

# Jefferson County DD Resource Guide



**Jefferson County Public Health  
Developmental Disabilities Program**

**2009-2010**

This guide will help you find services in Jefferson County and surrounding areas for people with developmental disabilities and their families. Please submit corrections or changes to Jefferson County Public Health, Developmental Disabilities Program, at 360-385-9410.

**If you are looking for a specific resource for individuals or families with special needs, which is not listed in this directory, please call the following numbers. They may be able to assist you.**

**Developmental Disabilities Program, Jefferson County Public Health  
Anna McEnery, DD County Coordinator- [amcenery@co.jefferson.wa.us](mailto:amcenery@co.jefferson.wa.us)  
360-385-9410**

**Division of Developmental Disabilities (DDD)  
*DDD Intake/Eligibility*-1-800-339-8227 or 1-360-725-4252**

**Greg Endler-DDD Supervisor-Jefferson/Clallam County [EndleGC@dshs.wa.gov](mailto:EndleGC@dshs.wa.gov)  
1-800-339-8227 or 360-725-4280 (Olympia)**

**Tobias Clawson, DDD Out Station Case Manager [clawsts@dshs.wa.gov](mailto:clawsts@dshs.wa.gov)  
360-379-4322 (Port Townsend)  
1-877-601-2760 (Port Angeles)**

**Callie Happe, DDD Case Manager [happecs@dshs.wa.gov](mailto:happecs@dshs.wa.gov)  
360-565-2703 (Direct Line in Port Angeles)  
1-877-601-2760 (Port Angeles)**

**Lori Kimzey, DDD Case Manager [kimzelm@dshs.wa.gov](mailto:kimzelm@dshs.wa.gov)  
360-565-2703-(Direct Line in Port Angeles)  
1-877-601-2760 (Port Angeles)**

**Division of Vocational Rehabilitation (DVR) [WehrllM@dshs.wa.gov](mailto:WehrllM@dshs.wa.gov)  
Iris Wehrle, Vocational Counselor  
360-379-4327**

**Parent Coalition/Parent-to-Parent Coordinator [dematteo@olympen.com](mailto:dematteo@olympen.com)  
Jenell DeMatteo 360-379-8934**

**People First (Advisor) [lab.1952@hotmail.com](mailto:lab.1952@hotmail.com)  
Leslie Bunton 360-379-7414**

**Many of these resources are also available at the Jefferson County Real Choices Project website: <http://www.jcchoices.org>**

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## **LIST OF TOLL-FREE NUMBERS**

Aging & Adult Services

1-800-422-3263

Attorney General (Consumer Protection) 1-800-551-4636

Center for Disease Control

1-800-311-3435

Children's Services (DSHS)

1-800-562-5624

Civil Rights Hotline

1-800-368-1019

Constituent Services (DSHS)

1-800-737-0617

Consumer Advocacy & Outreach

1-800-562-6900

Crisis Line

1-800-576-7764

Deaf Telecommunication (TDD/TTY)

1-800-635-9993

Disability Insurance Benefits

1-800-562-6074

Doctor's Physician Referral

1-800-622-9933

EEOC Branch Office Information

1-800-669-4000

Emergency Services (24 hours)

1-800-258-5990

Family Help Line/Parents Anonymous

1-800-932-4673

Family & Children's Ombudsman

1-800-571-7321

Health Plan, Basic

1-800-826-2444

Hospital/Home Health Care Agency

1-800-633-6828

Complaint Line

Housing, Section 8

1-800-562-0336

## **LIST OF TOLL-FREE NUMBERS**

Housing & Urban Development (HUD)

1-800-669-9777

Insurance Claims (Consumer Protection)

1-800-562-6900

Legislative Hotline

1-800-562-6000

Long-Term Care Ombudsman

1-800-562-6028

Medicaid Information

1-800-562-3022

Medicare Information

1-800-444-4606

Medicare Complaint Hotline

1-800-638-6833

Mental Health Crisis Line (24 hours)

1-800-576-7764

Nursing Home Complaints

1-800-562-6078

Nursing Home Information

1-800-562-6028

Para Transit (Medicaid)

1-800-925-5438

Protection & Advocacy System (Disability Rights Washington)

1-800-562-2702

Residential Care Services (DSHS)

1-800-562-6078

Senior Citizen Service's

1-800-442-7861

Social Security

1-800-772-1213

Washington PAVE

1-800-572-7368

Washington Protection & Advocacy

(Disability Rights Washington)

1-800-562-2702

WIC (Women/Infant/Child) Services-1-800-841-1410

## ACRONYMS

AAA	Area Agency on Aging
AASA	Aging and Adult Services Administration
ADA	Americans with Disabilities Act
ADD	Attention Deficit Disorder
ADHD	Attention Deficit Hyperactivity Disorder
AFH	Adult Family Home
ALTC	Aging and Long Term Care
ASHA	American Speech & Hearing Association
BD	Behavioral Disability
CAP	Community Alternatives Program
CCF	Congregate Care Facility
CD	Communication Disorder
CDC	Child Development Center
CDS	Communication Disorder Specialist
CN	Categorically Needy
CO	County
COLA	Cost of Living Adjustment
COPEs	Community Options Program Entry Services
CP	Cerebral Palsy
CPS	Child Protective Services
CRS	Children's Rehabilitation Services
DASA	Division of Alcohol and Substance Abuse
DCFS	Division of Children and Family Services
DCS	Division of Child Support
DCTED	Department of Community Trade & Economic Development
DD	Developmentally Delayed or Developmental Disability
DDD	Division of Developmental Disabilities
DDDS	Division of Disability Determination Services
DHR	Department of Human Resources
DMH	Department of Mental Health
DOC	Department of Corrections
DOE	Department of Education
DOH	Department of Health
DSHS	Department of Social and Health Services
DSM	Diagnostic and Statistical Manual of Mental Disorders
DVR	Division of Vocational Rehabilitation
EEG	Electroencephalogram
EEO	Equal Employment Opportunity
EHA	Education of the Handicapped Act
EMR	Educable Mentally Retarded
ETP	Exception to Policy
ETR	Exception to Rule
FAPE	Free Appropriate Public Education
FAS	Fetal Alcohol Syndrome
FAE	Fetal Alcohol Effect
FERPA	Family Educational Rights & Privacy Act (Buckley Amendment)
FY	Fiscal Year
GA	General Assistance
GA-H	General Assistance--Children with a Legal Guardian
GA-U	General Assistance--Unemployable

HB	House Bill
HCFA	Health Care Financing Administration
HCS	Home and Community Services
HI	Hearing Impaired or Health Impaired
HUD	(U.S. Department of) Housing and Urban Development
I&R	Information & Referral
ICF	Intermediate Care Facility
IDEA	Individuals with Disabilities Education Act
IEP	Individual Education Plan
IFSP	Individual Family Service Plan
IMR	Institution for the Mentally Retarded
IPP	Individual Program Plan
IRWE	Income Related Work Expense
ITA	Involuntary Treatment Act
ITP	Individual Transition Plan
IQ	Intelligence Quotient
IWRP	Individualized Written Rehabilitation Plan
JTPA	Job Training Partnership Act
LD	Learning Disability
LEA	Local Education Agency
LLD	Learning Language Disability
LRE	Least Restrictive Environment
LTC	Long Term Care
MAA	Medical Assistance Administration
MD	Muscular Dystrophy
MDT	Multidisciplinary Team
MEDS	Medical Eligibility Determination Services
MH	Multiple Handicaps
MH/RSN	Mental Health/Regional Support Network
MMR	Mildly Mentally Retarded
MN	Medically Needy
MR	Mentally Retarded
MS	Multiple Sclerosis
MS	Mail Stop
NF	Nursing Facility
NH	Nursing Home
NSA	Necessary Supplemental Accommodation
OAAA (03A)	Olympic Area Agency on Aging
OCR	Office of Civil Rights
OEO	Office for Equal Opportunity
OJT	On-the-Job Training
OSERS	Office of Special Education and Rehabilitative Services
OCSHCN	Office of Children with Special Health Care Needs
OSPI	Office of the Superintendent of Public Instruction
OT	Occupational Therapy/Therapist
P&A	Protection & Advocacy
PAC	Parent Advisory Council
PASS	Plan for Achieving Self-Support
PAVE	Parents are Vital in Education
PCP	Primary Care Provider
PPP	People for Positive Parenting
PT	Physical Therapy/Therapist

PTI	Parent Training Information Center
QA	Quality Assurance
RA	Regional Administrator
RCW	Revised Code of Washington
RHC	Residential Habilitation Center
RRC	Regional Resource Center
RSA	Rehabilitation Service Administration
RSN	Regional Support Network
SAFE	Schools Are for Everyone
SB	Senate Bill
SCIA	Special Children's Intervention Agency
SEA	State Education Agency
SED	Special Education Division
SELPA	Special Education Local Planning Area
SEPAC	Special Education Parent Advisory Council
SGA	Substantial Gainful Activity
SH	Severely Handicapped
SKIP	Sick Kids Need Involved Parents
SLD	Specific Learning Disability
SOLA	State Operated Living Alternative
SSA	Social Security Administration
SSDI	Social Security Disability Income
SSI	Supplemental Security Income
SSN	Social Security Number
STOMP	Specialized Training of Military Parents
TANF	Temporary Assistance for Needy Families
TDD	Telecommunication Device for the Deaf
TMR	Trainable Mentally Retarded
TTY	Teletype (Telephone for the deaf)
UCP	United Cerebral Palsy
USD	Unified School District
VI	Visually Impaired
VRS	Vocational Rehabilitation Services
VSA	Very Special Arts
WAC	Washington Administrative Code
WACLD	Washington Association for Children and Adults with Learning Disabilities
WAEHI	Washington Association for the Education of the Hearing-Impaired
WAAP	Working Age Adult Policy
WAEVI	Washington Association for the Education of the Visually Impaired
WATA	Washington Assistive Technology Alliance
WIC	Women, Infants and Children

## FREQUENTLY REQUESTED AGENCY NUMBERS

Office on the ADA/Civil Rights Division  
202-514-0301

Equal Employment Opportunity Commission  
202-663-4900

Department of Transportation  
202-366-9305

Architectural & Transportation Barriers  
Compliance Board  
800-872-2253

American Civil Liberties Union (ACLU)--WA  
206-624-2180

Northwest AIDS Foundation  
206-329-6923

Legal Self-Help Plus  
206-624-4772

Community Relations Services (Dept of Justice)  
206-220-6700

Consumer Protection Agency  
206-464-6684

Civil Rights Education--WA  
206-220-7900

Civil Rights and Compliance  
206-296-7592

Civil Rights Division of DOT  
202-366-4754

Civil Rights Division, Dept. of Justice  
202-514-2000

Civil Rights Division, Dept. of Labor  
415-975-4060

Contract Compliance Programs (OFCCP)  
206-553-4508

U.S. Civil Rights Commission  
202-376-8177

COBRA/Retirement/IRA  
206-553-4244

## **FREQUENTLY REQUESTED AGENCY NUMBERS**

Equal Employment Opportunity Commission--WA  
206-220-6883

Columbia Legal Services  
206-464-5911

Fair Housing Administration--WA  
206-220-5170

Federal Information Center  
800-688-9889

WA State Human Rights Commission--Seattle  
206-464-6500

WA State Insurance Commissioner  
206-296-4755

WA Insurance Commissioner Consumer Advocacy  
800-562-6900

Dept. of Labor, Wage & Hour Division  
206-553-4482

WA State Dept. of Labor & Industries  
206-281-5400

Within Reach (was Healthy Mothers/Healthy Babies)  
800-311-2229

Spanish language number  
800-504-7081

WA State Employment Standards  
206-281-5505

Olympic Community Action Program (OLYCAP)  
360-385-2571-Port Townsend

800-464-2571-Port Angeles

Social Security (SSI)  
800-772-1213

Parent to Parent (statewide)  
800-821-5927

# ADVOCACY/FAMILY SUPPORT

## Jefferson County

### THE ARC OF KITSAP/JEFFERSON COUNTY

[www.arckj.org](http://www.arckj.org) 360-765-3352

Services for people with developmental disabilities, including residential payee program, short-term counseling, and Parent-to-Parent program

### PARENT TO PARENT PROGRAM

Jenell DeMatteo, Coordinator- 360-379-8934

PO Box 84 Chimacum, WA 98325

Parent-to-Parent is a program offered by The Arc of Jefferson County to provide emotional support and information about resources in our community for parents with loved ones with a developmental disability or a special health care needs. Monthly meetings and workshops offered on a variety of subjects for parents of all ages.

### BRIDGES TO PARENT VOICE

Linda Stewart (Port Townsend office) 360-379-0183

Parent and family advocacy program, support groups, education and mentoring parents

### JEFFERSON COUNTY PEOPLE FIRST

Persons with developmental disabilities participate in self-advocacy activities

Leslie Bunton, Contact Person for the Group w/Older Adults 360-301-4447

Jenell DeMatteo, Contact Person for the New Group w/Younger Adults 360-379-8934

State People First Office 1-800-758-1123

### SPECIAL NEEDS ADVOCACY PARENTS (SNAP)

Office: Sequim Community School, 220 West Alder

Mail: PO Box 308, Sequim, WA 98382

360-681-8642

[snap@orca.esd114.wednet.edu](mailto:snap@orca.esd114.wednet.edu)

Non-profit organization of parents, professionals and community members working together for people with developmental disabilities. Parent and family support, community resources, and disability information. Meetings are the 4th Wednesday, 6:00 pm Support meetings are the 3rd Wednesday, 6:00 pm.

## **ADVOCACY/FAMILY SUPPORT**

### **Surrounding Areas**

#### **THE ARC OF KITSAP/ JEFFERSON COUNTY**

3243 North Perry Avenue, Bremerton, WA 98310

[www.arckj.org](http://www.arckj.org) 360-377-3479

Services for people with developmental disabilities, including residential payee program, short-term counseling, guardianship assistance, advocacy, Parent to Parent program, and social and recreational activities, Day Camp at Camp Winters in Quilcene, WA

#### **THE ARC OF WASHINGTON STATE**

2600 Martin Way East, Suite B, Olympia, WA 98506

[www.arcwa.org](http://www.arcwa.org) 1-888-754-8798

Advocacy and services for people with developmental disabilities and their families, Parent to Parent program, and Life Opportunities Trust (formerly DD Endowment)

#### **DSHS, DIVISION OF MENTAL HEALTH OMBUDS SERVICE**

PO Box 45320, Olympia, WA 98504-5320

360-902-8070 800-446-0259 TTY 360-902-8070

Referral source for consumer advocacy and mental health resources; can provide referral to regional mental health Ombuds Services. Services will investigate complaints and assist in facilitating solutions and, if necessary, assist with formal grievance procedure.

#### **EASTER SEALS OF WASHINGTON**

157 Roy St., Seattle, WA 98109

206-281-5700 voice/TTY 800-678-5708 [www.easter-seals.org](http://www.easter-seals.org)

Easter Seals Society works with children, adults and families to support living with equality, dignity and independence. They have some resources to provide employment and transition programs, year-round camping and respite programs (see the Recreation section of this guide).

#### **FAMILY VOICES OF WASHINGTON**

[www.familyvoices.org](http://www.familyvoices.org) 360-866-8254

[judierich@olywa.net](mailto:judierich@olywa.net)

Part of a national coalition of family members speaking for children with special healthcare needs. Provides information to families on local healthcare policy.

#### **FETAL ALCOHOL SYNDROME FAMILY RESOURCE INSTITUTE**

PO Box 2525, Lynnwood, WA 98036

800-999-3429

A grassroots partnership of parents and professionals working together to support families raising individuals disabled by prenatal alcohol exposure. Referral, printed information, family support, workshops and advocacy.

#### **FREE APPROPRIATE EDUCATION & ADVOCACY (FAPE)**

Provides Individual Education Plan (IEP) assistance to parents, advocates and educators.

[www.fapesolutions.com](http://www.fapesolutions.com)

#### **MARCH OF DIMES BIRTH DEFECTS FOUNDATION**

1904 Third Ave., Suite 230, Seattle, WA 98101

800-291-3463 [www.modimes-wa.org](http://www.modimes-wa.org)

Provides public and professional education materials and programs, worksite prenatal health programs, legislative advocacy, grants to organizations and agencies to develop programs, and information and referral.

## **OFFICE OF THE DEAF AND HARD OF HEARING**

PO Box 45300, Olympia, WA 98504-5300

800-422-7930 TTY 800-422-7941 FAX 360-902-0855

A comprehensive information and referral system for deaf and hard of hearing people around the state.

## **PARENT CONSULTING SERVICE**

PO Box 18765, Seattle, WA 98118

[STEVENE@onebox.com](mailto:STEVENE@onebox.com)

Provides a full line of services related to special education and behavior issues in public schools, including IEP development, information/resource referrals, advocate services, mental health resources, parent and student rights issues, training and support groups, cultural competency training.

## **PARENT TO PARENT SUPPORT PROGRAM (Statewide)**

Susan Atkins, State Coordinator 1-800-821-5927

4738 172nd St., Bellevue, WA 98006

Free, non-profit network of 25 community programs serving 37 counties in the state. Programs provide emotional support and information to families of children with special needs and/or disabilities.

## **PEOPLE FIRST OF WASHINGTON**

Donna Lowary, State Coordinator

P.O. Box 648, Clarkston, WA 99403

[www.peoplefirstofwashington.com](http://www.peoplefirstofwashington.com) 1-800-758-1123

Nonprofit advocacy organization made up of people with developmental disabilities learning advocacy skills

## **SELF ADVOCATES OF WASHINGTON (SAW)**

PO Box 825, Tacoma, WA 98401 253-565-3091

Organization of adults with developmental disabilities (in Kitsap or Pierce County only) who are speaking up for themselves while learning to exercise their rights and responsibilities of full citizenship. SAW is a support group where people with disabilities learn, practice, and implement self-advocacy skills with their own lives and with other people who live in the community.

## **SPECIAL EDUCATION MEDIATION**

Mediation between families of children 0-21 and School Districts to help resolve IFSP or IEP impasses. Sound Option Group 1-800-692-2540

## **WASHINGTON ASSISTIVE TECHNOLOGY ALLIANCE**

UW WATA, Box 357920, Seattle, WA 98195

206-685-4181 TTY 800-841-8345

[uwat@u.washington.edu](mailto:uwat@u.washington.edu) [www.wata.org](http://www.wata.org)

A consumer advocacy alliance that includes the Assistive Technology Resource Centers at the Univ. of Washington in Seattle and Easter Seal Society in Spokane and the Washington Protection and Advocacy System. Information, consultation and training on selection of AT devices, services and funding; legal advice/advocacy, policy development, legislative action, technical consultation/training, publications, and online resources.

**LIFE OPPORTUNITIES TRUST** (formerly Developmental Disabilities Endowment Fund)

The Arc of Washington State  
Patti Bell, Trust Director  
2600 Martin Way E., Suite D, Olympia, WA 98506  
888-754-8798

A public and private partnership established to create a stable resource to enhance the quality of life for citizens with developmental disabilities. The state will pay up to \$7,750 in matching funds by providing a 25% match.

**WASHINGTON PAVE**

6316 S. 12th St., Tacoma WA 98465  
253-565-2266 800-572-7368 FAX 253-566-8052  
[wapave9@washingtonpave.com](mailto:wapave9@washingtonpave.com) [www.washingtonpave.org](http://www.washingtonpave.org)

A parent-directed, non-profit organization existing to provide educational advocacy, information, training, support and referral for people whose lives are linked to children and adults with disabilities.

**DISABILITY RIGHTS WASHINGTON (formerly Washington Protection & Advocacy)**

315 - 5th Avenue South, Suite 850, Seattle, WA 98104  
1-800-562-2702 / TTY 1-800-905-0209

[www.disabilityrightswa.org](http://www.disabilityrightswa.org)

Protection and advocacy for the civil rights of individuals with disabilities and/or mental illness. Attorney services, training, publication library, and interpreter services available.

**WASHINGTON STATE FATHERS NETWORK**

c/o James May, Kindering Center, 16120 NE Eighth St., Bellevue, WA 98008  
425-747-4004, ext 218 [jmay@fathersnetwork.org](mailto:jmay@fathersnetwork.org) [www.fathersnetwork.org](http://www.fathersnetwork.org)  
Advocates for fathers/ families of children with special needs.

**WA STATE OFFICE OF THE FAMILY AND CHILDREN OMBUDSMAN**

6720 Fort Dent Way, Suite 240, Tukwila, WA 98188  
206-439-3870 800-571-7321 FAX 206-439-3877  
[www.governor.wa.gov/ofco](http://www.governor.wa.gov/ofco)

The Office of the Family and Children's Ombudsman (OFCO) is an independent voice for families and children who are under state supervision due to allegations or findings of child abuse or neglect. OFCO may also monitor the health and safety of children who are in state custody (CPS, DSHS, and the foster care system). If you believe that the Department of social and Health Services has not responded adequately to a credible report of suspected child abuse or neglect, or if you believe that a state-supervised family or child, or a child in state custody, is at risk of harm due to the failure of DSHS or another government agency to respond to a complaint, OFCO can help. All information received is totally confidential.

**WASHINGTON STATE LONG-TERM CARE OMBUDSMAN**

800-562-6028 [www.skcmssc.com](http://www.skcmssc.com) Local: Council on Aging 360-385-2522

The Long-Term Care Ombudsman is a program designed to improve the quality of life for people who live in long-term care facilities, including nursing homes, boarding homes, adult family homes and state operated veteran's homes. The Ombudsman advocates for the rights of residents in long-term care facilities; receives, investigates and attempts to resolve complaints and concerns about the quality of life in long-term facilities; monitors laws, regulations and policies which affect those who live in long-term facilities; and promotes the development of consumer organizations concerned about long-term care.

## National

### **TASH**

1025 Vermont Ave., Floor 7, Washington, DC 20005

[www.tash.org](http://www.tash.org) 202-263-5600

TASH is an international association of people with disabilities, their family members, other advocates and professionals advocating for a society in which inclusion of all people in all aspects of society is the norm. Check web site for more information.

### **AMERICAN COUNCIL OF THE BLIND**

1155 15th St. NW, Suite 1004, Washington, DC 20005

202-467-5081 800-424-8666 FAX 202-467-5085 [www.acb.org](http://www.acb.org)

Advocates for educational opportunities, health care services, SSI benefits, vocational training for the blind. Also provides an information service, scholarships, legal assistance, crisis support, free monthly Braille magazine (large print or cassette), and referrals to education, rehabilitation, jobs, recreation and adaptive aids services.

## **CHILDREN'S SERVICES**

Also see "Education Services," "Recreation," and other sections in this guide.

*Births to 3 listings are listed under "Education."*

## **Jefferson County**

### **CHILDREN AND FAMILY SERVICES (DSHS)**

915 Sheridan St., Port Townsend, WA 98368

360-379-4330

Child Protective Services, Child Welfare Services, Department of Licensing for Family Childcare Centers and Foster Care. Services promoting children's safety, permanency, well-being and access to quality childcare.

### **CHILDREN WITH SPECIAL HEALTH CARE NEEDS**

#### **JEFFERSON COUNTY PUBLIC HEALTH**

Marty Johnson, PHN 360-385-9400

Service coordination and resource information for families of children under age 18 who have chronic physical, emotional, behavioral or developmental concerns. Limited funds for equipment and services not covered by Medicaid. No fee.

### **FAMILY RESOURCE COORDINATORS for the BIRTH TO THREE PROGRAMS**

Kirsten Behrenfeld (Port Townsend) 360-379-4537

Kristen Bryant (Tri Area & South County) 360-379-1315

Family Resource Coordinators assist families who have questions about their child's development, whose children have special needs and are under age 3. FRCs can assist families in finding resources and working with the agencies and services involved with children with special needs.

## **HEADSTART/ECEAP PROGRAMS**

800-464-2571

Educational programs serving families who are low-income with children. Programs are available in Sequim, Port Angeles, Port Townsend, Clallam Bay and Forks. For information regarding the program in your area, call the number above.

## **JEFFERSON COUNTY DEVELOPMENTAL DISABILITIES**

615 Sheridan St., Port Townsend, WA 98368

360-385-9410

County and State funds are used to plan, pay for and monitor day programs and grants for individuals with developmental disabilities. Those programs assist individuals to work, participate in community life and contribute to their community and funding for Birth to Three Programs

## **Surrounding Areas**

### **CENTER FOR HUMAN DEVELOPMENT & DISABILITIES / UNIV. OF WASHINGTON**

206-685-1242 FAX 206-543-5771 [chdd@u.washington.edu](mailto:chdd@u.washington.edu)/[depts.washington.edu/child](http://depts.washington.edu/child)

An array of clinics, programs, activities and projects which are part of the University Affiliated Programs. Focus includes child development, Down Syndrome, FAS, genetics, assistive technology, drug-exposed infants, family support, Fragile X, older adults with DD, high-risk children with special health care needs, nutrition, and community outreach.

### **FAMILY RESOURCE CENTER, CHILDREN'S HOSPITAL & MEDICAL CENTER**

4800 Sandpoint Way NE, CH-14, Seattle, WA 98105

206-526-2201 [www.seattlechildrens.org](http://www.seattlechildrens.org)

Diagnosis, evaluation and long-term management of developmental disabilities, mental retardation, cerebral palsy, school problems and related child development concerns. Interdisciplinary care coordinated by developmental pediatricians and nurse clinicians. Consultations in orthopedics, neurology, rehabilitation medicine, psychiatry and other disciplines are available on site as needed. Follow-up programs for high-risk infants, developmental consultation service and inpatient care.

### **WITHIN REACH**

**(formerly Healthy Mothers/Healthy Babies)**

800-322-2588 TDD 800-833-6384

[www.withinreach.org](http://www.withinreach.org)

Provides information and referral to resources for families with babies with and without special needs.

### **INFANT/TODDLER EARLY INTERVENTION PROGRAM (ITEIP)**

Infant Toddler Early Intervention Program--DSSH

PO Box 45201, Olympia, WA 98504

360-902-8490 TTY 360-902-7864

[www.wa.gov/dshs/iteip/sicc8.html](http://www.wa.gov/dshs/iteip/sicc8.html)

Directs statewide IDEA (Individuals with Disabilities Education Act) Early Intervention Services.

## **LEARN CLINIC**

206-543-6511

The University of Washington's Learn Clinic offers comprehensive evaluations of children and adolescents who are having any sort of academic problems. They evaluate children and adolescents for everything from learning disabilities and ADHD to autism spectrum disorders (PDD, Asperger's, autism). The clinic also provides kindergarten readiness and giftedness evaluation.

## **WASHINGTON SENSORY DISABILITIES SERVICES**

800-572-7000 V/TTY 206-439-6925

Helps ensure statewide educational services and support to families with children aged birth to 21 with sensory disabilities, and to the professionals who work with them. Lending library of 0-to-3 resources (books, videotapes, curriculum materials). Call for library list and/or information.

## **WASHINGTON PAVE**

800-5-PARENT V/TTY 800-5-PARENT

[www.washingtonpave.org](http://www.washingtonpave.org)

This non-profit program provides training workshops, assistance to parents and professionals, resources, referrals, advocacy and assistance. Quarterly newsletter with helpful information for parents who have a child with a special need.

## **COMMUNITY ACCESS**

The County Developmental Disabilities Program funds this program for adults over age 62 with developmental disabilities. No age limit for private pay. Program participants are encouraged to participate with or without their worker in activities in the community. Funding is limited. Contact your DDD Case Manager at 379-4322 for referral.

**CONCERNED CITIZENS** 1-888-493-8198

Port Angeles office: **Creating Connections**  
230 E. 71st St., Port Angeles, WA 98362  
360-452-2396

**CONCERNED CITIZENS** 360-379-1315

Port Hadlock office: **Creating Connections**  
321 Chimacum Rd.  
P.O. Box 506  
Port Hadlock, WA 98339

Creating Connections offers Community Access services to people with developmental disabilities 62 years of age and older. Individuals who are younger than 62 years of age will need an exception to policy from the Division of Developmental Disabilities in order to access this program. Community Support Specialists provide needed community connections and supports for people with disabilities.

# CULTURALLY SPECIFIC RESOURCES

## Jefferson County

### **JAMESTOWN S'KLALLAM FAMILY SERVICES**

1033 Old Blyn Hwy, Sequim, WA 98382

360-683-1109

Call above number and ask for Health and Social Services.

### **Surrounding Areas**

#### **ALL ASIAN CULTURES – PARENT TO PARENT POWER**

1118 S. 142nd St., Suite B, Tacoma, WA 98444

253-531-2022 253-531-0246

[yvone\\_link@yahoo.com](mailto:yvone_link@yahoo.com) [parent2parentpower@webjump.com](mailto:parent2parentpower@webjump.com)

Dedicated to serving Asian parents of infants, toddlers, children and youth with disabilities by means of networking and training for parents to become better advocates for their children. Parent to Parent Power has been consistently providing emotional and social support to access culturally and linguistically appropriate, valuable and effective information. The main mission is to empower family members to be particularly involved with special education/IEP, Parental Rights under the IDEA and ADA. Provides translation/interpretation services, monthly support group meetings, recreational activities and referrals.

#### **CENTRO LATINO**

1208 S. 10th St., Tacoma, WA 98405

253-572-7717 [www.centrolatino-ser.org](http://www.centrolatino-ser.org)

Interpretation and translation; on-the-job training for youth and adults; family services, including domestic violence prevention, alternative high school, and after-school tutoring for youth; and English as a Second Language services.

#### **INDO-CHINESE CULTURAL & SERVICE CENTER**

1724 E. 44th St., Tacoma, WA 98404

253-473-5666

Referral, translation and interpretation for Vietnamese, Cambodian, Laotian and Chinese.

#### **HOH TRIBAL OFFICE**

Main Number 360-374-6582

Social Services 360-374-5821

#### **MAKAH TRIBAL COUNCIL--NEAH BAY**

Main Number 360-645-2201 [www.makah.com](http://www.makah.com)

Community Information Line 360-645-FACT

#### **QUILEUTE TRIBAL SERVICES**

PO Box 279, LaPush, WA 98350

360-374-6163

#### **QUINAULT TRIBAL SERVICES--QUEETS**

Community Health Representative 360-962-2028

Head Start 360-962-2071

#### **PUYALLUP TRIBAL HEALTH AUTHORITY** 2209 E. 32nd St., Tacoma, WA 98404

253-593-0232 The community mental health center's staffs are mental health professionals who can provide services on a sliding fee scale. They also accept medical coupons and private insurance.

**PUYALLUP TRIBE BIRTH TO SIX PROGRAM** 2002 E. 28th St., Tacoma, WA 98404 253-573-7800  
FAX 253-573-7929

Early intervention services for children birth to six along with family resource coordination.

## **DISABILITY SPECIFIC RESOURCES**

For a large searchable database, see Children's Hospital's web site, [www.seattlechildrens.org](http://www.seattlechildrens.org) which lists information on a variety of disabilities.

### **Autism**

#### **AUTISM SOCIETY OF WASHINGTON**

203 E. 4th Ave., Suite 507, Olympia, WA 98501

360-943-2205 FAX 360-943-5015

800-3-AUTISM (Autism Society of America number)

[autism@autismsocietyofwa.org](mailto:autism@autismsocietyofwa.org) [www.autismsocietyofwa.org](http://www.autismsocietyofwa.org)

Mission is to promote lifelong access and opportunities for persons within the autism spectrum and their families, to be fully included, participating members of their communities through advocacy, public awareness, education, and research related to autism.

### **Brain Injury**

#### **BRAIN INJURY ASSOCIATION OF WASHINGTON**

16315 NE 87th, Suite B-4, Redmond, WA 98052

425-895-0047 800-523-5438 FAX 425-895-0458

[www.biawa.org](http://www.biawa.org) [biawa@biawa.org](mailto:biawa@biawa.org)

Provides information, a video library and article library. Offers crisis resolution, training for professionals and family members, and many support groups around the state for both families and those injured.

### **Blind/Partially Sighted, Deaf/Hard of Hearing, Deaf-Blind**

#### **COMMUNITY SERVICES FOR THE BLIND & PARTIALLY SIGHTED**

9709 Third Ave. NE, Suite 100, Seattle WA 98115

206-525-5556 800-458-4888 TTY 206-525-5556 FAX 206-525-0422 [csbps@csbps.com](mailto:csbps@csbps.com)

[www.csbps.com](http://www.csbps.com)

Works with individuals, families, and communities to restore, maintain and enhance the independence and well being of people with impaired vision.

#### **DSHS DEAF SERVICES**

PO Box 45300, 14th & Jefferson, Olympia, WA 98504

360-902-8000 TTY 360-753-0699 FAX 360-902-0855

Provides telecommunication and access equipment and referrals to deaf service centers.

#### **GUIDE DOGS FOR THE BLIND, INC.**

800-295-4050

Provides mobility by means of a dog guide to qualified, visually impaired individuals and 4-week in-residence training programs, at no charge, for people ages 16 and over. Located in San Rafael, CA and Boring, OR.

**HEARING, SPEECH AND DEAFNESS CENTER**

1620 18th Ave., Seattle, WA 98122  
206-323-5770 TTY 206-323-5770 FAX 206-328-6871

Professional services and technology to people of all ages who experience hearing loss, speech and language impairment, or are deaf. Services include early intervention and support for families with deaf and hard of hearing children, free hearing and speech evaluation and therapy, comprehensive hearing evaluations, hearing aid sales and services, assistive listening and signaling devices, job placement and vocational evaluation and community education.

**JEFFERSON COUNTY COUNCIL OF THE BLIND**

Carl Jarvis, 360-765-4239

A membership organization for blind and visually impaired persons and those interested in working with the blind meets 12:00 pm – 1:00 pm on the first Thursday of the month at Shanghai Restaurant. Affiliated with Washington Council of the Blind and the American Council of the Blind.

**OFFICE OF THE DEAF AND HARD OF HEARING**

Same as “DSHS Deaf Services”

**PENINSULA REHABILITATION SERVICES**

360-765-4239

Independent living services, including adaptive skills training, aids and appliances, information and referral to blind and visually impaired individuals. Free to eligible participants.

**WASHINGTON SENSORY DISABILITIES SERVICES**

800-572-7000 V/TTY 206-439-6937

[www.wsdsonline.org](http://www.wsdsonline.org) [wdsd@psesd.webnet.edu](mailto:wdsd@psesd.webnet.edu)

Helps ensure statewide educational services and support to families with children aged birth to 21 years with sensory disabilities, and to the professionals who work with them. Lending library of 0-to-3 resources (books, videotapes, curriculum materials). Call for library list and/or information.

**WA STATE DEPARTMENT OF SERVICES FOR THE BLIND**

949 Market St., Suite 508, Tacoma, WA 98402

253-597-4417 800-552-7103

[dsb\\_info@www.wa.gov](mailto:dsb_info@www.wa.gov) [www.wa.gov/dsb/](http://www.wa.gov/dsb/)

Provides rehabilitation services and vocational rehabilitation to those with low vision or who are blind. Serves all ages, including senior citizens and children.

**WASHINGTON TALKING BOOK & BRAILLE LIBRARY**

2021 9th Ave., Seattle, WA 98121

206-615-0400 800-542-0866 TTY 206-615-0419

[wtbbl@wtbbl.org](mailto:wtbbl@wtbbl.org) [www.spl.org/wtbbl/wtbbl.html](http://www.spl.org/wtbbl/wtbbl.html)

Talking books, Braille or large print, locally taped books and special interest information, Braille transcription, a radio reading service, and an online access catalog. Collections available for loan to agencies serving eligible patrons.

**AMERICAN COUNCIL OF THE BLIND**

1155 15th St. NW, Suite 720, Washington, DC 20005

202-467-5081 800-424-8666 FAX 202-467-5085

[www.acb.org](http://www.acb.org) Provides scholarships, legal assistance, crisis support, a free monthly Braille magazine, and referrals to education, rehabilitation, jobs, recreation, and adaptive aids services.

## **DEAF-BLIND: DB-LINK**

354 N. Monmouth Ave., Monmouth, OR 97361  
800-438-9376 TTY 800-854-7013 FAX 503-838-8150  
[dblink@tr.wou.edu](mailto:dblink@tr.wou.edu)      [www.tr.wou.edu/dblink](http://www.tr.wou.edu/dblink)

A federally funded information clearinghouse focused on identifying, coordinating, and disseminating information related to children (0-21) who are deaf-blind. Free information and referral services on many topics, including effective early intervention, special education and general education practices, medical, health, social, recreational services, legal issues, employment and independent living, post-secondary education, and information on the nature of deaf-blindness.

## **Cerebral Palsy**

### **PROVAIL**

3670 Stone Way Ave. N., Seattle, WA 98103  
206-363-7303 888-810-0745 FAX 206-361-5628  
[www.provail.org](http://www.provail.org)

Provail is the new name for an organization with 60 years of experience serving children and adults with disabilities. Provail is the state's largest private, multi-service agency dedicated to meeting the needs of people with all types of disabilities.

### **UNITED CEREBRAL PALSY**

[www.ucpa.org](http://www.ucpa.org)

## **Epilepsy**

### **EPILEPSY FOUNDATION--WASHINGTON**

3800 Aurora Ave. N. Suite 370, Seattle, WA 98103  
206-547-4551 800-752-3509 FAX 206-547-4557

A community support program that offers information and referral services, public education, pamphlets, videos, doctor and financial needs referral, workshops, and support groups.

### **UNIVERSITY OF WASHINGTON EPILEPSY CENTER**

325 9th Ave., Box 359745, Seattle, WA 98104-2499  
206-731-3576 800-374-3627 FAX 206-731-4409  
Vocational Rehabilitation: 206-341-4545

Inpatient and outpatient services for people with seizure disorders.

### **EPILEPSY FOUNDATION OF AMERICA**

[www.efa.org](http://www.efa.org)

## **Fetal Alcohol Effect (FAE) and Fetal Alcohol Syndrome (FAS)**

### **FETAL ALCOHOL SYNDROME FAMILY RESOURCE INSTITUTE, DASA FAS PROJECT (Newsletter)**

Washington PAVE FAS Times, 6316 S. 12th St., Tacoma, WA 98465-1900  
253-531-2878 [www.npin.org/nls/fastimes.html](http://www.npin.org/nls/fastimes.html)

Provides information and advocacy for persons with Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effect (FAE).

# MENTAL HEALTH

## Mental Illness/Dual Diagnosis

### Jefferson County

**Crisis line: 360-385-0321 (Jefferson Mental Health Services)**

#### **MARTINA ABBA-RICHARD**

Lighthouse Counseling Center  
PO Box 1945 Port Townsend, WA 98368  
360-379-8779  
Private Pay, Medicaid, Sliding Scale.

#### **Beth Hendricks, LMHC**

Counseling Services  
121 Oak Bay Rd. Port Hadlock, WA 98339  
360-774-0622  
Private pay, Medicaid, Sliding Scale

#### **JEFFERSON COUNTY MENTAL HEALTH SERVICES**

884 W. Park Ave. (PO Box 565), Port Townsend, WA 98368  
360-385-0321 (crisis line & referrals) 1-800-659-0321

#### **THE ARC OF KITSAP/JEFFERSON COUNTY**

360-765-3352

[www.arckj.org](http://www.arckj.org)

Services for people with developmental disabilities, including residential payee program, short-term counseling, and Parent-to-Parent program

#### **NAMI (NATIONAL ALLIANCE on MENTAL ILLNESS) OF JEFFERSON COUNTY**

[www.nami.org](http://www.nami.org)

NAMI is an information, advocacy and support network for people affected by mental illness, including family members.

New 24-hour voice messaging phone number is  
(360) 385-1716. Someone from NAMI-Jefferson County will check for messages at least once a day

The NAMI support group meetings for mentally ill and for their family members are held the first and third Wednesdays of each month at 7:00 p.m. in the large meeting room at the Jefferson Mental Health Services building,

884 Park Avenue, Port Townsend, WA

(behind Good Will and across from OlyCAP).

At the first Wednesday meeting, those with diagnosed mental illnesses and family members meet together.

At the meeting on the third Wednesday, each group meets separately, with its own facilitator. Confidentiality and anonymity are respected and protected at these meetings.

#### **BRIDGES to Parent Voice**

1-888-216-4187 FAX 360-613-1852

BRIDGES to Parent Voice is a member of a SAFE WA, a network of family organizations focused on supporting parents and caregivers raising children with emotional, behavioral or mental disorders.

## Surrounding Areas

**Mallory DeCillis, MA, Behavior Consultant**

PO Box 113, Port Angeles, WA 98362

360-457-3797

**National Advocates for the Mentally Ill (NAMI)**

**Washington Advocates for the Mentally Ill (WAMI)**

800-877-2649

**New Growth Behavior Health Services**

618 South Peabody St., Ste. F, Port Angeles, WA 98362

360-457-1610

Crisis intervention, children and family services, adult and community support services, and consultation and education. Contact agency for appointment or emergency services.

**PUGET SOUND BEHAVIORAL HEALTH PSYCHIATRIC/DUAL DIAGNOSED PROGRAM  
(formerly Puget Sound Hospital)**

215 S. 36th St., Tacoma, WA

253-798-4551

The Pierce County Regional Support Network is responsible for administering publicly funded mental health care services in outpatient and inpatient settings countywide. The priority populations for services are Medicaid eligible, low-income individuals with chronic and persistent mental illness, as well as children and youth with severe emotional disturbances.

## National

**AMERICAN ASSOC. ON INTELLECTUAL AND DEVELOPMENTAL DISABILITIES (was  
AAMR)**

444 N. Capitol St. NW, Suite 846, Washington DC 20001-1512

800-424-3688 [www.aamr.org](http://www.aamr.org)

AAMR promotes progressive policies, sound research, effective practices, and universal human rights for people with intellectual disabilities.

**NATIONAL ASSOCIATION FOR DUAL DIAGNOSIS (NADD)**

[www.thenadd.org](http://www.thenadd.org)

Trainings, printed materials, and more.

## **Multiple Sclerosis**

### **MULTIPLE SCLEROSIS SUPPORT GROUP**

JoAnna, 360-765-4443

Meets first Tuesday of the month, 10:00 am - 11:30 am, craft room at PT Community Center.

Caregivers and family members welcome.

## **Paralysis**

### **PARALYSIS SOCIETY OF AMERICA**

801 Eighteenth Street, NW, Washington DC 20006

888-772-1711 FAX 202-973-8421

A national organization whose members are people with spinal cord injury or disease. \$10.00 membership fee provides access to such services as national information and referral service to local resources, peer support network, family support, 24-hour help line, quarterly newsletter and other services.

## **EMERGENCY PREPAREDNESS**

### **Jefferson County**

#### **DEPARTMENT OF EMERGENCY MANAGEMENT**

##### **Emergency Operations Center**

81 Elkins Road, Port Hadlock, WA 98339

Dennis Crawford, Community Preparedness Coordinator

360-385-9368/ After hours (urgent) 360-385-3831 ext. 1

### **National**

#### **EMERGENCY PREPAREDNESS INITIATIVE**

##### **National Organization on Disability**

[www.nod.org](http://www.nod.org)

#### **EMERGENCY PREPAREDNESS INFORMATION**

[www.preparenow.org](http://www.preparenow.org)

This site has information in several languages and includes information for people with disabilities.

# EDUCATION Support & Resources Jefferson County

## PUBLIC SCHOOL DISTRICT SPECIAL EDUCATION PROGRAMS

Special education services for children provided through local school districts.

### Port Townsend School District

Special Services 360-379-4502

Programs include: Birth to Three, Preschool, Elementary, Middle School, High School and Transition

### Brinnon School District

Special Services 360-796-4646

K-8, Elementary & middle school

### Chimacum School District

Special Services 360-732-4285

Programs include Preschool, Elementary, Middle School, High School, and Transition.

### Quilcene School District

Special Services – Contact Admin. Office 360-765-3363

Programs include Preschool, Elementary, Middle School, High School and Transition.

## SPECIAL EDUCATION PARENT & PROFESSIONAL ADVISORY COUNCIL (SEPAC)

Parents of children in Special Education and School District personnel meet to share information and to work towards the an appropriate education for all children with disabilities in Jefferson County. For more information contact PT Special Ed @ 379-4503,

Rosie Taylor, (Parent) @ 732-4871, or Bob Wheeler, (Parent) @ 379-6986

## Post-Secondary/Adult Education

### PENINSULA COLLEGE

Learning Disabilities Contact:

Shawnee Hathaway

360-417-6340 877-452-9277

Counseling Office

1502 East Lauridsen Blvd., Port Angeles, WA 98362

181 Quincy St., Port Townsend, WA 98368

360-385-4605

### WSU EXTENSION

360-379-5610

Shold Business Park

Port Hadlock WA 98339

## EDUCATION Support & Resources Surrounding Areas

**ADOLESCENT HEALTH TRANSITION PROJECT** A resource for adolescents with special health care needs, chronic illnesses, physical and developmental disabilities.

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

**CENTER FOR CHANGE IN TRANSITION SERVICES** Works to improve post-school outcomes for students with disabilities in Washington State.

[www.seattleu.edu/ccts](http://www.seattleu.edu/ccts) 206-296-6494

**FAMILY HEALTH HOTLINE** A toll-free information service. Information and Referral Specialists provide local and state resource information on health care coverage, specialty services, recreational opportunities and more to families of children with special health care needs in Washington State. [parenthelp123.org](http://parenthelp123.org) 800-322-2588

**FAMILIES OF EFFECTIVE AUTISM TREATMENT (FEAT)** Supports families to help their children with autism reach their fullest potential. [www.featwa.org](http://www.featwa.org)

**206-763-3373 THE ARC OF WASHINGTON STATE – FAMILY EDUCATOR PARTNERSHIP PROJECT**

Patti Bell & Susan Atkins

2600 Martin Way E., Suite D, Olympia, WA 98506

888-754-8798

The Family Educator Partnership Project is a statewide project that encourages families, educators and community agencies to work together in supporting children and youth who need special education services. Funded through the Office of the Superintendent of Public Instruction.

**OFFICE OF THE SUPERINTENDENT OF PUBLIC INSTRUCTION (OSPI)**

Director of Special Education

Old Capitol Building, PO Box 47200, Olympia WA 98504

360-725-6000 TTY 360-664-3631 FAX 360-586-0247

[www.k12.wa.us](http://www.k12.wa.us)

**SOUND OPTIONS MEDIATION AND TRAINING GROUP**

800-692-2540 206-842-2298 FAX 206-780-5776

Mediation services to parents of special education students and school districts. An impartial vehicle for dispute resolution used as an alternative to due process. Mediation is voluntary and may be requested by either party. Funded by OSPI (above), no charge to parents or districts.

**WASHINGTON LIBRARY FOR THE BLIND [www.spl.org](http://www.spl.org)**

Free library service for individuals in WA State who are unable to read regular print due to a physical or reading disability. Equipment & books are mailed free to library users.

**WASHINGTON LITERACY HOTLINE**

800-323-2550

Leave name and number. Provides information and referrals for basic literacy classes.

**WASHINGTON SENSORY DISABILITIES SERVICES (WSDS)**

1-800-572-7000 [www.wsdsonline.org](http://www.wsdsonline.org)

An OSPI funded project with provides information, training, technical assistance and resources to families & educators state wide regarding children and youth with sensory disabilities, students who are hard of hearing, blind/visually impaired or deaf-blind.

**SPECIALIZED TRAINING OF MILITARY PARENTS (STOMP)**

1-800-572-7368 [www.stompproject.org](http://www.stompproject.org) email: [stomp@washingtonpave.com](mailto:stomp@washingtonpave.com)

Provides advocacy, information and support to military families who care for family members with disabilities.

**Community Colleges**

**DO-IT PROGRAM-UNIVERSITY OF WASHINGTON**

1-888-972-3648

Provides technology services to increase the participation of individuals with challenging academic programs and careers.

**EDMONDS COMMUNITY COLLEGE**

425-640-1318

They provide accommodations and services for student's w/disabilities.

**EVERETT COMMUNITY COLLEGE CENTER FOR DISABILITY SERVICES**

425-388-9273

Provides academic accommodations to student's w/disabilities.

**SHORELINE COMMUNITY COLLEGE**

**206-546-4559**

Advising and Counseling Center provides support to students w/disabilities

## **National**

### **NATIONAL INFORMATION CENTER FOR CHILDREN & YOUTH WITH DISABILITIES (NICHCY)**

PO Box 1492, Washington DC 20013-1492

202-884-8200 800-695-0285 TTY 202-884-8200

FAX 202-884-8441 [nichcy@aed.org](mailto:nichcy@aed.org) [www.nichcy.org](http://www.nichcy.org)

An information and referral center funded by the US Department of Education to inform the public about disabilities. Gathers and disseminates information on disability-related issues with special focus on children and youth from birth to age 22.

## **EMPLOYMENT/Jefferson County**

### **DIVISION OF DEVELOPMENTAL DISABILITIES**

915 Sheridan, Port Townsend, WA 98368

360-379-4322

Serves children and adults with developmental disabilities through case management, residential supports, employment assistance, Individual and Family Support Program/Respite and Medicaid Personal Care. Eligibility is based on DDD's Full Assessment.

### **DIVISION OF VOCATIONAL REHABILITATION (DSHS)**

915 Sheridan, Port Townsend, WA 98368

360-379-4300

Provides vocational assistance for persons with many different disabilities. Must be adults to receive this service.

### **JEFFERSON COUNTY DEVELOPMENTAL DISABILITIES PROGRAM**

615 Sheridan St. Port Townsend, WA 98368

360-385-9410

County and State funds are used to plan, pay for and monitor day programs and grants for individuals with developmental disabilities. Those programs assist individuals to work, participate in community life and contribute to their community.

### **CONCERNED CITIZENS**

Physical Address: 321 Chimacum Rd. Port Hadlock WA. 98339

Mailing Address: PO BOX 506, Port Hadlock WA. 98339

PH. 360-379-1315 FAX. 360-379-9603

*Providing Support Services to People with Disabilities since 1979*

Provides: Futures planning and employment supports for people with disabilities.

Respite and Personal Care support for independent living.

Screening and program development services for children birth to three.

### **OLYMPIC COMMUNITY ACTION**

360-385-2571 800-464-2571

Various programs, including re-employment, help with utility bills, and Head Start/ECEAP.

### **SKOOKUM EDUCATIONAL PROGRAM**

385 Benedict Street Port Townsend, WA 98368

Tel: 360-385-4980 800-255-9526 FAX: 360-379-9049

Provides employment support, Nish contract work placement and other vocational assistance for people with disabilities

### **WORK SOURCE-JEFFERSON COUNTY**

360-379-5036/Provides employment education, resources, connections, training.

## Surrounding Areas

### **WASHINGTON STATE HUMAN RIGHTS COMMISSION**

711 S. Capitol Way, #402, Box 42490, Olympia, WA 98504-2490

360-753-6770 800-233-3247 TTY 800-300-7525

Investigates cases of discrimination regarding job application and employment (employers with 8 or more employees), public accommodation, housing, credit and insurance. For anyone feeling s/he has been discriminated against on the basis of mental, physical or sensory handicap.

### **DEPARTMENT OF SERVICES FOR THE BLIND – DSB**

**Seattle Office:** 3411 S. Alaska Street Seattle, WA 98118

Phone: 206.721.4422

The Department of Services for the Blind (DSB) provides or contracts for employment related services for participants who are blind or have a visual impairment. Their services are similar to DVR. Eligible participants are assisted with exploring career possibilities, career planning, academic training, alternative skill training specific to blindness, and job placement and follow-up.

## **ASSISTIVE TECHNOLOGY/EQUIPMENT**

**SEE ALSO “MEDICAL EQUIPMENT” IN THIS GUIDE FOR INFORMATION ON LOCAL PROVIDERS OF MEDICAL EQUIPMENT.**

## Surrounding Areas

### **CHILDREN’S THERAPY UNIT, GOOD SAMARITAN HOSPITAL – ASSISTIVE TECHNOLOGY PROGRAM**

c/o Steven Shores, PO Box 1247, 407 14th Ave. SE, Puyallup, WA 98371

253-848-6661, ext. 1616 FAX 253-770-5145

Consultation and evaluation to identify appropriate adaptive devices and/or modification designs for any area of need, including activities relating to daily living, arts/crafts, behavior management, environmental control, home access, mobility/ambulation, play/recreation, etc. Also maintains a computerized database listing of pediatric adaptive equipment that is available to other children in the local area.

### **CHILDREN’S THERAPY UNIT, GOOD SAMARITAN HOSPITAL – AUGMENTATIVE COMMUNICATION PROGRAM**

c/o Leticia Patty, PO Box 1247, 407 14th Ave. SE, Puyallup, WA 98371

253-848-6661, ext. 1614 FAX 253-770-5145

Evaluation (including methods, modes and device demonstrations), consultation/collaboration with other service providers, and/or direct therapy regarding the use of Augmentative and Alternative Communication (AAC) systems and devices.

### **CHILDREN’S THERAPY UNIT, GOOD SAMARITAN HOSPITAL – COMPUTER TECHNOLOGY PROGRAM**

c/o L. Baumgartner or H. Mac Neil

PO Box 1247, 407 14th Ave. SE, Puyallup, WA 98371

253-848-6661, ext. 1613 FAX 253-770-5145

Consultation, evaluation and direct intervention relating to computer access, device selection, location and/or learning methods. Technical assistance to parents needing to purchase a computer system, software or access devices for their child.

# ASSISTIVE TECHNOLOGY/ EQUIPMENT

## Surrounding Areas

**ABLE OPPORTUNITIES INC.** Communication consultant provides workshops, individual consultations and addresses the communication needs of pre-symbolic communicators, including individuals who are deaf / blind / DD. Provides job development and deaf / blind consultation.  
[www.ableopportunities.com](http://www.ableopportunities.com) 360-638-0881

**ADA CENTER** Has resources available to understand ADA and support businesses to be accessible. [www.dbtacnorthwest.org](http://www.dbtacnorthwest.org) 800-949-4232 or 425-248-2480

**ASSISTIVE TECHNOLOGY SERVICES** Provides assistive technology support. Located at the University of Washington.  
206-598-7765

### **COMMUNITY SERVICES FOR THE BLIND & PARTIALLY SIGHTED STORE: SIGHT CONNECTION**

9709 Third Ave. NE, Suite 100, Seattle, WA 98115  
206-525-5556 800-458-4888 TTY 206-525-5556  
[csbstore@csbps.com](mailto:csbstore@csbps.com) [www.sightconnection.com](http://www.sightconnection.com)

Store offers more than 200 products for living with vision loss, including Braille tools, white canes, large-print products, talking items, 4-track tape players, and magnifiers, etc. Open 9-5, M-F. Also offers secure transactions online and mail order catalog in large print, Braille, PC disk or audiotape.

### **DEPARTMENT OF SERVICES FOR THE BLIND**

Helps individuals with visual disabilities gain the necessary skills and access opportunities to reach employment goals of their choice. Provides statewide services for all ages of individuals who experience blindness / low vision; with a focus on independent living through providing orientation, training and mobility, and support to families. [www.dsb.wa.gov](http://www.dsb.wa.gov) 800-552-7103

**DISABILITY RESOURCE CONNECTION** Provides training and support to individuals who utilize adaptive technology to access the computer. [www.drconline.net](http://www.drconline.net) 425-347-5768

**ENABLING DEVICES** Develops, manufactures and sells special devices that help people with disabilities reach their fullest potential. [www.enablingdevices.com](http://www.enablingdevices.com) 800-832-8697

**HEARING, SPEECH & DEAFNESS CENTER** Provides training, assessment, and job placement.  
[www.hsdcc.org](http://www.hsdcc.org) VOICE/TTY 800-761-2821

**NEXT GENERATION TECHNOLOGIES** Provides software, hardware and training services for Dragon Naturally Speaking. [www.ngtvoice.com](http://www.ngtvoice.com) 425-744-1100

**PROVAIL** Assists individuals in utilizing adaptive equipment for communication, computer access and phone usage. [www.provail.org](http://www.provail.org) 206-826-1063

**SPECIAL EDUCATION TECHNOLOGY CENTER** Provides assistive technology supports to schools in the State of Washington. 509-963-3350

**SPEECH TO SPEECH** A free telephone assistance service for individuals who have difficulty being understood due to a speech impairment or disability. Specially trained staff members relay calls by repeating what is not understood. 877-833-6341

**TECH STEP** Provides assistive technology resources for families, providers, and schools (including loaning equipment). [www.sherwoodcs.org](http://www.sherwoodcs.org) 425-334-4071

### **TELECOMMUNICATIONS ACCESS SERVICE**

PO Box 45300, 14th & Jefferson, Olympia, WA 98504 360-902-8001 800-422-7930 TTY 800-422-7941  
FAX 360-902-0855

Provides telecommunications equipment (amplifiers, TTYs, signal devices, telebrailles) to Washington State residents who apply for and are qualified to receive this equipment. This equipment is distributed on a sliding fee scale.

**WASHINGTON ASSISTIVE TECHNOLOGY ALLIANCE (WATA)**

Center for Technology & Disability Studies, University of Washington, Box 357920, Seattle WA 98195-7920  
206-685-4181 V/TTY 800-841-8345 [ctds@u.washington.edu](mailto:ctds@u.washington.edu) [www.wata.org](http://www.wata.org)

Consumer advocacy network that includes the AT Resource Center at the University of Washington in Seattle and the AT Resource Center at Easter Seal Society in Spokane. Information, consultation and training related to selection of AT devices, services and funding; legal advice and advocacy; policy development; legislative action; technical consultation and training; publications; and online resources.

**WASHINGTON ASSISTIVE TECHNOLOGY RESOURCE CENTER**

509-328-9350 V/TTY 800-214-8731 [spokane@seals.org](mailto:spokane@seals.org)

Statewide information and referral service. Call with questions about assistive technology. Individuals can try out a variety of assistive technology services, including Velcro, adapted clothing and toys, computers, seating systems, powered mobility, special switches, assistive listening devices, visual aids, memory aids, prosthetics and other commercially available or adapted items at the center in Spokane or the center at the University of Washington. Products are not sold on-site; catalogs are available for purchasing equipment.

**WASHINGTON RELAY SERVICE** [www.washingtonrelay.com](http://www.washingtonrelay.com) 7-1-1 800-833-6384

Provides telephone accessibility to individuals who are deaf, hard of hearing, or speech disabled. Use this service to make and receive calls to anyone, anywhere in the world.

**WASHINGTON SENSORY DISABILITIES SERVICES (WSDS)** [www.wsdsonline.org](http://www.wsdsonline.org) 800-572-7000

Provides information, training, technical assistance, and resources to families and educators statewide for individuals from Birth-to-21 with sensory disabilities, deaf / hard of hearing, blind / visually impaired, or deaf-blind.

**WASHINGTON TALKING BOOK AND BRAILLE LIBRARY** Free library service to individuals who are unable to read regular print due to physical or learning disabilities.

Equipment and books are mailed postage free to library users. [www.wtbbl.org](http://www.wtbbl.org) 800-542-0866

## FOOD AND CLOTHING/Jefferson County

**FOOD BANKS**

General Information/Emergency Food (Community Action)

360-385-2571 800-464-2571

**PORT TOWNSEND FOOD BANK**

731 West Park Ave, Port Townsend, WA 98368

360-385-2571 / cell 360-531-0275

Open Wednesdays 12-3 p.m.

**TRI-AREA COMMUNITY CENTER**

10 West Valley Rd., Chimacum

360-732-4822

Wednesday, 12:00 pm - 3:00 pm

**QUILCENE COMMUNITY CENTER**

Hwy 101 in Quilcene

360-765-3321

Wednesday, 1:00 pm - 4:00 pm

**BRINNON BOOSTER CLUB**

151 Corey Lane, Brinnon

Tuesday, 10:00 am - 1:00 pm

**SUNDAY SOUP KITCHEN AT THE BOILER ROOM**

1025 Lawrence St. Port Townsend//Sunday, 3:00 pm - 4:30 pm/360-379-8247

**FREE/LOW-COST CLOTHING, ETC:**

**PREGNANCY & FAMILY SERVICES**

1440 Irondale Rd., Port Hadlock, WA 98339

Open Monday-Thursday 360-390-4477

Furniture, clothing, vitamins, adoption services, assistance for families with children.

**FREE STORE**

1505 Franklin St., Port Townsend

Tuesday & Thursday, 10:00 am - 3:00 pm

360-385-4057

Clothing, bedding, appliances, miscellaneous.

**CHILDREN'S HOSPITAL ORTHOPEDIC THRIFT SHOP**

2122 Sims Way., Port Townsend 360-385-6639

**WORKING IMAGE PROGRAM**

Provides free professional clothing for low income women who are re-entering the work force

360-385-2571

**HADLOCK THRIFT STORE**

811 Nesses Corner Rd., Port Hadlock

360-385-7311

**SERENITY THRIFT STORE**

215 N. Sequim Ave., Sequim

360-683-8269

**THRIFT SHOP SEQUIM-DUNGENESS HOSPITAL GUILD**

204 W. Bell St., Sequim

360-683-7044

**OLYMPIC COMMUNITY ACTIONTHRIFT SHOPPE**

10632 Rhody Drive, Port Hadlock

360-379-3648

# GOVERNMENT AGENCIES

## Jefferson County

### **HOUSING AUTHORITY OF JEFFERSON COUNTY**

5210 Kuhn St., Port Townsend, WA 98368

360-379-2565

Open Monday, Wednesday & Friday / 9-12, 1-4

Housing assistance for low-income residents of Jefferson County.

### **DIVISION OF DEVELOPMENTAL DISABILITIES (DSHS)**

915 Sheridan, Port Townsend, WA 98368

360-379-4322

Serves children and adults with developmental disabilities through case management, residential supports, employment assistance, and community inclusion, Individual and Family Support Program/Respite and Medicaid Personal Care. Eligibility is based on DDD's Full Assessment.

### **DIVISION OF VOCATIONAL REHABILITATION (DSHS)**

915 Sheridan, Port Townsend, WA 98368

360-379-4327

Provides vocational assistance for persons with many different disabilities. Applicants must be adults to receive this service.

### **CHILDREN AND FAMILY SERVICES (DSHS)**

915 Sheridan, Port Townsend, WA 98368

360-379-4330

This office houses Child Protective Services, Child Welfare Services, Department of Licensing for Family Childcare Centers and Foster Care. They have services that promote children's safety, permanency, well-being and access to quality childcare.

### **JEFFERSON COUNTY PUBLIC HEALTH**

615 Sheridan St., Port Townsend, WA 98368

[www.jeffersoncountypublichealth.org](http://www.jeffersoncountypublichealth.org) 360-385-9400

Dozens of programs in the support of families, such as Women, Infants & Children (WIC), maternity support and case management for pregnant high-risk mothers, foot care, family planning, breast and cervical health, immunizations, nutrition services, public health nursing, environmental health services and programs to help overcome addiction.

### **CHILDREN WITH SPECIAL HEALTH CARE NEEDS (JEFFERSON COUNTY PUBLIC HEALTH)**

Marty Johnson, PHN 360-385-9400

Case management and resource information for families of children that have physical, emotional, behavioral or developmental concerns. Limited budget to help acquire equipment and services not covered by other funding.

### **JEFFERSON COUNTY DEVELOPMENTAL DISABILITIES**

615 Sheridan St., Port Townsend, WA 98368

[www.jcchoices.org](http://www.jcchoices.org) 360-385-9410

County and State funds are used to plan, pay for and monitor day programs and grants for individuals with developmental disabilities and provide community education. Those programs assist individuals to work, participate in community life and contribute to their community.

**COMMUNITY SERVICES OFFICE (DSHS)**

915 Sheridan St., Port Townsend, WA 98368  
360-379-4300 877-886-8101

Provides support services to elderly or disabled persons. Services may include COPES Program, Adult Protective Services, Case Management, Personal Care, Adult Day Health, Respite Care, Adult Family Homes, Adult Residential Care, Assisted Living, Nursing Homes, and Boarding Homes.

**OLYMPIC AREA AGENCY ON AGING- (O3A)*****Senior Information and Assistance***

915 Sheridan Street Port Townsend, WA 98368

**Local 360-385-2552 / Toll free: 1-800-801-0050**

11700 Rhody Dr., Port Hadlock, WA 98339

**O3A Local 360-379-5064 / Toll free: 1-866-720-4863**

[www.o3a.org](http://www.o3a.org)

Coordinates existing resources and service delivery systems for adults with disabilities and adults 60 and over

**OLYMPIC COMMUNITY ACTION PROGRAMS**

803 W. Park Ave, Port Townsend, WA 98368

360-385-2571

[www.olycap.org](http://www.olycap.org)

Operates more than 50 community programs for low income individuals and families of all ages

**Surrounding Areas****BASIC HEALTH PLAN OF WASHINGTON**

800-826-2444 Member Customer Service 800-660-9840

Provides health insurance for families meeting income guidelines. Call for current eligibility schedule.

**WITHIN REACH****(formerly Healthy Mothers/Healthy Babies)**

800-322-2588 TDD 800-833-6384

[www.withinreach.org](http://www.withinreach.org)

Provides information and referral to resources for families with babies with and without special needs.

**LEGISLATIVE HOTLINE**

800-562-6000 TDD 800-635-9993

Bill Room 360-786-7573 [www.leg.wa.gov/](http://www.leg.wa.gov/)

To leave an opinion, statement of concern about government, or call for information on the status of bills or to obtain copies of bills, call the legislative hotline or bill room. To facilitate inquiries, provide your district number or the name of at least one legislator in your district.

**SOCIAL SECURITY ADMINISTRATION**

Supplemental Security Income (SSI), Disability, Survivors

138 West First St., Port Angeles, WA 98362

800-772-1213 TTY 800-325-0778

This Federal agency provides financial assistance to children and adults who are disabled. There is a lengthy application process to determine eligibility.

## **GUARDIANSHIP SERVICES**

### **Surrounding Areas**

#### **COMMUNITY ADVOCACY COALITION/ARC OF WASHINGTON**

1703 State Ave. NE, Olympia, WA 98506

360-357-5596 [www.arcwa.org](http://www.arcwa.org)

Systems advocacy through a coalition of parents, self-advocacy, and service provider organizations. Coordinates "Advocacy Days" during Legislative Session. Works with Advocacy Partnership project funded by the Developmental Disability Council.

#### **LIFETIME ADVOCACY PLUS**

PO Box 3034, Port Angeles, WA 98362

360-417-2070 [rosalie@laplus.org](mailto:rosalie@laplus.org)

Provides guardianship services for a fee to adults who are unable to represent themselves.

#### **HOEHNEN FOUNDATION**

3243 N. Perry Ave., Bremerton, WA 98310

360-377-3473

Non-profit corporation providing guardianship services for people with disabilities.

## **HOUSING/RESIDENTIAL SUPPORTS**

### **Jefferson County**

#### **COMMUNITY SERVICES OFFICE (DSHS)**

915 Sheridan St., Port Townsend, WA 98368

360-379-4300 877-886-8101

Provides support services to elderly or disabled persons. Services may include Adult Protective Services, Case Management, Personal Care, Adult Day Health, Respite Care, Adult Family Homes, Adult Residential Care, Assisted Living, Nursing Homes, and Boarding Homes.

#### **HOUSING AUTHORITY OF JEFFERSON COUNTY**

5210 Kuhn (PO Box 2109), Port Townsend, WA 98368

360-379-2565

Housing assistance for low-income residents of Jefferson County.

#### **DIVISION OF DEVELOPMENTAL DISABILITIES (DSHS)**

915 Sheridan St. Port Townsend, WA 98368

360-379-4322

Serves children and adults with developmental disabilities through case management, residential supports, employment assistance, Individual and Family Support Program/Respite and Medicaid Personal Care. Eligibility is based on DDD's Full Assessment.

***The following resources are available only through your Division of Developmental Disabilities Case/Resource Manager and are contingent upon eligibility and funding.***

***Call 1-877-601-2760***

### **ADULT FAMILY HOMES**

Adult Family Homes are regular neighborhood homes where staff assumes responsibility for the safety and well-being of the adult. A room, meals, laundry, supervision and varying levels of assistance with care are provided. Some provide occasional nursing care. Some offer specialized care for people with mental health issues, developmental disabilities or dementia. The home can have two to six residents and is licensed by the state.

**GROUP HOMES** In the community-based licensed residential programs, such as **group homes**, Institutions for the Mentally Retarded (ICF/MR), adult family homes and foster care, the provider owns or leases the facility. Room and board expenses are included in the rate paid by DDD and the residents participate towards the cost of care. State employees provide services in five state operated Residential Habilitation Centers (RHCs). To provide services in a variety of smaller licensed settings located in the community, DDD contracts with providers or coordinates with other DSHS divisions. All licensed settings offer 24-hour supervision.

**(There are no Group Homes in Jefferson County)**

### **SUPPORTED LIVING HOMES**

DDD provides or contracts with agency providers to offer Supported Living Services and Supports in client's homes. Entities who offer this service are certified by the Department. These services offer instruction and supports to persons who live in their own homes in the community. Services and supports are based on the client's individual instruction and support needs as documented in his/her service plan. Supports may vary from a few hours per month up to 24 hours of one on one support per day. Clients pay for their own rent, food, and other personal expenses. DDD pays for residential services provided to clients under department contract except for the State Operated Living Alternatives (SOLA) program where services are provided directly by state employees. Supported Living Service providers must follow the standards in Chapter 388-101 WAC and the DDD policies attached to the residential contract

### **COMPANION HOMES**

Provide residential services and supports in an adult foster care model to no more than one adult who is a DDD client. The services are offered in a regular family residence approved by DDD to assure client health, safety and well-being. DDD reimburses the provider for the support service. Companion homes provide twenty-four (24) hour available supervision. The client directly pays the provider for room and board costs from his/her personal resources. The provider is required to negotiate a separate agreement with the client to address this cost.

### **ALTERNATIVE LIVING SERVICES**

Provide community-based, individualized client training, assistance, and support. Alternative Living Services are intended to enable a client to live as independently as possible by training and assisting individuals to: establish or maintain a residence; develop or improve upon home and community living skills; establish healthy and safe habits; participate in social activities; and manage money. AL services are provided by an independent contractor and are not to exceed 40 hours/month.

## **LOCAL AGENCIES PROVIDING THE RESIDENTIAL SUPPORTS:**

### **PORT TOWNSEND COMMUNITY OPTIONS**

Mailing Address: PO Box 1186  
Site Address: 280 Quincy Street, Suite B  
Port Townsend, WA 98368  
(360) 379-8585

### **OLYMPIC PENNINSULA SUPPORTED LIVING SERVICES**

PO Box 5209  
Bremerton, WA 98312  
1-888-696-0049

## **RESPITE CARE & MEDICAID/WAIVER PERSONAL CARE**

### **Respite care**

Respite Care is short-term intermittent relief for persons normally providing care for DD individuals. This service is available in the Basic, Basic Plus, and CORE waivers as well as the Individual and Family Services Program.

**Medicaid Personal Care/ Waiver Personal Care** Medicaid Personal Care (MPC) and Waiver Personal Care (WPC) provide personal care assistance to Medicaid eligible persons with a functional disability. This service is provided in the person's own home by an individual or homecare agency provider, or in licensed and contracted adult family homes and boarding homes. MPC/WPC is also provided to eligible children who live with their families or foster children who are in custody of DCFS.

MPC/WPC services enable eligible individuals to remain in community residences through the provision of semi-skilled maintenance or supportive services. The Federal Government is willing to pay for MPC/WPC as an alternative to more costly, more restrictive settings (e.g., nursing facilities).

### **Medicaid Personal Care Provider Registry/Agencies**

#### **Home Care Referral Registry for Jefferson & Clallam Counties (MPC & Respite)**

Eleanor Cortez 1-800-970-5456

#### **Medicaid Personal Care Agencies are:**

Care Givers	(360) 379-6659
Concerned Citizens	(360) 379-1315
Olympic Community Action (OLYC)	(360) 385-2571
Korean Women's Association	(360) 344-3497

#### **Respite Care Providers**

Port Townsend Community Options	(360) 379-8585
Care Givers	(360) 379-6659
Korean Women's Association	(360) 344-3497

***If you know of a friend or family member who would like to provide Personal Care OR Respite Care, contact your DDD Case Manager at 1-877-601-2760***

**For More information visit the DDD Internet Website at:**

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

## LEGAL/Jefferson County

### JEFFERSON COUNTY PUBLIC DEFENDER

360-385-5613

### NORTHWEST JUSTICE PROJECT

[www.nwjustice.org](http://www.nwjustice.org)

Free Legal Services in Non-Criminal matters for People with low incomes in WA. State

**1-888-201-1014-(ask for the office in Port Angeles)**

**TTY 1-888-201-9737**

## LEGAL/Surrounding Areas

### DD ENDOWMENT TRUST FUND

1-888-754-8798 Ext.103

[www.arcwa.org](http://www.arcwa.org)

### DISABILITY RIGHTS WASHINGTON (Was Washington Protection & Advocacy)

315 - 5th Avenue South, Suite 850, Seattle, WA 98104

1-800-562-2702 / TTY 1-800-905-0209

[www.disabilityrightswa.org](http://www.disabilityrightswa.org)

Protection and advocacy for the civil rights of individuals with disabilities and/or mental illness. Attorney services, training, publication library, and interpreter services available.

### GUARDIANSHIP/POWER OF ATTORNEY/REPRESENTATIVE PAYEE

**Columbia Legal 1-888-201-1014 The ARC 425-258-2459**

A legal process which allows the guardian/power of attorney to assist incapacitated adults in decision making.

### LEGISLATIVE HOTLINE

800-562-6000 TDD 800-635-9993

Bill Room 360-786-7573 [www.leg.wa.gov/](http://www.leg.wa.gov/)

To leave an opinion, statement of concern about government, or call for information on the status of bills or to obtain copies of bills, call the legislative hotline or bill room. To facilitate inquiries, provide your district number or the name of at least one legislator in your district.

### WASHINGTON STATE HUMAN RIGHTS COMMISSION

711 South Capitol Way #402, Box 42490, Olympia, WA 98504-2490

360-753-6770 800-233-3247 TTY 800-300-7525

Investigates cases of discrimination regarding job applications and employment. For anyone feeling s/he has been discriminated against on the basis of mental, physical or sensory handicap.

## LEGAL/Surrounding Areas

### **WASHINGTON STATE OFFICE OF THE FAMILY AND CHILDREN OMBUDSMAN**

206-439-3870      800-571-7321

[www.governor.wa.gov/ofco](http://www.governor.wa.gov/ofco)

An independent voice for families and children who are under state supervision due to allegations or findings of child abuse or neglect. OFCO also monitors the health and safety of children who are in state custody. If you believe the Department of Social and Health Services has not responded adequately to a credible report of suspected child abuse or neglect, or if you believe that a state-supervised family or child, or a child in state custody, is at risk of harm due to the failure of DSHS or another government agency to respond to a complaint, OFCO can help.

### **WASHINGTON STATE OFFICE OF THE LONG-TERM CARE OMBUDSMAN**

800-801-0050 (Jefferson Co)      [www.skcmssc.com](http://www.skcmssc.com)

A program designed to improve the quality of life for people who live in long-term care facilities, including nursing homes, boarding homes, adult family homes and state-operated veterans' homes. The Ombuds advocates for the rights of residents; receives, investigates and attempts to resolve complaints and concerns about the quality of life in long-term facilities; monitors laws, regulations and policies which affect those in long-term facilities; and promotes the development of consumer organizations concerned about long-term care.

## LEGAL/National

### **ATTORNEY REFERRAL SERVICES**

800-759-4357      [www.attorneyswest.com](http://www.attorneyswest.com)

Free referrals to experienced attorneys.

### **CHILDREN'S DEFENSE FUND**

25 E Street, NW, Washington DC 20001

202-628-8787      800-233-1200

[cdfinfo@childrensdefense.org](mailto:cdfinfo@childrensdefense.org)      [www.childrensdefense.org](http://www.childrensdefense.org)

Strong, effective voices for all the children of America who cannot vote, lobby, or speak for themselves. Particular attention to the needs of poor and minority children and those with disabilities.

# MEDICAL / DENTAL

## EMERGENCY SERVICES

For all medical emergencies, CALL 911

## Jefferson County

### **ASSURED** (Hospice)

576B West Main St., Chehalis, WA 98532

360-748-0151 800-833-9404 [www.assurednw.com](http://www.assurednw.com)

One of two Medicare-certified organizations for Jefferson County. Physician referral required.

### **CHILDREN WITH SPECIAL HEALTH CARE NEEDS**

#### **JEFFERSON COUNTY PUBLIC HEALTH**

Marty Johnson, PHN 360-385-9400

Provides case management and resource information for families of children under age 18 who have physical, emotional, behavioral or developmental concerns. Very limited budget to help acquire equipment and services not covered by other funding. No fee.

### **WITHIN REACH**

#### **(formerly Healthy Mothers/Healthy Babies)**

800-322-2588 TDD 800-833-6384

[www.withinreach.org](http://www.withinreach.org)

Provides information and referral to resources for families with babies with and without special needs.

### **JEFFERSON COUNTY HOSPITAL HOME HEALTH CARE/HOSPICE CARE**

360-385-0610

One of two Medicare-certified organizations for Jefferson County. Physician referral required.

### **LOCAL THERAPISTS, DENTISTS AND PHYSICIANS**

- Please refer to your local phone directory for a complete listing.
- Some physicians and dentists do not accept new patients.
- Some do not accept Medicaid.
- Please contact the offices directly to assure they accept Medicaid or the insurance you have.
- Note that many forms of insurance require your primary physician to refer you to specialists.

## DENTISTS

### **OlyCap Oral Health Center**

228 W. First St., Suite J, Port Angeles, WA 98362

Ask for Dental Access: 360-452-4726 or call 360-385-2571

Dr. Lonn DeMoss, Dr. Wendy Walsh,

Dental services provided on a sliding fee scale for low income individuals.

**A mobile dental clinic is available in Port Townsend.**  
**Call OlyCap at (360)-385-2571 for an appointment.**

### **Jamestown S'Klallam Family Dental Clinic**

360-681-3400

Free dental services for tribal members. Standard rates for non-members. Also accepts Medicaid.

### **School of Dentistry/University of Washington**

Box 356365, D322/D323, Seattle, WA 98195-6365

206-543-5982

Provides dental services for underserved populations, including those with low income, medical disabilities or chronic illnesses, geographically isolated, and limited literacy

## PHARMACIES

Check with the individual pharmacy to ensure that they deal with your insurance.

### **Costco**

955 W. Washington, Sequim, WA 98382

360-406-2032

### **Don's Pharmacy**

1151 Water St., Port Townsend, WA 98363

360-385-0969

### **QFC (Hadlock) Pharmacy**

1890 Irondale Rd., Port Hadlock, WA 98339

360-385-1900

### **QFC (Sequim) Pharmacy**

990 E. Washington St., Sequim, WA 98382

360-683-1156

### **Safeway**

442 W. Sims Way, Port Townsend WA 98368

360-385-2806

## **MEDICAL EQUIPMENT**

### **LINCARE**

1905 East First, Port Angeles, WA 98362  
360-452-4724

2428 Sims Way, Port Townsend, WA 98368  
360-385-1015  
Home health care supplies.

## **Surrounding Areas**

### **OPTION CARE**

2528 Wheaton Way, Suite 206, Bremerton, WA  
360-377-3813 800-576-0442  
Home health services and supplies.

### **ANGELES MEDICAL SUPPLY**

928 Caroline St., Port Angeles, WA 98362  
360-417-9521  
Medical supplies and equipment, sales, rentals and repairs.

### **AVAIL HOME NURSING, INC**

1008 S. 40th Ave., Yakima, WA 98908  
509-966-8000 800-637-9998  
Nursing services.

### **CHILDREN'S HOSPITAL**

2800 Sand Point Way NW, PO Box 5371, Seattle, WA 98105  
For questions regarding services to families and children, including living arrangements for families while their child is hospitalized at Children's Hospital, call 206-526-2500.

### **DAVE'S HEALTHCARE SUPPLY**

271 S. 7th Ave., Sequim, WA  
360-683-4902  
Health care supplies and equipment for sale and rent.

# CHILD Developmental Evaluation RESOURCES

## MARY BRIDGE CHILDREN'S HEALTH CENTER

1220 Division Ave. (P.O. Box 5299), Tacoma, WA 98403

**Toll free for the hospital and all clinics: 1-800-552-1419**

**Developmental Services / Developmental Behavioral Pediatrics**

Glenn Tripp, MD, Medical Director – (253)403-4437 –

Fax (253)403-1235

Neurodevelopmental and behavioral evaluation for children ages birth-13, with Dr. Tripp. A PCP paper/faxed referral with explanation of concerns is required. Parents are sent a packet of forms to provide developmental and behavioral information. After all forms are returned to the clinic, an appointment can be made. The sooner the paperwork is returned, the sooner the child can be seen. Appointments are made 4-6 months out. The clinic also arranges multi-disciplinary autism assessments, 4-6 months out. Medicaid accepted.

## Children's Hospital & Regional Medical Center

Clinics in Seattle (and Olympia, less comprehensive)

**Toll free for the hospital and all clinics:**

**1-866-987-2000**

### Neurodevelopmental and Birth Defects Clinic

John F. McLaughlin, MD, Medical Director – (206)987-2210 – Fax: (296)987-3824

This is an assessment and consultation program for children ages birth to 21 (not as new patients past the age of 18) with any degree of developmental and global delays. A PCP paper/faxed referral with explanation of concerns is required.

Parents will be contacted for an appointment and a questionnaire with request for medical records will be mailed to them. Services include: developmental pediatric assessment; neurodevelopmental evaluation; autism assessment; and birth defects consultation. Medicaid accepted. Appointments are typically 2-3 months out.

## UNIVERSITY OF WASHINGTON - CENTER ON HUMAN DEVELOPMENT AND DISABILITY

**For all clinics within CHDD: Office (206)598-4317 Fax (206)598-7815**

CHDD has additional programs including Autism Clinic, FAS Clinic, Pediatric Audiology, etc. All clinics are located in Seattle, directly behind the UOW Medical Center

- **High Risk Infant Follow-up Clinic: (206)-598-9348** For ages 4 months corrected age to age 8. Referrals with description of concerns can be faxed to (206)598-7815. A nurse will contact the family. Some criteria for services include: prematurely, drug/alcohol/tobacco exposed, low birth weight. Children are generally seen for follow-up at ages 4 months, 8 months, 1, 2, 3, 4½, 6, 8. Medicaid accepted.
- **Child Development Clinic: Parent intake line, voicemail only: (206)-598-9346**
- For age's birth - adolescents. If over age 14, will be referred to Children's. Parents must call themselves for an appointment. A nurse will return initial calls in 2-4 weeks. After forms are filled out and returned, an appointment is scheduled for 3-4 months out. Comprehensive, multi-disciplinary team assessments are provided. Two or three appointments are required for complete evaluation. Appointments are early Monday/Tuesday mornings, typically starting at 8:15 a.m. Medicaid accepted.

# CHILD Developmental Evaluation RESOURCES

## Jefferson County

### **PORT TOWNSEND SCHOOL DISTRICT BIRTH-TO-THREE PROGRAM – 360-379-4537**

#### **For families living in the Port Townsend School District.**

Free developmental screening for children ages birth-third birthday. For children found to qualify for services due to developmental delays, early intervention resource coordination, therapy, play group, and family support are provided.

### **CONCERNED CITIZENS, BIRTH-TO-THREE PROGRAM – 360-379-1315 or 1-888-493-8198**

#### **For families living in the Chimacum, Quilcene, or Brinnon school districts.**

Free developmental screening for children ages birth-third birthday. For children found to qualify for services due to developmental delays, early intervention resource coordination, therapy, and family support are provided.

## **MILITARY RESOURCES**

### **Surrounding Areas**

#### **FSC NAVAL SUBMARINE BASE BANGOR WEST SOUND FAMILY SERVICE CENTER**

2901 Barbel St., Silverdale, WA 98315  
360-396-4115 800-562-3301

#### **FSC NAVAL STATION BREMERTON**

Building 853, Bremerton, WA 98314-5020  
360-476-5113 800-634-4100

#### **FORT LEWIS ARMY COMMUNITY SERVICES/EXCEPTIONAL FAMILY MEMBER PROGRAM**

Waller Hall, Bldg. 2140, Fort Lewis, WA 98433-5000  
253-967-3451 FAX 253-967-3397

Provides services for individuals with disabilities, including information, referral and advocacy.

#### **JACKSON PARK**

2800 Wencker Dr., Bremerton, WA 98314  
360-476-9048 800-722-1321

#### **SPECIALIZED TRAINING OF MILITARY PARENTS (STOMP)**

c/o Washington PAVE, 6316 S. 12th St., Tacoma, WA 98465  
253-565-2266 800-572-7368 TTY 253-565-2266

[wapave9@washingtonpave.com](mailto:wapave9@washingtonpave.com) [www.washingtonpave.org](http://www.washingtonpave.org)

Special training and support to military parents throughout the U.S. & overseas who have children with special needs.

## RECREATION/LEISURE

- ▶ For a free directory of camps in Washington for children with special needs, call 206-526-2500 & select option 4, or visit [www.seattlechildrens.org](http://www.seattlechildrens.org)
- ▶ For organizations providing therapeutic horse riding services, call 800-369-7433 or visit [www.narha.org](http://www.narha.org)
- ▶ For wheelchair accessible camping, visit [www.disabilityguide.com/recreation.html](http://www.disabilityguide.com/recreation.html)

### Jefferson County

#### **FRIDAY NIGHT SOCIAL** Call 360-765-3352 or 360-377-3473

Located at the Arc office at  
3243 N. Perry Ave, Bremerton, WA.

The Arc of Kitsap and Jefferson Counties offers a community dance for adults with developmental disabilities each Friday afternoon from 4-7 PM. This weekly event is free of charge and snacks/drinks provided. 2<sup>nd</sup> Friday of each month is Hot Dog night and the 4<sup>th</sup> Friday is Birthday cake celebration. Live DJ/Bands and special theme nights throughout the year

#### **GATHERINGPLACE** 360-385-4172

430 Hudson St., Port Townsend, WA 98368

[gathering@gpopt.org](mailto:gathering@gpopt.org) [www.gpopt.org](http://www.gpopt.org) .

A privately funded non-profit organization, in Jefferson County, enriching the lives of adults with developmental disabilities through educational activities, art, and life experience. Participants gain job training and communication skills.

#### **JEFFERSON COUNTY PEOPLE FIRST**

Leslie Bunton, Contact Person

Port Townsend, WA 98368 360-379-7414

Persons with developmental disabilities participate in self-advocacy activities

#### **NORTHWEST KIWANIS CAMP**

360-385-1327

Lakeside camping for children with special needs at Lake Beausite in Jefferson County. Summer sessions. Call above number for application. Camp fills quickly, so you must register as soon as the applications come out.

#### **PORT TOWNSEND RECREATION CENTER**

Lawrence & Tyler Streets

Gatherings Wednesday nights, 7:00 pm - 8:30 pm

Thursdays 2 times a month

Saturday 1 time a month

For more information call: Janet Ramsey 360-385-1195

### **SPECIAL NEEDS ADVOCACY PARENTS (SNAP)**

PO Box 3081, Sequim, WA 98382

360-681-8642

Offers social activities for those with developmental disabilities. Recreation nights held at SNAP office (220 W. Alder) Tuesdays from 5:00 pm – 7:00 pm monthly bowling. Call for information on subscribing to monthly newsletter.

### **SPECIAL OLYMPICS**

Local Coordinator-Janet Ramsey Call 360-385-1195 for information.

### **WASHINGTON STATE FISHING LICENSES**

Contact your DDD Case Manager at 360-379-4322 for forms.

## **Surrounding Areas**

### **CAMP CASEY: KIWANIS**

4728 16th Ave. NE, Seattle, WA 98105

206-525-7596

For youths with physical disabilities such as cerebral palsy or spina bifida. Staff includes a registered nurse. Located on Whidbey Island. Activities include a dance, talent show, campfires, swimming, picnics and horseback riding.

### **CAMP PRIME TIME**

6 South 2<sup>nd</sup> Street Suite 802, Yakima, WA 98901

509-248-2854 FAX 509-248-5505

[families@campprimetime.org](mailto:families@campprimetime.org) [www.campprimetime.org](http://www.campprimetime.org)

Camp Prime Time is near Clear Lake in the beautiful Wenatchee National Forest, approximately seven miles east of White Pass, Washington. The Prime Time staff and volunteers provide free weekend camps for terminally/seriously ill or children with disabilities and their families. Their vision is not for a “specialized” camp, but rather a facility that is a “setting” for individuals and their families to enjoy the beauty of the mountains and each other. The Camp usually runs from the last weekend of May to the first weekend of October.

### **CAMPFIRE BOYS AND GIRLS**

8511 15th NE, Seattle, WA 98115

206-461-8550 800-451-CAMP 360-377-5513 or 206-343-0334 (West office)

[linfo@campfirecpsc.org](mailto:linfo@campfirecpsc.org) [www.campfirecpsc.org](http://www.campfirecpsc.org)

A variety of programs for children with disabilities and their families, including day and overnight camps, weekend camps for families, and the Special Saturday Club (sitting for children 2-12 years old with disabilities, 2-10 without).

### **CAMP WORKS/CAMP KLATAWA NW**

253-272-3001 360-695-3243 FAX 253-460-9405

[campworks@juno.com](mailto:campworks@juno.com) [www.campworks.homestead.com](http://www.campworks.homestead.com)

Primary enrollment for children ages 6-12 with autism, pervasive developmental disorders and attention deficit disorder. Secondary enrollment for typically developing children. Camp activities supervised by occupational therapists and special educators and include programming to promote performance of daily life activities as well as traditional camp activities. Call for camp dates & location.

**EASTER SEAL WEST--ADAPTIVE RECREATION & EDUCATION**

PO Box J, Vaughn, WA 98394  
206-884-0200

[eastersealare@seals.org](mailto:eastersealare@seals.org)

Call to be put on mailing list for camp. It is recommended you call to reserve space as soon as you get information, since camp fills quickly.

**NATIONAL FOREST SERVICE**

Pacific Northwest Region  
319 SW Pine St., PO Box 3623, Portland, OR 97208  
Free membership for people with a disability.

**Surrounding Areas**

**NATIONAL PARKS GOLDEN ACCESS PASSPORT**

Olympic National Parks  
3002 S. Race St., Port Angeles, WA 98362  
360-452-0330

Free lifetime membership for persons with a disability. Contact the Olympic National Park Visitor Information Center and they will assist with the application. You may need information from your DDD Case Manager or your physician to complete the form.

**WASHINGTON SPECIAL OLYMPICS FAMILY CAMP**

c/o Patti Lettich, 2150 N. 107th, #220, Seattle, WA 98133  
206-362-4949, ext. 202

For ages 8 and up who have developmental disabilities and approval of their doctor. There are 19 different sports offered year-round, including aquatics, athletics, bowling, gymnastics, soccer, etc. Features campfires, dancing, relaxation and sports. No childcare provided. Located statewide.

**SUNDIAL SPECIAL VACATIONS INC.**

2609 Hwy. 101 North, Seaside, OR 97138  
800-547-9198

[www.sundial-travel.com](http://www.sundial-travel.com)      [bruce@sundial-travel.com](mailto:bruce@sundial-travel.com)

Supervised vacations for adults with developmental disabilities. Thirty-three years in business.

**TRIPS INC. SPECIAL ADVENTURES**

PO Box 10885, Eugene, OR 97440  
800-686-1013    [www.tripsinc.com](http://www.tripsinc.com)      [trips@tripsinc.com](mailto:trips@tripsinc.com)

Providing travel opportunities for people with various disabilities.

# Tobacco Cessation

## QUIT LINE

1-800-QUIT-NOW (1-800-784-8669)

Deaf and hard of hearing 1-877-777-6534

Spanish Line 1-877-2 NO FUME (1-877-266-3863)

[www.Quitline.com](http://www.Quitline.com)

## WA State Department of Health Free tobacco cessation program:

- Free supply of nicotine replacement
- Private counseling and support
- Help deciding about products and medications that can help your quit be easier and more successful
- A tobacco quit kit full of information about how to quit and stay quit

Monday - Sunday: 5 a.m. to 9 p.m.

If you call at any other time, just leave a message. We'll call you back.

## FREEDOM FROM SMOKING

Offered regularly at Jefferson Healthcare

Call for class schedule 360) 385-2200 ext 2300

The American Lung Association's smoking cessation program is Freedom From Smoking® (FFS). FFS is a highly structured and comprehensive behavior modification approach to smoking cessation in a group support setting. FFS is based on the premise that smoking is a learned behavior. The seven session format provides for tracking personal habits, developing coping strategies and practice in a supportive environment with others who are experiencing the same feelings and challenges.

## JEFFERSON COUNTY TOBACCO PREVENTION AND CONTROL PROGRAM

Jefferson County Public Health

(360) 385-9400

[kobermeyer@co.jefferson.wa.us](mailto:kobermeyer@co.jefferson.wa.us)

<http://www.jeffersoncountypublichealth.org>

Click on Tobacco & substance Abuse for local resources

# TRANSPORTATION

## **JEFFERSON COUNTY TRANSIT**

Dial-a-Ride 360-385-4777

## **MEDICAID TRIPS/PARA-TRANSIT**

For Jefferson County residents covered by Medicaid

800-756-5438 TTY 800-756-5438

Adults and children who receive a monthly DSHS Medical ID card are eligible to receive transportation assistance (including gas vouchers, ferry tickets, bus passes, and/or rides) for scheduled medical appointments that are covered by Medicaid. Bus and ferry ticket requests and any other transportation services to appointments outside Jefferson County must be called in at least 5 business days before an appointment. Within the county, call at least 2 business days, but no more than 2 weeks, in advance.

## **GREYHOUND BUS LINES**

ADA assist line 800-752-4841 TTY 800-345-3109

An ADA personal care attendant services ticket is available at no charge to personal care attendants riding Greyhound to assist a passenger with a disability who meet certain requirements. You must call Greyhound's ADA assist line at least 48 hours prior to the date of departure. Call for more information.

## **BREMERTON-KITSAP AIRPORTER**

360-876-1737

Direct bus from Kitsap County to Sea-Tac Airport

## **OLYMPIC BUS LINES**

111 E. Front St., Port Angeles, WA 98362

360-417-0700

## **VOLUNTEER CHORE SERVICE**

800-642-8019

Services that enable people to live in their own homes or apartments. May include household work, respite care, transportation, errands and minor home repairs.

## **WASHINGTON STATE FERRIES**

206-464-6400 888-808-7977 TTY 800-833-6388

Disabled passengers may ride at a reduced fare. A reduced fare permit or any other identification, which establishes disability, is required at the time of travel. Please notify ticket seller of any special needs. Call for more information.

## **VOLUNTEERS**

### **BOEING BLUEBILLS**

360-385-4980, ext. 115

Boeing retiree's volunteer help with chores, household tasks and repairs.

### **ECHHO (Ecumenical Christian Helping Hands Organization)**

360-379-ECHO

Volunteers help with chores, transportation for medical appointments outside the county, errands and companionship. By referral through social agencies, medical professionals and pastors.

### **VOLUNTEER CHORE SERVICE**

800-642-8019

Services that enable people to live in his or her own homes or apartments. Volunteers help with chores, household work, respite care, transportation, errands and minor home repairs.

Many of these resources are also available at the Jefferson  
County Real Choices Project website:

**<http://www.jcchoices.org>**

## **People First language**

**puts the Person**

**before the Disability.**

**The difference between the right word and the almost right word is the difference between lightening and the lightening bug. Mark Twain**

### **Who are people with disabilities?**

Historical and current myths tell us they are:

- *People who suffer from the tragedy of birth defects*
- *Paraplegic heroes who struggle to become normal again*
- *Victims of diseases fighting to regain their previous lives*
- *Categorically the crippled, the retarded, the autistic, the blind, the deaf, the learning disabled.*

### **Who are they really?**

*Neighbors, friends, employees, students, leaders, movie stars, followers, teachers, moms, dads, sons, daughters, beauty pageant winners, they are.....people. They are People.*

*Are you myopic or do you wear glasses?*

*Are you cancerous or do you have cancer?*

*Are you freckled or do you have freckles?*

*Are you handicapped/disabled or do you have a disability?*

**People First Language says**

**what a person HAS not what a Person IS**

## **EXAMPLES OF PEOPLE FIRST LANGUAGE**

### **LABELS NOT TO USE**

### **PEOPLE FIRST LANGUAGE**

**the Handicapped**

**people with disabilities**

**the Disabled**

**people with disabilities**

**the mentally retarded  
or he's retarded**

**people with a cognitive disability  
or he has a cognitive disability**

**my son is autistic**

**my son has autism**

**she's down kid  
a mongoloid**

**she has Down Syndrome**

**he is learning disabled**

**he has a learning disability**

**I'm a paraplegic**

**I have paraplegia**

**she's crippled**

**she has a physical disability  
she has a mobile impairment**

**he's a dwarf or midget**

**little people**

**she's emotionally  
disturbed**

**she has an emotional disability**

**he's wheelchair bound or  
confined to a wheelchair**

**he uses a wheelchair  
or a mobility chair**

**normal and/or healthy**

**typical kids or kids  
without disabilities**

**he's in special ed**

**he receives special ed services**

**birth defect**

**congenital disability**

**handicapped parking  
bathrooms, ect.....**

**accessible parking, bathrooms, ect...**

### **THEY ARE PEOPLE FIRST- DISABILITIES SECOND**

Written by Kathie [Snow-KSSnow@aol.com](mailto:Snow-KSSnow@aol.com)



# My Safety Plan In Case of an Emergency

**ALWAYS CALL 911 FIRST IF NEEDED** and give responders a copy of this plan.

Date of Plan \_\_\_\_\_

Name \_\_\_\_\_ Birth Date \_\_\_\_\_

Address \_\_\_\_\_

Home Phone # \_\_\_\_\_ Cell Phone # \_\_\_\_\_

Other people living in my home \_\_\_\_\_

Type and names of my pets and where they live \_\_\_\_\_

\_\_\_\_\_

## SUPPORT CONTACTS IN CASE OF AN EMERGENCY

Name / relationship \_\_\_\_\_ Phone # \_\_\_\_\_

Out of Town Contact \_\_\_\_\_ Phone # \_\_\_\_\_

My Neighbor \_\_\_\_\_ Phone # \_\_\_\_\_

My Church Contact \_\_\_\_\_ Phone # \_\_\_\_\_

Local Contact With House Key \_\_\_\_\_ Phone # \_\_\_\_\_

Neighborhood Emergency Preparedness Group \_\_\_\_\_ Phone # \_\_\_\_\_

## ABOUT MY HEALTH

My health care provider \_\_\_\_\_ Phone # \_\_\_\_\_

My health problems (medical diagnoses) \_\_\_\_\_

\_\_\_\_\_

I am allergic to this medication or food \_\_\_\_\_

The pharmacy I use for prescriptions \_\_\_\_\_

Medication \_\_\_\_\_ Dose/WhenTaken \_\_\_\_\_

Medication \_\_\_\_\_ Dose/WhenTaken \_\_\_\_\_

Medication \_\_\_\_\_ Dose/WhenTaken \_\_\_\_\_

Medication \_\_\_\_\_ Dose/WhenTaken \_\_\_\_\_

Medication \_\_\_\_\_ Dose/WhenTaken \_\_\_\_\_

I wear:  Glasses --  Contacts --  Hearing Aid --  Dentures --  Other \_\_\_\_\_

I have a:  Pacemaker/type \_\_\_\_\_  Defibrillator/type \_\_\_\_\_

I have a Living Will. A copy can be found \_\_\_\_\_

More things to know about me/Specific Instructions \_\_\_\_\_

\_\_\_\_\_






\_\_\_\_\_

\_\_\_\_\_

For information about joining or creating a Neighborhood Emergency Preparedness Group, Please call (360) 385-9368 or send an email to: [jcdem@co.jefferson.wa.us](mailto:jcdem@co.jefferson.wa.us)

## CALL 211 FOR NON EMERGENCY/ SOCIAL SERVICE INFORMATION:

### Things to do and think about to prepare for an emergency:

1. **IMPORTANT:** Fill out a "My Personal Safety Plan" form. You can ask a health care provider or other trusted person to help you fill it out. It's a good idea to give copies to your family and your children that live out of town, and to a *trusted* friend and neighbor. You could also keep a copy on your refrigerator, in your purse or wallet, in your car and in your "Grab and Go" emergency backpack.
2. Plan and practice an escape route from every room in your house in case of fire.
3. Pick a meeting place nearby where you would go in an emergency if you had to leave your house. Tell the other people that live in your house and your neighbors where you plan to meet.
4. If you couldn't reach the phone, how long would it take before someone came looking for you? Would they be able to get in? 
5. Arrange for one or two people to be your helpers in case of an emergency. These people should live with you or nearby. Do they have a key to your home? Are they part of your Neighborhood Group? 
6. Have flashlights ready to find your way in the dark, and keep a flashlight near your bed.  
7. Keep a pair of sturdy shoes and leather gloves under your bed that you can put on quickly in case of an emergency at night.
8. Know where your important legal documents are kept. In case of an emergency, someone you trust should also know where they are. 

### ALWAYS CALL 911 IN CASE OF EMERGENCY :

#### For information or help when it is NOT an emergency

- Jefferson County Sheriff 385-3831
- Port Townsend Police Department - 385-2322
- Jefferson County Animal Services 385-3292
- Senior Information & Assistance 385-2552
- Olympic Community Action 385-2571
- East Jefferson Fire & Rescue 385-2626
- Quilcene Fire Department 765-3333
- Port Ludlow Fire Department 437-2236
- Brinnon Fire Department 796-4450
- Discovery Bay/Gardiner/Fire Depart 797-7711
- Red Cross 385-2737

**THIS FORM WAS CREATED BY: Jefferson County Public Health, the DD Program**  
For additional forms please contact: [amcenery@co.jefferson.wa.us](mailto:amcenery@co.jefferson.wa.us)

**IMPORTANT PHONE NUMBERS AT A GLANCE**

Emergencies	911
Social Services/Non Emergency Info	211
Adult Protective Services	379-5002
Al-Anon	1-866-452-6973
Alcoholics Anonymous	385-0266
Alcohol & Drug Abuse Services	385-9435
Alcohol & Drug Helpline	1-800-562-1240
Animal Services	385-3292
Children w/Special Health Care Needs	385-9442
Crisis Hotline/East Jefferson Co.	385-0321
Crisis Hotline/West Jefferson Co.	360-374-5011 or 374-6271
Children Protective Services	379-4330
Child Care/Parent Line	1-800-300-1247
Division of Vocational Rehabilitation	379-4327
Division of Developmental Disabilities	379-4427
Domestic Violence/Sexual Assault	385-5291
DSHS/CSO	385-4300
Employment Security-Work Source	379-5036
Food Bank Information	211
Ferries (Info-Scheduling-Tolls)	1-800-843-3779
Fish & Wildlife Department	796-4601
Hazardous Waste	379-6911
Headstart	385-0525
Hood Canal Bridge Info (Recording)	1-800-419-9085
Jefferson County DD Coordinator	385-9410
Jefferson County Public Health	385-9400
Jefferson Healthcare (Hospital)	385-2200
Landfill (Solid Waste Transfer Station)	385-9160/385-0404
Legal Aid-Clallam/Jefferson Pro bono Lawyers	360-417-0818
Legal Aid-Northwest Justice	360-452-9137
Olympic Community Action (OlyCAP)	385-2571
Olympic Area Agency on Aging (O3A)	379-5064
Parent to Parent Coordinator	379-8934
People First Group	301-4447
St. Vincent de Paul	385-1325
Senior Information & Assistance	385-2552
Senior Nutrition Services	385-0385
Telecommunications Relay Service (TTY)	1-800-833-6388
United Good Neighbors	385-3797
WIC	385-9400