



**DO·IT**

## Washington State Resources for Parents of Children and Youth with Disabilities

Parents of youth with disabilities have unique opportunities to promote their successful transition to postsecondary education, employment, and full adult participation in society. Parents can provide the foundation for young people to become self-determined, learn decision-making skills, and gain access to resources. Families can assist in the transition process by providing direction in exploration of interests, guidance in career and college planning, and encouragement as they pursue their dreams. Parents can help each other, too. As they develop skills in working with their own children they can:

Provide information,  
Answer questions,  
Recommend resources,  
Empower youth and young  
adults with disabilities,  
Network,  
Train, and  
Support one another.

Parents are most effective when they have up-to-date information, communication, and community resources. The following resources may be particularly helpful in assisting parents in Washington State as their children prepare for college and careers. Compiled with input from many parents, this list includes printed materials, websites, disability-related conferences and organizations, and agencies that provide services to individuals with disabilities.

### Disability-Specific Organizations

**American Foundation for the Blind**  
800-232-5463  
[www.afb.org](http://www.afb.org)

**The Arc of Washington State**  
Advocates for the rights of citizens with developmental disabilities  
888-754-8798  
[www.arcwa.org](http://www.arcwa.org)

**Attention Deficit Disorder Association (ADDA)**  
253-759-5085  
[www.add.org](http://www.add.org)

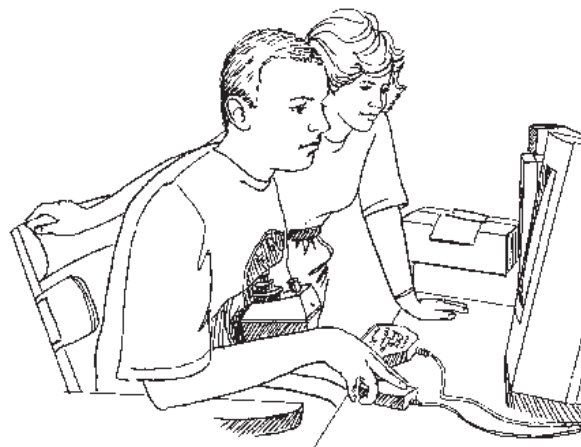
**Autism Society of America**  
800-328-8476  
[www.autism-society.org](http://www.autism-society.org)

**Brain Injury Association of Washington**  
877-824-1766  
[www.braininjurywa.org](http://www.braininjurywa.org)

**Children and Adults with Attention-Deficit/  
Hyperactivity Disorder (CHADD)**  
800-233-4050  
[www.chadd.org](http://www.chadd.org)

**Deaf-Blind Service Center (DBSC)**  
206-323-9178 (TTY)  
[www.seattledbsc.org](http://www.seattledbsc.org)

**Epilepsy Foundation Northwest**  
206-547-4551  
[www.epilepsynw.org](http://www.epilepsynw.org)





**The FAS (Fetal Alcohol Syndrome) Family Resource Institute**  
*fetalalcoholsyndrome.org*

**Hearing, Speech, and Deafness Center**  
800-761-2821  
206-388-1275 (TTY)  
*www.hsdcenter.org*

**Office of the Deaf and Hard of Hearing**  
800-422-7930 (voice/TTY)  
*www.dshs.wa.gov/odhh*

**SightConnection**  
800-458-4888  
*www.sightconnection.org*

**Spina Bifida Association of Washington State**  
888-289-3702  
*www.sbaaws.org*

**Telecommunications Relay Services**  
800-833-6384  
800-833-6388 (TTY); 711 (TTY)  
800-833-6385 (Tele-Braille)  
877-833-6341 (speech to speech)

**Washington Sensory Disabilities Services**  
800-572-7000 (voice/TTY)  
*www.wsdsonline.org*

**Washington Talking Book and Braille Library**  
206-615-0400  
206-615-0418 (TTY)  
*www.wtbbl.org*

**Washington State Department of Services for the Blind**  
800-552-7103  
*www.dsb.wa.gov*

**Education and Employment Center for Change in Transition Services**  
206-296-6494  
*www.seattleu.edu/ccts*

**Disabilities, Opportunities, Internetworking, and Technology (DO-IT)**  
888-972-3648 (voice/TTY)  
*www.uw.edu/doiit/*

**Northwest Education Loan Association (NELA)**  
877-635-2669  
*www.nela.net/Centers/Pages/CenterHome.aspx*

**Oregon Office on Disability and Health (OODH)**  
503-494-3331  
*www.ohsu.edu/xd/research/centers-institutes/institute-on-development-and-disability/public-health-programs/oodh/oodh.cfm*

**Western Interstate Commission for Higher Education**  
*www.wiche.edu/sep/*

**Workforce Training and Education Coordinating Board**  
360-753-5662  
*www.wtb.wa.gov*

**Health and Community Resources Center on Human Development and Disability (CHDD)**  
206-543-7701  
*depts.washington.edu/chdd/*

**Children's Hospital Medical Center**  
866-987-2000  
206-987-2280 (TTY)  
*www.seattlechildrens.org*

**Children with Special Health Care Needs Program**  
360-236-3571 (voice/TTY)  
*www.doh.wa.gov/cfh/cshcn*

**Department of Rehabilitation Medicine, University of Washington**  
206-543-3600  
*depts.washington.edu/rehab/*

**Health Education Resource Exchange (HERE)**  
360-236-3736  
*here.doh.wa.gov*

**PROVAIL**  
888-810-0745  
*www.provail.org*

**Shriners Hospitals for Children**  
800-237-5055  
*www.shrinershospitalsforchildren.org*



**Statewide Independent Living Council (SILC)**  
[www.ilru.org/html/publications/directory/SILC.html](http://www.ilru.org/html/publications/directory/SILC.html)

**Summit Assistance Dogs**  
360-293-5609  
[www.summitdogs.org](http://www.summitdogs.org)

**Washington State Client Assistance Program**  
800-544-2121  
888 721-6072 (TTY)  
[www.washingtoncap.org](http://www.washingtoncap.org)

## **Organizations for Parents**

**Parent to Parent (P2P)**  
888-754-8798  
[www.arcwa.org/getsupport/parent\\_to\\_parent\\_p2p\\_programs](http://www.arcwa.org/getsupport/parent_to_parent_p2p_programs)

**Parent to Parent Power**  
253-777-1475  
[lieucrews.wix.com/parent2parentpower#!](http://lieucrews.wix.com/parent2parentpower#!)

**Washington PAVE (Parents are Vital in Education)**  
253-565-2266 (voice/TTY)  
[www.washingtonpave.org](http://www.washingtonpave.org)

**Washington State Fathers Network**  
425-653-4286  
[www.fathersnetwork.org](http://www.fathersnetwork.org)

**Washington State Parent Teacher Association (PTA)**  
800-562-3804  
[www.wastatepta.org](http://www.wastatepta.org)

## **State Agencies and Organizations**

**Answers for Special Kids Resource Line**  
800-322-2588  
800-883-6388 (TTY)

**Career and Technical Education**  
360-725-6000  
360-664-3631 (TTY)  
[www.k12.wa.us/careerteched](http://www.k12.wa.us/careerteched)

**Children with Special Health Care Needs Program**  
Washington State Department of Health  
360-236-3571 (voice/TTY)  
[www.doh.wa.gov/cfh/cshcn](http://www.doh.wa.gov/cfh/cshcn)

**Disability Rights Washington**  
800-562-2702  
800-905-0209 (TTY)  
[www.disabilityrightswa.org](http://www.disabilityrightswa.org)

**Division of Development Disabilities (DDD)**  
Washington State Department of Social and Health Services (DSHS)  
360-725-3413  
[www1.dshs.wa.gov/DDD](http://www1.dshs.wa.gov/DDD)

**Division of Special Education**  
Office of the Superintendent of Public Instruction  
360-725-6075  
[www.k12.wa.us/SpecialEd](http://www.k12.wa.us/SpecialEd)

**Division of Vocational Rehabilitation (DVR)**  
Washington State Department of Social and Health Services (DSHS)  
800-637-5627  
[www1.dshs.wa.gov/dvr](http://www1.dshs.wa.gov/dvr)

**Governor's Committee on Disability Issues and Employment**  
360-725-9509  
[www.esd.wa.gov/newsandinformation/legresources/gcde](http://www.esd.wa.gov/newsandinformation/legresources/gcde)

**King County Office of Civil Rights**  
206-296-7592  
206-296-7596 (TTY)  
[www.kingcounty.gov/exec/CivilRights.aspx](http://www.kingcounty.gov/exec/CivilRights.aspx)

**Learning Disabilities Association (LDA) of Washington**  
425-882-0820  
[www.ldawa.org/](http://www.ldawa.org/)

**Mental Health Division**  
Department of Social and Health Services  
1-877-980-9220  
[www.dshs.wa.gov/dbhr/mh\\_information.shtml](http://www.dshs.wa.gov/dbhr/mh_information.shtml)

**No Child Left Behind (NCLB)**  
Office of Superintendent of Public Instruction  
360-725-6000  
360-664-3631 (TTY)  
[www.k12.wa.us/ESEA/Contact.aspx](http://www.k12.wa.us/ESEA/Contact.aspx)



### **Office of the Deaf and Hard of Hearing**

Washington State Department of Social and Health Services (DSHS)  
800-422-7930 (voice/TTY)  
[www1.dshs.wa.gov/hrsa/odhh](http://www1.dshs.wa.gov/hrsa/odhh)

### **Washington Assistive Technology Act Program (WATAP)**

800-214-8731  
866-866-0162  
[www.wata.org](http://www.wata.org)

### **Washington Speech and Hearing Association**

206-367-8704  
[www.wslha.org](http://www.wslha.org)

### **Washington State Developmental Disabilities Council**

800-634-4473  
[www.ddc.wa.gov](http://www.ddc.wa.gov)

### **Transportation and Driving**

#### **King County Metro Transit**

206-263-3113  
[metro.kingcounty.gov](http://metro.kingcounty.gov)

#### **Spokane Transit**

509-328-7433  
509-456-4327 (TTY)  
[www.spokanetransit.com](http://www.spokanetransit.com)

#### **St. Luke's Rehabilitation Institute Driver Rehab Program**

509-473-6289  
[www.st-lukes.org](http://www.st-lukes.org)

#### **Washington State Department of Transportation**

360-705-7000  
[www.wsdot.wa.gov/choices/accessible.cfm](http://www.wsdot.wa.gov/choices/accessible.cfm)

### **About DO-IT**

DO-IT (Disabilities, Opportunities, Internetworking, and Technology) serves to increase the successful participation of individuals with disabilities in challenging academic programs and careers such as those in science, engineering, mathematics, and technology. Primary funding for DO-IT is provided by the National Science Foundation, the State of Washington, and the U.S. Department of Education.

For further information, to be placed on the DO-IT mailing list, request materials in an alternate format, or to make comments or suggestions about DO-IT publications or web pages, contact:

#### **DO-IT**

University of Washington  
Box 354842

Seattle, WA 98195-5670

[doit@uw.edu](mailto:doit@uw.edu)

[www.uw.edu/doit/](http://www.uw.edu/doit/)

206-685-DOIT (3648) (voice/TTY)

888-972-DOIT (3648) (voice/TTY)

509-328-9331 (voice/TTY) Spokane

206-221-4171 (fax)

Founder and Director: Sheryl Burgstahler, Ph.D.

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