



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

212-502-7600

www.afb.org

The Arc of Washington State

Advocates for the rights of citizens with developmental disabilities

1-888-754-8798

360-357-5596

www.arcwa.org

Attention Deficit Disorder Association (ADDA)

800-939-1019

www.add.org

Autism Society of America

800-328-8476

www.autism-society.org

Brain Injury Alliance of Washington

206-467-4800

www.biawa.org

Children and Adults with Attention-Deficit/ Hyperactivity Disorder (CHADD)

301-306-7070

www.chadd.org

Deaf-Blind Service Center (DBSC)

206-323-3644 (TTY)

www.seattledbcs.org

Epilepsy Foundation Northwest

206-487-5251

800-322-1000 (toll free)

www.epilepsywashington.org

The FAS (Fetal Alcohol Syndrome) Family Resource Institute

fetalalcoholsyndrome.org

Hearing, Speech, and Deafness Center

206-323-5770

888-222-5036 (toll free)

800-761-2821 (toll free TTY)

www.hsdcc.org



Office of the Deaf and Hard of Hearing
800-422-7930 (voice/TTY)
www.dshs.wa.gov/altsa/office-deaf-and-hard-hearing

Spina Bifida Association of Washington State
253-589-3700
888-289-3702 (toll free)
www.sbaws.org

Telecommunications Relay Services
800-833-6384 or 711
800-833-6388 (TTY); 711 (TTY)
www.dshs.wa.gov/altsa/odhh/telecommunication

Washington Sensory Disabilities Services
360-947-3297
www.wsdsonline.org

Washington Talking Book and Braille Library
206-615-0400
800-542-0866 (toll free)
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)**
206-685-3648
888-972-3648 (voice/TTY)
www.uw.edu/doi/

Oregon Office on Disability and Health (OHSU)
503-494-1205
www.ohsu.edu/oregon-office-on-disability-and-health

Special Education Guide
www.specialeducationguide.com

**Western Interstate Commission for Higher
Education**
303-541-0200
www.wiche.edu/studentExchange

**Workforce Training and Education Coordinating
Board**
360-709-4600
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
206-987-2000
866-987-2000 (toll free)
206-987-0391 (TTY)
www.seattlechildrens.org

**Children and Youth with Special Health Care
Needs Program**
360-236-3573
[doh.wa.gov/YouandYourFamily/InfantsandChildren/
HealthandSafety/ChildrenwithSpecialHealthCareNeeds](http://doh.wa.gov/YouandYourFamily/InfantsandChildren/HealthandSafety/ChildrenwithSpecialHealthCareNeeds)

**Department of Rehabilitation Medicine,
University of Washington**
206-520-5000 (out patient)
206-598-8161 (in patient)
rehab.washington.edu

PROVAIL
206-363-7303
888-810-0745 (toll free)
www.provail.org

Shriners Hospitals for Children
813-2811-8162
www.shrinershospitalsforchildren.org

Statewide Independent Living Council (SILC)
www.ilru.org/html/publications/directory/SILC.html

Summit Assistance Dogs
360-293-5609
www.summitdogs.org

Washington State Client Assistance Program
206-849-2939 (voice and text)
www.washingtoncap.org



Organizations for Parents

Parent to Parent (P2P)

1-800-821-5927 (Susan Atkins, WA P2P coordinator)
www.arcwa.org/getsupport/parent_to_parent_p2p_programs

Parent to Parent Power

<https://www.power2parent.org/>

PAVE (Partnerships in Action, Voices for Empowerment)

253-565-2266
www.wapave.org

Washington State Fathers Network

425-653-4286
www.fathersnetwork.org

Washington State Parent Teacher Association (PTA)

253-214-7410
www.wastatepta.org

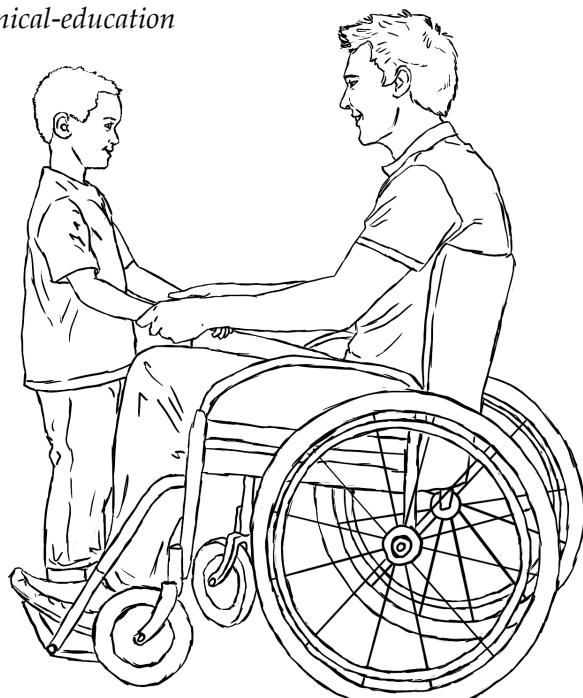
State Agencies and Organizations

Answers for Special Kids Resource Line

800-322-2588
800-883-6388 (TTY)

Career and Technical Education

360-725-6000
360-664-3631 (TTY)
<https://www.k12.wa.us/student-success/career-technical-education>



Children with Special Health Care Needs Program

Washington State Department of Health
360-236-4700 (voice)
711 (TTY)
doh.wa.gov/you-and-your-family/infants-and-children/health-and-safety

Disability Rights Washington

206-324-1521
800-562-2702
800-905-0209 (TTY)
711 (TTY)
www.disabilityrights.wa.org

Developmental Disabilities Administration (DDA)

Washington State Department of Social and Health Services (DSHS)
360-725-3413
www.dshs.wa.gov/dda

Division of Special Education

Office of the Superintendent of Public Instruction
360-725-6000
360-664-3631 (TTY)
www.k12.wa.us/SpecialEd

Division of Vocational Rehabilitation (DVR)

Washington State Department of Social and Health Services (DSHS)
800-637-5627
www.dshs.wa.gov/dvr

Governor's Committee on Disability Issues and Employment

360-902-9511
esd.wa.gov/gcde

King County Office of Civil Rights

206-263-2446
206-296-7596 (TTY)
www.kingcounty.gov/elected/executive/equity-social-justice/civil-rights.aspx

Learning Disabilities Association (LDA) of Washington

425-882-0820
www.ldawa.org/

Mental Health Division

Department of Social and Health Services
1-877-980-9220
www.dshs.wa.gov/mental-health-and-addiction-services



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

Office of the Deaf and Hard of Hearing

Washington State Department of Social and Health Services (DSHS)
800-422-7930 (voice/TTY)
360-725-3450 (voice)
360-725-3455 (TTY)
www.dshs.wa.gov/altsa/office-deaf-and-hard-hearing

Washington Assistive Technology Act Program (WATAP)

800-214-8731 (toll free)
866-866-0162 (toll free TTY)
www.wata.org

Washington Speech and Hearing Association

253-525-5162
www.wslha.org

Washington State Developmental Disabilities Council

360-586-3560 (main reception)
800-634-4473 (toll free)
www.ddc.wa.gov

Transportation and Driving

King County Metro Transit
206-553-3000
kingcounty.gov/depts/transportation/metro.aspx

Spokane Transit

509-328-7433
711 (TTY)
www.spokanetransit.com

St. Luke's Rehabilitation Institute Driver Rehab Program

509-473-6000
www.st-lukes.org

Washington State Department of Transportation

360-705-7000
360-705-7438
wsdot.wa.gov/about/americans-disabilities-act-ada

About DO-IT

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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:

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