plan how to work and still keep Medicaid eligibility.

Whatcom County Developmental Disabilities Program (Whatcom County Health Dept.)

☎ 360-676-6724 ext. 32014

🌐 http://www.co.whatcom.wa.us/health/human/develop_disabilities/

Individualized vocational services designed to support individuals 21 and older to achieve community employment. Services typically occur once Division of Vocational Rehab (DVR) services are complete.

A referral from DSHS/DDD case manager is required to receive these services. ☎ 360-714-5000

WorkSource

✉ 101 Prospect Street #10 Bellingham, WA 98225

☎ 360-676-1521 ☎ TTY: 360-800-833-6388

🌐 www.worksourcenorthwest.com

Job information and training. Workshops on how to look for work. Computers, fax, and copiers available to help look for work.

TRIBAL VOCATIONAL REHABILITATION

Lummi Vocational Rehabilitation Program

Edna Harper, Director

☎ **360-384-7120**

📧 <http://www.lummi-nsn.org>

Vocational rehabilitation service project for American Indians and Alaskan Natives with disabilities, who reside in Whatcom County, who are seeking employment.

North Intertribal Vocational Rehabilitation

Jana Finkbonner, Director

☎ **360-671-7626**

📧 hjanaf.nivrp@yahoo.com

Vocational rehabilitation service project for American Indians and Alaskan Natives with disabilities, who reside in Whatcom, Snohomish and Skagit County, who are seeking employment.

Samish Vocational Rehabilitation Program

Nancy Holland, Project Director

☎ **360-588-8200 ext. 00**

📧 hnholland@samishtribe.nsn.us

Vocational rehabilitation service project for American Indians and Alaskan Natives with disabilities, who reside in Whatcom, Skagit, Snohomish, Island and San Juan County, who are seeking employment.



Family and Parent Resources

EARLY CHILDHOOD

Children with Special Health Care Needs (CSHCN)

☎ 360-676-6762

🌐 http://www.co.whatcom.wa.us/health/children/special_needs.jsp

Information and Resources for children with special needs 0-21. Services include assessments and referrals for health care, evaluation of nutritional needs, counseling for personal or family concerns, and assistance in obtaining social services.

Early Childhood Opportunities Northwest

☎ 360-734-8396

🌐 http://www.opportunitycouncil.org/services_earlylearning.html

Provides comprehensive child development and family support services to income eligible families with children—prenatal to age 5.

🌐 www.opcco.org/education/econw.html

Infant Toddler Early Intervention Program (ITEIP) - The Opportunity Council

☎ 360-734-5121 Ext. 227 or toll free 800-649-5121 ext. 227

🌐 http://www.opcco.org/services_childcare.html

Services for children with developmental disabilities and delays, ages birth to three including: Information and access to screening, evaluations, therapies (motor, speech, behavioral) , parent/family training and education, parent toddler classes, and ongoing resource coordination provided.

Lummi Birth to Three/Lummi Head Start

☎ 360-384-2260

Lummi Birth to Three

Provides access to screening, evaluations, and motor, speech and behavioral therapies. Serves families of tribal descent with children from birth to three. Offers transportation for activities and community events at the Lummi Birth to Three/Head Start programs. Provides family support and help in coordinating services.



Family and Parent Resources Cont.

Lummi Head Start

Provides comprehensive child development and family support services. Provides access to screening, evaluations, and motor, speech and behavioral therapies to income eligible Native American families with children ages 3 to 5

☎ **360-384-2260**

Nooksack Headstart-Deming

☎ **360-592-0141**

Provides comprehensive child development and family support services, access to screening, evaluations, and motor, speech and behavioral therapies to income eligible Native American families with children ages 3 to 5.

Nooksack Valley Collaboration for Children and Families

☎ **360-988-4754**

🌐 <http://www.nv.k12.wa.us>

The primary purpose of the collaboration is to ensure access to quality early childhood services for families in the Nooksack Valley and ensure school readiness. The Center serves families with children ages 0-5 and includes adult education programs.

Whatcom Center For Early Learning

☎ **360-671-3660**

🌐 <http://www.wcel.net/>

Provides comprehensive, family centered early intervention services to children ages birth to three with special needs. Includes in-home therapy and instruction, play groups, parent support sessions, and family resource coordination.

Whatcom Interagency Coordinating Council (WICC) (Opportunity Council)

☎ **360-734-5121**

An advisory group of parents of young children, community agencies and advocates who share a common interest in young children with special needs.



Family and Parent Resources, cont.

RESOURCES AND SUPPORTS

Brigid Collins Family Support Center

☎ 360-734-4616

🌐 <http://www.brigidcollins.org>

Services for children and families that help them assess and address their needs and access community resources. Includes support groups and one-on-one supportive relationships. Programs for foster parents and children, Spanish speaking parents, pregnant and parenting families, and help for families impacted by child abuse and child sexual abuse. All services are free

Caregiver Support Group (St. Joseph's Hospital Adult Day Health)

☎ 360-788-6410

🌐 <http://www.peacehealth.org/whatcom/adultdayservices/.htm>

The group provides speakers relevant to care giving, as well as devoting time to support, encourage and get to know caregivers who are facing many of the same challenges.

Child Care Resource & Referral - The Opportunity Council

☎ 360-734-5121 Ext. 227

Toll Free: 800-649-5121 ext. 227

Provides individually assessed referrals to licensed child care homes and centers; subsidy information; and provider development, training and consultation.

Domestic Violence & Sexual Assault Services

☎ 360-671-5714

☎ 360-715-1563 (HOTLINE) 24 hours. Confidential

☎ -877-715-1563 (HOTLINE) 24 hours. Confidential

🌐 <http://www.dvsas.org/>

Services for individuals of all ages affected by domestic violence and sexual assault. Services include crisis intervention, shelter, medical and legal advocacy, support services and prevention, education and offenders treatment.



Family and Parent Resources, cont.

F.A.C.E.S. Northwest

☎ 360-647-5568

💻 facesnw@hotmail.com

Education and support for families with autistic children including a summer school program, Saturday day camp, and holiday activities.

Father's Network – Washington State

☎ 425-653-4286

💻 <http://www.fathersnetwork.org/>

Support network for fathers, male guardians, and men involved with children with special needs.

FEAT of Washington State

☎ 206-763-3373

💻 www.featwa.org

Families for Effective Autism Treatment. Dedicated to ensuring that all children with autism spectrum disorders have the opportunity to reach their full potential through effective behavioral intervention programs.

Hearing, Speech and Deafness Center (HSDC)

☎ 360-647-0910

Toll Free TTY: 1-866-647-8508

Videophone: (360-255-7166 Toll Free VTY: 1-866-647-0910

💻 <http://www.hsdc.org/>

Serves residents who are deaf, hard of hearing, or facing speech or learning challenges. Services include personal advocacy, including one-on-one counseling, peer counseling, assistive technology/accommodation assessment, education, training and outreach. HSDC Also has assistive equipment available for sale, rent or loan.

Northwest Youth Services (NWYS)

☎ 360-734-9862

Toll Free: ☎ 1-800-456-1022

☎ 360-676-1022 Safe Home Hotline (after hours)

💻 <http://www.northwestyouthservices.org/>

NWYS is a non-profit agency providing counseling, foster care, and other community based services for addressing the immediate and long term needs of at-risk children and youth, and serving as a resource for families in times of stress and transition.



Family and Parent Resources, cont.

Parent Coalition of Whatcom County

☎ (360) 715-0170 Toll Free: 866-284-8444

🌐 http://www.arcwhatcom.org/parent_coalition.html

The purpose of the coalition is to develop and raise community awareness about the issues and needs of persons with developmental disabilities and their families; developmental disability, including support from trained parent advocates.

Parent-to-Parent

☎ 360-255-2056

🌐 <http://www.arcwhatcom.org/p2p/index.html>

Information, resource, referral, and support for parents/caregivers of children with special needs. Hispanic outreach. Trained parent volunteers provide emotional support and information to families with similar concerns. Newsletter, support group meetings, and social events.



Developmental Disabilities Life Opportunities Trust

☎ 1-888-754-8798

🌐 http://www.arcwa.org/endowment_trust.htm

This program operates in care of The Arc of Washington State. A public-private partnership, the program helps families invest to ensure there will be funds available for job training, living arrangements and other supports when your child becomes an adult.

DSHS/Community Service Office

☎ 360-714-4000

Toll Free: ☎ 1-800-735-7040

☎ TTY 360-714-4024

DSHS provides assistance for adults and seniors, with temporary money assistance, food stamps, help paying for childcare, medical insurance, and other living supports.

Lifetime Advocacy Plus

☎ 206-367-8055

🌐 <http://www.laplus.org/>

Provides information, education, and workshops specific to all levels of guardianship, trusts and financial management.

Social Security Administration

☎ 1-800-772-1213

☎ 1-800-325-0778 TTY

🌐 <http://www.ssa.gov/>

Provides federal benefits under Social Security and Supplemental Security Income programs. Workers, their families, and children may be eligible for financial assistance.

www.ssa.gov

Whatcom Financial Services

☎ 360-671-1636

🌐 <http://www.orgsites.com/wa/wfs/>

Provides support with financial affairs including guardianship, housing, management of monthly benefits, (SSI, SSA), and protective payee services.



HEALTH CARE

DENTAL SUPPORT

Access to Baby and Child Dentistry (ABCD)(Whatcom County Health Dept.)

☎ 360-676-6762 EXT: 32022

🌐 http://www.co.whatcom.wa.us/health/oral_health/abcd_dental.jsp

Refers eligible children for preventive dental care. The program promotes enrollment by first birthday, positive early dental experiences, and parent education.

Interfaith Family Health Center

☎ 360-676-6177 (Bellingham)

☎ 360-52-7410 (Ferndale)

☎ 360-945-2580 (Point Roberts)

🌐 <http://www.interfaithchc.org/>

Provides affordable, primary medical, behavioral health and dental services.

Sea Mar Community Health Centers

☎ Bellingham 360-671-3225

☎ Everson 360-354-0766

🌐 <http://www.seamar.org/>

Sea Mar Community Health Center is an organization committed to providing health services to the public. Specializing in the Latino community.

HEALTH INSURANCE

Apple Health for Kids

☎ 1-877-543-7669

🌐 <http://www.hrsa.dshs.wa.gov/AppleHealth/index.shtml>

Streamlines application for multiple state medical assistance programs so that any child in a family that meets income eligibility will be covered.

Basic Health Plan of Washington State

☎ 1-800-660-9840

TTY: 1-888-923-5622

🌐 <http://www.basichealth.hca.wa.gov/>

Health insurance for low-income Washington residents under age 65.



Health Care, cont.

Healthy Options/Medicaid

☎ 1-800-562-3022 TTY: 1-800-848-5429

💻 <http://fortress.wa.gov/dshs/maa/HealthyOptions/>

Insurance based on family's income and resources. For children only.

Insurance Commissioner Consumer Advocacy Division

☎ 1-800-562-6900

💻 www.insurance.wa.gov

Call if you have questions, concerns or complaints about your health insurance.

Medicare/Medicaid Customer Service Unit

☎ 1-800-633-4227

💻 <http://www.medicare.gov/>

Medicaid clients can call about Medicaid and providers.

SHIBA Hotline:

☎ 1-800-562-6900 TDD: 360-586-0241

💻 <http://www.insurance.wa.gov/>

A statewide network of trained volunteers who help people of all ages with questions about health insurance, health care access, and prescription access.

Whatcom Health Care Alliance (WAHA)

☎ 360-788-6594


💻 <http://www.whatcomalliance.org/>

Services are available to anyone in Whatcom County who would like assistance finding insurance and healthcare.



MEDICAL SUPPORTS

Health Support Center (HSC)

 **360-733-6714**


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

Provides a listing of self-help support groups and advocacy groups in Whatcom County

Interfaith Family Health Center

 **360-676-6177 (Bellingham)**

 **360-52-7410 (Ferndale)**

 **360-945-2580 (Point Roberts)**

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

Provides affordable, primary medical, behavioral health and dental services.


Lummi Tribal Health Center

 **360-384-0464**

<http://www.lummi-nsn.org/>

Provides family practice, WIC, dental, women's health and mental health services to Native Americans who are registered members of a Federally recognized tribes or descendants of Native Americans who are registered members of a Federally recognized tribes.


Mt. Baker Family Medicine – Planned Parenthood

 **360-734-9095**

 <http://www.plannedparenthood.org/mbpp/>

Sliding fee scale. CHIP (Children's Health Insurance Program). Family planning, breast and cervical health for women with no health insurance and over age 40, free mammograms, vasectomies and funding for tubal ligation

Nooksack Tribal Clinic

 **360-966-2106**

 <http://nooksack-tribe.org/Clinic.htm>

Provides Family Practice Medicine, diabetes, WIC (open to the public), Women's Health Center, Foot Care (once a month) Pediatrics to Native Americans who are registered members of a Federally recognized tribe or descendants of Native Americans who are registered members of a Federally recognized tribe.



Health Care, cont.

Sea Mar Community Health Centers

☎ Bellingham 360-738-3016

☎ Everson 360-354-0766

🌐 <http://www.seamar.org/>

Sea Mar Community Health Center is an organization committed to providing health services to the public. Specializing in the Latino community.

Shared Care Plan

Free, internet based, easy to use personal health record that allows you to organize and store your health information in one place. Information can be shared with your health care team and can help track medications, allergies, diagnosis, health indicators and other information important to your care.

🌐 www.sharedcareplan.org

Whatcom County Health Department

🌐 <http://www.co.whatcom.wa.us/>

- Children With Special Health Care Needs
360-676-6762
Information resource and referral for children with special health care needs birth to 21.
- HIV Testing & Counseling, Prevention Education
360-676-4593
HIV testing and counseling for those who qualify. Needle Exchange Program
- Immunization Clinic
360-676-4593
Provides recommended immunizations for children and adults.

Parent and Child Health

☎ 360-676-6762

Pregnancy education and consultation, parenting support, premature infant care through home visits and community education.

WIC (Women, Infants and Children)

☎ 360-676-6762 Whatcom County Health Department

☎ 360-384-0464 Lummi Indian Health Clinic

☎ 360-966-2106 Nooksack Indian Health Clinic

☎ 360-788-7150 SeaMar Family Health Center

The special supplemental nutrition program for Women, Infants and Children (WIC) provides education and nutrition assistance to eligible families to promote optimal child growth and development.

MENTAL/BEHAVIORAL HEALTH

Alcohol/Drug 24-Hour Help Line

☎ 1-800-562-1240

🌐 <http://www.adhl.org/>

The Alcohol/Drug 24-Hour Help Line (ADHL) is a confidential, Washington Statewide telephone service providing assistance and guidance for people with alcohol and other drug-related problems.

Associated Provider Network Access Line -

☎ 1-888-693-7200

Call this number to schedule non-crisis appointment for mental health assessment and services. This is the central number for the following, publicly funded agencies.

- Catholic Community Services Northwest
☎ 360-676-2164
🌐 <http://www.ccsww.org/>
- Lake Whatcom Center
☎ 360-676-6000
🌐 <http://www.lwrtc.org/about.html>
- Whatcom Counseling and Psychiatric Clinic
☎ 360-676-2220 Toll Free: ☎ 888-11-0120
☎ 1-800-584-3578 – Care Crisis Line TTY: 1-425-339-3301
☎ 360-52-4542 First Appointment ☎ 1-888-693-7200 Medicaid
🌐 <http://www.whatcomcounseling.org/>

Care Crisis Response Services

☎ 1-800-584-3578

🌐 <http://www.voaww.org/>

Provides 24-hour crisis intervention counseling, suicide intervention, and access to mental health emergency services for individuals and families.

DSHS/Division of Developmental Disabilities (DDD)

☎ 360-714-5000

Toll Free 1-800-239-8285

☎ 360-714-5002 TTY

🌐 <http://www1.dshs.wa.gov/ddd/region3.shtml>

Case managers can assist individuals with developmental disabilities and their families to access behavioral mental health services.



Health Care, cont.

Mental Health Ombuds Service

North Sound Mental Health Administration

☎ 1-888-336-6164

☎ TTY 360-419-9008

☎ 1-800-684-3555

🌐 http://www.nsmha.org/Consumer_Services/Ombuds

Provides consumer-directed advocacy to consumers for publicly funded mental health services and anyone applying for mental health services in Island, San Juan, Skagit, Snohomish, and Whatcom Counties.

NAMI (National Alliance for the Mentally Ill) of Whatcom

☎ 360-671-4950

☎ 800-877-2649 Help Line

🌐 <http://www.healthsupportcenter.org/namiwhatcom/>

A volunteer, non-profit, self-help organization composed of families and friends of children or adults who have neurobiological brain disorders (mental illnesses).

SeaMar Behavioral Health

☎ 360-734-5458

☎ 1-800-584-3578 24 Hour Crisis Line

English and Spanish mental health counseling for adults and children;
Chemical dependence and substance abuse outpatient treatment for both
English- and Spanish-speaking clients

Washington State Tobacco Quit Line

☎ 1-800-784-8669

☎ TTY 1-877-777-6534

☎ 1-877-266-3863 Spanish

🌐 <http://www.quitline.org/>

Individual, in-depth counseling and support to quit smoking.



Bellingham – Whatcom County Housing Authority

☎ 360-676-6887 ☎ TTY(360) 527-4655
🌐 <http://www.bellinghamhousing.org/>

Provides quality, affordable housing for low and moderate income families, elderly households, and persons with disabilities

DSHS/Division of Developmental Disabilities (DDD)

☎ (360) 714-5000 ☎ 360-714-5002 TTY
☎ 1-800-239-8285
🌐 <http://www1.dshs.wa.gov/ddd/>

Contact your DDD Case Resource Manager for housing options. A variety of living alternatives are available for eligible individuals to live with others or by themselves.

Medicaid Personal Care (MPC) dollars may be available to support income eligible individuals who have unmet personal care needs either in the family home or in other residential settings.

Home Care Quality Authority (Washington State)

☎ 360-707-2368 Toll Free 1-800-970-5456
🌐 <http://www.hcqa.wa.gov>

The registry can match your in-home care needs with pre-qualified, pre-screened individuals.

The Opportunity Council

☎ 360-734-5121 Toll Free 800-649-5121
🌐 <http://www.opcco.org/>

Community Resource Center, community jobs, services for families and individuals in homeless and transitional living situations, and Maple Alley Inn Meal Program

▪ Energy Assistance
☎ 360 255-2192 or Toll free 888-586-7293

▪ Basic Food Program
☎ 360-734-5121 ext. 227



Housing and living, cont.

Whatcom Volunteer Center

360-734-3055

Toll Free 800-VOLUNTEER

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

Volunteer Chore Program:

The Whatcom Volunteer Center provides no-fee services to the elderly and adults with disabilities to help them remain independent in their own homes. Volunteers perform chores such as housekeeping, shopping, laundry, yard work, and minor household repairs and serves as a safety net for those who do not have other resources available to them.



Coordinated Legal Education Advice & Referral (CLEAR)

☎ 1- 888-201-1014 (under 60 years old)

☎ 1-888-387-7111 (over 60 years old)

☎ TTY 1-888-201-9737

🌐 http://www.nwjustice.org/about_njp/clear.html

CLEAR is Northwest Justice Project's toll-free telephone service for eligible low-income people to obtain free legal assistance with civil legal problems.

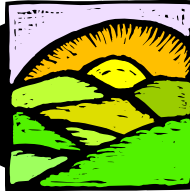
Washington Protection and Advocacy System

☎ 1-800-562-2702 (WA State) ☎ TTY 1 800-905-0209

🌐 <http://www.wpas-rights.org/>

Provides free advocacy services to people with disabilities.

***Note:** See the Arc of Whatcom County (page 25) for information about guardianships and resources of local attorneys.*



OLDER ADULT

Northwest Regional Council

☎ 360-676-6749 💻 <http://www.nwrcwa.org/>

Implements state and federal programs for people who are older or who have disabilities.

Senior Information & Assistance

☎ 360-738-2500

Provides information about the wide variety of programs and services available to people 60 and over as well as family and caregivers. Staff can also assist with applications and referrals to programs such as Meals-on-Wheels, Caregiver Support, Case Management, Adult Day Services, Mental Health, and Senior Legal Assistance.

Senior Wheels USA

☎ 1- 800- 246-6010 💻 <http://www.seniorwheelsusa.com/>

Free power wheelchairs available for anyone 65 and older, or with a permanent disability.

Whatcom County Council on Aging

☎ 360-733-4030 💻 <http://www.wccoa.org/>

- **Senior Community Services**

Integrated activities for seniors with developmental disabilities 62 and older. A referral from a DSHS/DDD case manager is necessary to receive these services. ☎ 360-714-5000

- **Senior Community Centers**

Provides seniors with nutritional, recreational and wellness activities to promote "Health Aging".

Bellingham Senior Center	360-676-1450
Blaine Senior Center	360-332-8040
Everson Senior Center	360-966-3144
Ferndale Senior Center	360-384-5113
Lynden Senior Center	360-354-4501
Point Roberts Senior Center	360-945-5424
Sumas Senior Center	360-988-2714
Welcome Senior Activity Ctr.	360-592-5430



Arne Hanna Aquatic Center

☎ 360-778-7665

🌐 <http://www.cob.org/services/recreation/aquatic/index.aspx>

Adaptive swim program.

Bellingham Parks and Recreation

☎ 360-778-7000

🌐 <http://www.cob.org/parks/>

Provides recreation programs and events for people with disabilities and provides assistance and support for inclusion in community recreation.

Big Brothers Big Sisters of Whatcom County

☎ 360-671-6400 Ferndale: 360-671-6400 ext. 114

🌐 www.bbbs-nw.org

Boys and Girls Clubs in Whatcom County

Provides integrated after school activities.

🌐 <http://www.whatcomclubs.org/>

▪ **Bellingham Boys and Girls Club**

. 1715 Kentucky Street, Bellingham, WA 98229

. 360-527-9777

▪ **Blaine Boys and Girls Club**

. 635 8th Street, Blaine, WA 98230

. 360-332-3008

▪ **Ferndale Boys and Girls Club**

. 2004 Cherry Street, Ferndale, WA 98248

. 360-384-0753

▪ **Lummi Island Boys and Girls Club**

. 2200 N. Nugent Road, Lummi Island, WA 98262

. 360-758-2828

▪ **Lynden Boys and Girls Club**

. 8800 Bender Rd., Lynden, WA 98264

. 360-354-9959



RECREATION, cont.

Disabled Sports USA Far West

☎ **916-722-6447 or 530-581-4161**

🌐 <http://www.dsusafw.org/>

Sports and recreational opportunities for people with disabilities. All age levels and abilities can participate. Based in California.

Marianne's House

☎ **360-756-5232**

🌐 <http://www.marianneshouse.org>

Day activity center for adults with developmental disabilities. Pre-enrollment required.

Max Higbee Community Recreation Center

☎ **360-733-1828 leave msg.**

🌐 <http://www.maxhigbee.org/index.html>

Provides community-based recreation programs for adults (14 years and older) with developmental disabilities

The National Center on Physical Activity and Disability

☎ **1-800-900-8086**

🌐 <http://www.ncpad.org/>

NCPAD is an information center concerned with physical activity and disability.

Northwest Therapeutic Riding Center

☎ **360-966-2124**

🌐 <http://www.nwtrc.org/>

Provides therapeutic horseback riding to people of all ages with a wide range of disabilities.

Special Olympics

☎ **1-800-752-7559 or 360-354-0384**

🌐 <http://www.specialolympics.org/> or www.sowa.org/WhatcomCounty/contact.htm

Free year-round training and competition for people 4 years and older for bowling, volleyball, basketball, track, soccer, tennis, softball, long distance running, and cycling. Adaptive aids are available to assist athletes in fully participating safely and successfully.



RECREATION, cont.

Summer Camps & Programs


 **866-987-2500, option 3** (to request a copy)

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


Free Summer Camp & Programs Directory for children with special health care needs who live in Washington State

Whatcom Family YMCA


 1256 North State Street, Bellingham, WA 98225


 **360-733-8630**

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

Provides childcare and integrated/nonintegrated activities for children and families.  <http://www.co.whatcom.wa.us/parks/recreation.jsp>


▪Ferndale YMCA

 5610 Barrett Road, Ferndale, WA (mail: 1256 N. State St., Bellingham, WA 98225)

 **360-380-4911**


▪Lynden YMCA

 100 Drayton Street , Lynden, WA 98264

 **360-354-5000**

Whatcom Volunteer Center

 725 N. State Street, Bellingham, WA 98225

 **360-734-3055 or 1-800-VOLUNTEER**

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

One-stop center linking people of all ages who want to contribute their talent and time to directly assist organizations in meeting community needs.



TRANSPORTATION

Cascade Specialized Transport

☎ 360-312-0911 ☎ 1-800-244-8642

Emergency and non-emergency ambulance and transportation.

City Cab Company

☎ 360-733-8294 (Bellingham) or 360-332-8294 (Whatcom County)

Toll Free 1-800-281-5430

🌐 <http://www.yellowcabinc.com/>

Accessible transportation.

Greyhound Bus Lines

☎ 360-733-5251 ☎ 1-800-752-4841, TTY 1-800-345-3109

🌐 <http://www.greyhound.com/>

Can provide assistance to disabled travelers. Call 48 hours in advance; explain the disability and the kind of assistance that would be needed.

Medical Assistance Transportation (Northwest Regional Council)

☎ 360-738-4554 Toll Free 1-800-860-6812

☎ TTY 360-676-6749 Toll Free 1-800-585-6749

🌐 <http://www.nwrcwa.org/transportation.html>

Provides transportation to DSHS-covered medical appointments.

Nelson Driving School

☎ 360-354-8777

🌐 <http://www.nelsondrivingschool.com/>

Assists individuals to obtain driving license.

Whatcom County Auditor's Office

☎ 360-676-6740 TTY 360-738-4555

🌐 <http://www.co.whatcom.wa.us/auditor/index.jsp>

Obtain disabled parking stickers, tags, or license plates.



TRANSPORTATION, cont.

Whatcom Transportation Authority (WTA)

☎ 360-676-RIDE (7433) ☎ TTY 360-676-6844

🌐 <http://www.ridewta.com/main.php>

Reduced fare cards to eligible persons for use on fixed route buses only. Fully accessible fixed route.

▪WTA Specialized Transportation

☎ 360-733-1144 ☎ TDY 360-676-6844

🌐 <http://www.ridewta.com/specialized/specialmain.shtml>

“Curb to Curb” wheelchair accessible transportation services around Whatcom County for people with developmental disabilities and seniors. Must be unable to use fixed route services due to disability and be pre-approved by WTA.

Service System Flow-Chart

Federal Laws (IDEA, ADA, Rehabilitation Act)
Funding, Programs and Policy Related to Disability

State \$, State Laws
through the WA
Legislature

Social Security Administration
*Medicaid, Supplemental Security
Income (SSI) incentives to work
while keeping Medicaid*

WA State Department of Social and Health Services (DSHS)

Call 1-800-772-1213 or talk with your DDD Case manager

Aging and Disability Services
Home and Community Services, Residential Care (Adult Family Homes, Boarding homes, Nursing Home) DDD

Division of Vocational Rehabilitation (DVR)
Short-term help in getting and keeping work, skill training

Health and Recovery Services
Mental Health, Substance Abuse

Economic Services Admin.
Emergency Services for families, Food Stamps, Medical assistance

Division of Developmental Disabilities (DDD)
• Case Resource Management
• Medicaid Personal Care (MPC) Eligibility
• Supported Living
• Family Support, Respite **(CALL 714-5000)**

Call 714-4136 a talk with your DDD Case manager

Talk with your DDD Case manager

Call 714-4000 or talk with your DDD Case manager

Whatcom County DD Program
• Long- term supports to maintain work
• Help in pursuing, identifying pathway to employment
• Retirement Services
Talk with your DDD Case Manager

INDEX

A

ABCD (Dental), 41
Access to Baby and Child Dentistry (ABCD), 41
Adolescent Health Transition Project, 29
Alcohol/Drug 24 Hour Help Line, 45
Alliance for Technologies Access, 27
Americans with Disabilities (ADA) Act Hotline, 25
Arne Hanna Aquatic Center, 51
Assistive Technologies, Inc., 27
Associated Provider Network Access Line, 45
Autism Outreach Project, 29

B

Basic Healthcare Plan of Washington State, 41
Bellingham – Whatcom County Housing Authority, 47
Bellingham Boys and Girls Club, 51
Bellingham Parks and Recreation, 51
Bellingham School District # 501, 31
Bellingham Technical College (BTC), 32
Big Brothers Big Sisters of Whatcom County, 51
Birth to Age 3 Infant Toddler Early Intervention Program, 35
Blaine Boys and Girls Club, 51
Blaine School District # 503, 31
Boys and Girls Clubs in Whatcom County, 51
Brigid Collins Family Support Center, 37

C

Care Crisis Response Services, 45
Caregiver Support Group, 37
Cascade Specialized Transport, 54
Catholic Community Services Northwest, 45
Center for Change in Transition Services, 29
Child Care Resource & Referral, 37
Children with Special Health Care Needs (CSHCN), 29, 35, 43
City Cab Company, 54
Coordinated Legal Education Advice & Referral (CLEAR), 49

D

Department of Vocational Rehabilitation, 27
Developmental Disabilities Life Opportunities Trust, 40
Developmental Disabilities Program – Whatcom County, 33
Disability Support Services, 32
Disabled Sports USA Far West, 52
Disability Rights Washington (Formerly WPAS), 26
Division of Developmental Disabilities, 29

Domestic Violence & Sexual Assault Services, 37
DSHS/Community Services Office, 40
DSHS/Division of Developmental Disabilities (DDD), 45, 47
DSHS/Division of Vocational Rehabilitation (DVR), 33

E

Early Childhood Opportunities Northwest (ECONW), 35
End Harm, 25

F

F.A.C.E.S. Northwest, 38
Father's Network – Washington State, 38
FEAT of Washington State, 30, 38
Ferndale Boys and Girls Club, 51
Ferndale School District # 502, 31
Ferndale YMCA, 53

G

Greyhound Bus Lines, 54

H

Health Support Center (HSC), 42
Healthy Options/Medicaid, 42
Hearing Speech and Deafness Center, 38
Home Care Quality Authority, 47
HIV Counseling & Testing, Prevention Education, 43

I

Immunization Clinic, 43
Infant Toddler Early Intervention Program (ITEIP), 35
Insurance Commissioner Consumer Advocacy Division, 42
Interfaith Family Health Center, 41, 42

L

Lake Whatcom Center, 45
Lifetime Advocacy Plus, 40
Lummi Birth to Three, 35
Lummi Birth to Three/Lummi Head Start, 35, 36
Lummi Head Start, 36
Lummi Island Boys and Girls Club, 51
Lummi Tribal Health Center, 43
Lummi Tribal School, 31
Lummi Vocational Rehabilitation Program, 34
Lynden Boys and Girls Club, 51
Lynden School District # 504, 31
Lynden YMCA, 53

M

Marianne's House, 52
Maternal and Child Health, 44
Max Higbee Community Recreation Center, 52
Medical Assistance Transportation, 54
Medicare/Medicaid Customer Service Unit, 42
Mental Health Ombuds Service, 46
Meridian School District # 505, 31
Mt. Baker Family Medicine, 43
Mt. Baker School District # 507, 31

N

NAMI (National Alliance for the Mentally Ill) of Whatcom County, 46
Nelson Driving School, 54
Nooksack Headstart-Deming, 36
Nooksack Tribal Clinic, 43
Nooksack Valley Collaboration for Children and Families, 36
Nooksack Valley School District # 506, 31
North Intertribal Vocational Rehabilitation, 34
North Sound Mental Health Administration, 46
Northwest Braille Services, 27
Northwest Educational Service District #189, 30
Northwest Regional Council, 50
Northwest Therapeutic Riding Center, 52
Northwest Youth Services (NWYS), 38

O

Office of Superintendent of Public Instruction (OSPI), 30

P

Parent and Child Health, 44
Parent Coalition of Whatcom County, 39
Parent-to-Parent, 39
PAVE (Parents Are Vital in Education), 25
People First of Whatcom County, 25
Plan to Work, 33
Planned Parenthood, 43
Public School Special Education Services, 31

S

Safe Home Hotline, 38
SAIL – Self Advocates In Leadership, 26
Samish Vocational Rehabilitation Program, 34
Sea Mar Community Health Centers, 41, 43
Seamar Behavioral Health, 46
Senior Community Centers, 50
Senior Community Services, 50
Senior Information & Assistance, 50

Senior Wheels USA, 50
Shared Care Plan, 44
SHIBA Hotline, 42
Social Security Administration, 40
Special Education Mediation, 30
Special Education Ombudsman, 30
Special Education Technology Center, 27
Special Olympics, 52
Speech to Speech, 28
Summer Camps & Programs, 53

T

The Arc of Washington State, 25
The Arc of Whatcom County, 25
The National Center on Physical Activity and Disability, 52
The Opportunity Council, 35, 36, 47

W

Washington Assistive Technology Act Program, 27
Washington Protection and Advocacy System, 49
Washington Relay Service, 28
Washington Sensory Disabilities Services (WSDS), 28
Washington State Developmental Disabilities Council, 26
Washington State Father's Network, 38
Washington State Home Care Quality Authority, 47
Washington State Representatives, 26
Washington State Services for the Blind, 33
Washington State Tobacco Quit Line, 45
Washington Talking Book and Braille Library, 28
Western Washington University, 32
Whatcom Center For Early Learning, 36
Whatcom Community College, 32
Whatcom Counseling and Psychiatric Clinic, 45
Whatcom County Auditor's Office, 54
Whatcom County Council on Aging, 50
Whatcom County DD Advisory Board, 26
Whatcom County Developmental Disabilities Program, 33
Whatcom County Health Department, 33, 43, 44
Whatcom Family YMCA, 53
Whatcom Financial Services, 40
Whatcom Health Care Alliance (WAHA), 42
Whatcom Interagency Coordinating Council (WICC), 36
Whatcom Transportation Authority (WTA), 55
Whatcom Volunteer Center, 48, 53
WIC (Women, Infants and Children), 44
WorkSource, 33
WTA Specialized Transportation, 55

