Resource Guide
To request additional copies, please contact:

Skagit County Public Health
Developmental Disabilities Program
700 South 2nd Street, #301
Mount Vernon, WA 98273
(360) 416-1500
www.skagitcounty.net/Departments/PHCS

For additions or corrections, please send comments to:
mai@mhi.co.skagit.wa.us

Inclusion in this directory does not constitute endorsement, nor is any omission an intention.

Updated January 2017
Welcome!

Navigating through heaps of resources can feel overwhelming at times. We hope this guide can help you find what you’re looking for. This guide has information about public, private and non-profit agencies for individuals with developmental disabilities.

Because we could not fit every resource into one guide, we would like to refer you to another community resource for basic needs such as food and shelter, as well as drug and alcohol treatment, counseling, and volunteerism.

Community Action of Skagit County is a community-based organization that provides services and advocates for the needs of those experiencing poverty. Community Action has 39 anti-poverty programs, including the Critical Needs program, Energy Assistance Program, Women, Infants & Children Program (WIC), and the Veteran’s Assistance Program. Please contact Community Action of Skagit County for more information about these programs or other resources not found in this guide.

Community Action of Skagit County  
330 Pacific Place, Mount Vernon  
(360) 416-7585  
or visit www.communityactionskaqit.org

Community Information Line: Telephone information regarding resources and services including rental assistance, counseling, support groups, food, clothing, donations, volunteering, transportation, emergency shelter and more. Call 2-1-1.
The Developmental Disabilities program provides a range of services and supports to enhance the lives of Skagit County Citizens with developmental disabilities and their families.

We work with individuals, families, schools, agencies and the business community, as well as state and federal government to support the full participation of our citizens in all aspects of community life.

We coordinate, fund and manage local services through sub-contracts and partnerships with other agencies specializing in early childhood development, community activities, employment, retirement, and advocacy.

Skagit County Developmental Disabilities contracts for the following services:

- Early intervention/Birth-3
- Employment
- Community Access/Retirement
- Information and training
- Family support services & referral
- Technical Assistance

How do I apply for Early Intervention Services?
Call SPARC at (360) 416-7570
Or visit them at 320 Pacific Place, Mount Vernon, WA 98273

How do I access adult services?
Apply for services through the DDA office. Call (360) 429-3103
Or visit them at 900 E. College Way, Suite 110, Mount Vernon, WA 98273

What is my first step in seeking Employment?
Contact the Division of Vocational Rehabilitation (DVR) at (360) 429-3097 or visit them at 900 E. College Way, Suite 120, Mount Vernon 98273

What services am I eligible for?
SPARC will determine eligibility for early intervention services and DDA will determine eligibility for children 3 years old through adult.
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Accessibility Resources

- **Northwest ADA Center-University of Washington**: Previously called Disability and Business Technical Assistance Center (DBTAC). Provides free, confidential phone consultation as well as onsite and webinar training regarding Americans with Disabilities (ADA) compliance.
  1-800-949-4232
  [www.dbtacnorthwest.org/](http://www.dbtacnorthwest.org/)

- **Washington State Human Rights Commission**: Toll Free: 1-800-233-3247 (SE HABLA ESPAÑOL) or TTY: 1-800-300-7525
  [www.hum.wa.gov](http://www.hum.wa.gov)

- **WA policy on service animals**: [hum.wa.gov/FAQ/FAQServiceAnimal.html](http://hum.wa.gov/FAQ/FAQServiceAnimal.html)

- **WA State Disability Resources**: Disability Resources, Inc. is a nonprofit organization that promotes and improves awareness, availability and accessibility of information that can help people with disabilities live, learn, love, work and play independently.
  [www.disabilityresources.org/WASHINGTON.html](http://www.disabilityresources.org/WASHINGTON.html)

- **U.S. Department of Justice**: Provides information and technical assistance on the Americans with Disabilities Act (ADA).
  800-514-0301 (Voice) or 800-514-0383 (TTY)
  [www.ada.gov](http://www.ada.gov)

Advocacy:

**Local**

- **Center for Independence North Sound**: The Center for Independence is a 501(c) (3) organization serving as a resource for individuals with disabilities to fully access and
participates in the community through outreach, advocacy, and independent living skills development.

(360) 393-3890 or (888) 482-4839
www.cfinorth.org

- **Hearing, Speech, and Deafness Center (HSDC) North Sound**: Deaf and hard of hearing services include a Client Advocate who can empower you to accomplish your goals and determine your accommodation needs.
  Bellingham Office: 114 West Magnolia Street, Suite 106
  (360) 647-0910 or TTY (360) 647-8508
  www.hsdc.org

- **Parent Coalition**: Provides resources, public education, advocacy, and awareness of issues affecting individuals with disabilities and their families. The Skagit Parent Coalition offer parent support groups, information, and visits to Olympia during Advocacy Days.
  Washington Vocational Services
  503 E. Fairhaven Avenue
  Burlington, WA 98233
  Direct line: 360-519-0910 Ext 225
  Email: parentcoalition@wvs.org
  Facebook: facebook.com/pcwvs
  www.wvs.org/parent-coalition.html

- **Skagit County Children’s Advocacy Center - Brigid Collins Family Support Center**: Working to break the cycle of child abuse by promoting family support as a means of prevention.
  1500 East Broadway
  Mt. Vernon, WA 98273
  (360) 428-6622
  www.brigidcollins.org or vlopez@brigidcollins.org
• **Skagit County Parent to Parent:** Provides support and information to families with children who have special needs through the Parent to Parent model, available in both English and Spanish.
  320 Pacific Place
  Mount Vernon, WA 98273
  (360) 416-7570, ext. 401
  [www.p2pskagit.org](http://www.p2pskagit.org)
  [p2poffice@sparckids.org](mailto:p2poffice@sparckids.org)

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**Regional**

• **ARC of Washington State:** Provides advocacy and support to people with disabilities and their families regarding birth-three services, special education, employment, residential support, health care, transportation, respite and inclusion. Visit the ARC’s website to sign up for their action alert list, e-mail updates on critical legislative issues impacting individuals with disabilities.
  (360) 357-5596 or 1-888-754-8798
  [www.arcwa.org](http://www.arcwa.org)

• **Client Assistance Program (CAP):** The CAP is an advocacy program with the following services:
  - Information about the Division of Vocational Rehabilitation (DVR), the Department of Services for the Blind (DSB), Projects with Industry (PWI), and Independent Living Programs (ILP’s).
  - CAP staff will explain your rights and responsibilities as an applicant or client of these rehabilitation agencies.
  - CAP staff will work to solve problems through mediation and negotiation.
  - Information about The Americans with Disability Act (ADA).
  - Individualized advocacy services including assistance with administrative proceedings.

  1-800-544-2121 (VOICE) or 1-888-721-6072 (TTY)
  2531 Rainier Avenue South
  Seattle, WA 98144
• Disability Rights of Washington (DRW): A private non-profit organization that protects the rights of people with disabilities statewide. They provide free advocacy services to people with disabilities.
  (206) 324-1521 or 1-800-562-2702
  www.disabilityrightswa.org

• Easter Seals of Washington: Whether helping someone improve physical mobility, return to work or simply gain greater independence for everyday living, Easter Seals offers a variety of services to help people with disabilities address life's challenges and achieve personal goals.
  (206) 281-5700 or TTY (206) 281-5700  www.wa.easterseals.com

• Governor’s Committee on Disability Issues and Employment: Provides statewide advocacy and leadership to empower the disability community to obtain equality of opportunity and maximum independence.
  www.esd.wa.gov/newsandinformation/legresources/gcde/
  (360) 902-9511

• Informing Families: Provides up-to-date information on changes in the Developmental Disabilities delivery system.
  www.informingfamilies.org

• Open Doors for Multicultural Families: A nonprofit, charitable organization dedicated to ensuring that families who have family members with developmental disabilities and special health care needs have equal access to culturally and linguistically appropriate information, resources and services.
  (253) 216-4479
  www.multiculturalfamilies.org

• PAVE (Partnerships for Action, Voice for Empowerment): Advocacy and information for parents with children with special educational needs.
  1-800-572-7368
  www.wapave.org
- **Self-Advocacy in Leadership (SAIL):** Opportunities for people with developmental disabilities to shape the services and policies affecting their lives.
  1-888-754-8798
  [www.sailcoalition.org](http://www.sailcoalition.org)

- **Washington State Developmental Disabilities Council (DDC):** Provides information, policy advocacy for individuals with disabilities and their families.
  1-800-634-4473
  [www.ddc.wa.gov](http://www.ddc.wa.gov)

- **Washington State Human Rights Commission:** Investigates complaints of alleged discrimination in employment, housing and real estate, places of public accommodations, credit and insurance and retaliation.
  [www.hum.wa.gov](http://www.hum.wa.gov)

- **Washington State Long Term Care Ombudsman:** Improves the quality of life for people in licensed long-term care facilities by providing volunteers who listen to resolve problems and answer questions.
  1-800-562-6028

### National

- **National Council on Disability (NCD):** NCD is a small, independent federal agency charged with advising the President, Congress, and other federal agencies regarding policies, programs, practices, and procedures that affect people with disabilities. NCD is comprised of a team of fifteen Senate-confirmed Presidential appointees, an Executive Director appointed by the Chairman, and eleven, full-time professional staff.
  [www.ncd.gov/resources](http://www.ncd.gov/resources)

- **National Organization on Disability:** A private, non-profit organization that promotes the full participation of America’s 56 million people with disabilities in all aspects of
life. Today, NOD focuses on increasing employment opportunities for the 79 percent of working-age Americans with disabilities who are not employed.

www.nod.org

### Assistive Technology:

- **Able Opportunities, Inc.**: Assists disabled youth and adults in achieving their highest level of independence in employment and independent living. Specialize in school and adult services for people who are deaf, hard of hearing and deaf blind.

  **Contact**: Jennifer L. White  
  **Office**: (360) 638-0881 **Cell**: (206) 406-9900  
  jennifer@ableopportunities.com

- **Alliance for Technology Access**: The Alliance for Technology Access (ATA) is a nationwide network of assistive technology resource centers, individuals, community-based organizations, and vendors. The mission of ATA is to increase the use of technology by children and adults with disabilities and functional limitations.

  **1-800-914-3017 or TTY 731-554-5284**  
  www.ataccess.org

- **Department of Services for the Blind**: Statewide services for individuals of all ages experiencing blindness/low vision. Services include: orientation training and mobility support to individuals and their families. **1-800-552-7103** www.dsb.wa.gov

- **Enabling Devices**: Develops, manufactures and sells special devices to help people with disabilities reach their full potential.

  **1-800-832-8697**  
  www.enablingdevices.com

- **Family Center on Technology and Disability**: A resource designed to support organizations and programs that work with families of children and youth with disabilities.

  **(202) 884-8068**  
  www.fctd.info
• **Hearing, Speech, and Deafness Center (HSDC) North Sound**: Serves Whatcom, Skagit, San Juan & Island counties with assistive technology, speech and aural habilitation and interpreting services.

  114 West Magnolia St, Suite 106, Bellingham, WA 98225
  Phone (360) 647-0910 or Toll Free 1-866-647-0910
  Videophone (360) 255-7166
  TTY (360) 647-8508 or Toll Free 1-877-647-8508 TTY
  [www.hsdc.org/bellingham](http://www.hsdc.org/bellingham)

• **PROVAIL**: Assists individuals in utilizing adaptive equipment for communication, computer access and phone usage.
  (206) 363-7303
  [www.provail.org](http://www.provail.org)

• **Sight Connection**: Specializes in helping people with low vision and blindness develop skills and strategies designed to promote and enhance safety and independence despite vision loss. Fees for service are based on a sliding fee scale. Many services are provided in the home and there is a low vision clinic in Sedro-Woolley. Services include:

  o Adjustment to vision loss counseling
  o Training in safe movement and travel; white cane training
  o Training in independent living skills and home management
  o Low vision clinic for enhancement of residual vision
  o Assistive technology information and demonstration
  o Vision loss information and referral
  o Educational services including e-newsletter, classes & workshops
  o Informational publications about living well with vision loss.

  **Sedro-Woolley satellite low vision clinic**
  1-800-458-4888
  [www.sightconnection.org](http://www.sightconnection.org)

• **SPARC Assistive Technology**: Provides services and devices to children served by SPARC that will enable them to be active participants in their education. Assistive Technology (AT) is both a device and/or any service that helps an individual with a disability to improve or maintain their functional capabilities.
Special Education Technology Center (SETC): Collaborative technology planning and a lending library of toys, switches, augmentative communication devices, alternate keyboards and other computer input devices, environmental control devices and software designed for students with special needs. Provides staff development on topics including assistive technology overview.

Special Education Technology Center-Central Washington University
400 East University Way
Ellensburg, WA 98926
(509) 963-3350
www.specialedtechcenter.org/

Speech to Speech: Free telephone assistance service for individuals who have difficulty being understood due to a speech impairment or disability. Trained staff relay calls and repeat / clarify that which is not understood.
877-833-6341
www.speechtospeech.org

TechStep: A support, education and training program. Services aim at helping parents, caregivers and professionals assess assistive technology needs for people of all ages. Innovative assistive technology resources and training are provided in an effort to meet the needs of our community.
(425) 334-4071 www.sherwoodcs.org

Washington Access Fund: A nonprofit organization that offers low interest loans up to $25,000 for any type of assistive technology for seniors and people with disabilities who live in Washington.
(260) 328-5116
www.washingtonaccessfund.org

Washington Assistive Technology Act Program (WATAP): Providing Assistive Technology resources and expertise to all Washingtonians with disabilities to aid in making decisions and obtaining the technology and related services needed for employment, education and independent living.
1-800-214-8731
www.watap.org

- **Washington Assistive Technology Foundation (WATF) Access Fund**: Affordable credit and learning opportunities for assistive technology and small business to individuals with disabilities.
  1-800-214-8731
  www.watf.org

- **Washington Relay service**: A free service that allows hearing callers to communicate with text telephone (TTY) users through specially trained relay operators. There are no restrictions to number, length or time of call.
  7-1-1
  www.washingtonrelay.com

- **Washington Sensory Disability Services (WSDS)**: Provides information, training, technical assistance and resources to families and educators state-wide for individuals age birth to twenty-one with sensory disabilities, including individuals who are deaf, blind, visually impaired or deaf-blind.
  1-800-572-7000
  www.wsdsonline.org

- **Washington Talking Book and Braille Library**: Free library service to individuals unable to read standard print material due to physical or learning disabilities. Equipment and books mailed (postage free) to library users.
  1-800-542-0866 www.wtbbl.org

- **Western Washington University- The Ershig Assistive Technology Resource Center**: Contains a collection of over three hundred Assistive Technology (AT) items, equipment and products, with a focus on technology supports for students with diverse learning needs in preschool through grade 12.
  (360) 650-2783
  www.wce.wwu.edu/resources/atrc or Linda.schleef@wwu.edu
EDUCATION:

- **Northwest ESD 189**: Ensures equality in educational opportunities; implements state rules and programs; provides technical assistance to local districts; collects and reports information for funding and accountability purposes; and provides technical assistance to schools.
  1601 R Avenue, Anacortes, WA 98221
  (360) 299-4000
  www.nwesd.org

- **Office of Education Ombudsman**: Helps solve disputes and conflicts between families and elementary and secondary public schools that affect student learning. Functions independently from the public school system.
  1-866-297-2597
  www.oeo.wa.gov

- **Office of Superintendent of Public Instruction (OSPI)**: Charged with overseeing the K – 12 public education system in Washington State.
  (360) 725-6075
  www.k12.wa.us/specialed

- **Special Education Ombudsman**: Helps parents resolve disagreements with school districts regarding special education services.
  (360) 725-6075
  www.k12.wa.us/SpecialEd/Families/Assistance.aspx

Preschool

- **Head Start of Skagit County (central office)**: Developmental services for low-income, pre-school children aged three to five, and social services for their families. Specific services for children focus on education, socio-emotional development, physical and mental health, and nutrition.
  2405 East College Way, Mount Vernon
  (360) 416-7590   www.sihs.skagit.edu
• **Skagit Preschool and Resource Center (SPARC):** Provides educational, therapeutic and behavioral programs for children with special needs from birth to six.
  320 Pacific Place, Mount Vernon
  (360) 416-7570
  [www.sparckids.org](http://www.sparckids.org)

• **Upper Skagit Child Development Center:** Head Start and Early Childhood Education and Assistance Program for ages 3-5.
  25782 Coyote Drive, Sedro-Woolley
  (360) 854-7092

• **Washington State Migrant Council:** Migrant Seasonal Head Start, Early Head Start and ECEAP.
  2011 N. La Venture, Mount Vernon
  (360) 428-3993
  [www.wsmconline.org/](http://www.wsmconline.org/)

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**High School**

• **Emerson Alternative School:** Alternative high school for youth in Skagit County.
  227 North 4th St., Mount Vernon
  (360) 336-2681

• **Mount Vernon High School Re-Entry Program:**
  (360) 428-6100

• **OIC-HEP High School Equivalency Program:** Provides instruction, tutoring, and support to help individuals obtain a GED. Eligible individuals must have, or have an immediate family member in their household who has, spent at least 75 days in migrant or seasonal farm work within the past 24 months.
  877-453-3970
Post-Secondary

- **Goodwill Industries Training Center:** Provides quality, effective employment training and basic education to individuals experiencing barriers to economic opportunity. Training in ESOL, GED, Citizenship, Career Services, Cashiering, and Computers.
  
  205 Roosevelt Lane, Mount Vernon
  (360) 848-6468
  www.seattlegoodwill.org/jobtraining

- **Job Corps:** Provides a free education and vocational training program administered by U.S. Department of Labor to help young people ages 16 – 24 take control of their lives by obtaining a better paying job.
  
  1-800-733-5627 or TTY (877) 889-5627
  www.jobcorps.doleta.gov

- **Skagit Literacy:** Free instruction in English as a Second Language (ESL), General Education Development (GED), Adult Basic Education (ABE).
  
  330 Pacific Place, Mount Vernon
  (360) 416-7585

- **Skagit Valley College:** Offers two-year Associate degrees, professional certificates, continuing education, and basic education.
  
  2405 East College Way, Mount Vernon
  (360) 416-7623
  www.skagit.edu

- **Western Washington University:** A four year university.
  
  516 High Street, Bellingham
  (360) 650-3000
  www.wwu.edu/
**Support/Information**

- **Center for Change in Transition Services**: The goal of CCTS is to improve post-school outcomes for students with disabilities in the state. CCTS provides secondary transition training and technical support to Educational Service Districts (ESDs), Local Educational Agencies (LEAs), and public schools that serve high school-age students who have an Individual Education Program.
  
  [www.seattleu.edu/ccts](http://www.seattleu.edu/ccts)

- **PAVE (Partnerships for Action, Voices for Empowerment)**: Advocacy and information for parents with children with special educational needs.
  
  1-800-572-7368
  
  [www.washingtonpave.org](http://www.washingtonpave.org)

- **Plazas Communitarians**: Offers adult-education courses to Spanish speakers.
  
  1200 LaVenture Road, Mount Vernon
  
  (360) 428-6116

- **Special Education Mediation**: Mediation between families of children between 0 – 21 and school districts to help resolve EFSP/IEP impasses.
  
  1-800-692-2540
  
  [www.soundoptionsgroup.com](http://www.soundoptionsgroup.com)

- **Specialized Training of Military Parents**: Advocacy, information and support to military families caring for family members with disabilities.
  
  1-800-572-7368
  
  [www.stompproject.org](http://www.stompproject.org)

- **Wrights’ Law Website**: Provides up-to-date information on special education law. Sign up for free email newsletter.
  
  [www.wrightslaw.com](http://www.wrightslaw.com)
Family and Parent Resources:

Early Intervention/Birth to Three

- **Skagit Preschool and Resource Center (SPARC):** Provides educational and therapeutic programs for families and children with special needs, birth to six years of age. Available programs include:
  - Birth to Three Program
  - Preschool Program
  - Neurodevelopmental Program

  320 Pacific Place
  Mount Vernon, WA 98273
  (360) 416-7570
  [www.sparckids.org](http://www.sparckids.org)

- **Skagit Parent to Parent:** Provides support and information to families with children who have special needs through the Parent to Parent model, in both English and Spanish.

  320 Pacific Place
  Mount Vernon, WA 98273
  (360) 416-7570, ext. 401
  [www.p2pskagit.org](http://www.p2pskagit.org) or [p2p@sparckids.org](mailto:p2p@sparckids.org)

- **Nurse-Family Partnership:** A FREE program for women who are having their first baby. A specially trained nurse will visit with you in your home or another place that works for you throughout your pregnancy and until your child turns 2 years old.

  Skagit County Public Health
  700 South 2nd ST, #301
  Mount Vernon, WA 98273
  (360) 416-1500
  [www.skagitcounty.net](http://www.skagitcounty.net)

- **Washington State Department of Early Support for Infants and Toddlers (ESIT):** Provides early intervention services for eligible children from birth to age 3 and their
families. To learn about typical development and what to do if you have concerns, call the Family Health Hotline at:

1-800-322-2588
www.del.wa.gov/development/esit

Information & Support

- **Arc of Washington State**: The Arc’s mission is to advocate for the rights and full participation of all people with intellectual and developmental disabilities. They support and empower individuals and families; connect and inform individuals and families; improve support and service systems; influence public policy; increase public awareness; and inspire inclusive communities.
  (360) 357-5596
  www.arcwa.org

- **Center for Parent Information and Resources**: Listing of statewide programs for families of children with special needs.
  www.parentcenterhub.org

- **Children with Special Health Care Needs (CSHCN)**: Provides information to families and professionals focusing on children who have chronic physical, developmental, behavioral or emotional conditions.
  Skagit County Public Health
  (360) 416-1500
  www.skagitcounty.net/health

- **Community Information Line**: Provides information on resources and services.
  Call 2-1-1

- **Family and Children's Services- Volunteers of America**: Support for quality care through standardized test and reporting (STAR) classes, on-site consultations, counseling, newsletters, and a comprehensive resource center.
  1932 East College Way, Mount Vernon
  Administración: (360) 416-8299
  www.voaww.org
- **Family Health Hotline:** Provides State-wide information and resource referral to individuals concerned with a child’s development. Assistance in English, Spanish and other languages. Family Health Hotline connects families to local resource coordinators and resources.
  1-800-322-2588 or TTY: 7-1-1
  [www.withinreachwa.org](http://www.withinreachwa.org) or [www.parenthelp123.org](http://www.parenthelp123.org)

- **Family Helpline:** Provides information/resources on parenting, child development and positive discipline to parents/caregivers.
  1-800-932-4673
  [www.parenttrust.org](http://www.parenttrust.org)

- **Family Reconciliation Services (FRS):** Through the DSHS, Children’s Administration, and Division of Children and Family Services, FRS helps families deal with problems such as a child running away, not following reasonable family rules, or serious problems between parents and their child. Services are provided to teenagers ages 13-17 and their families.
  Reception: (360) 1-800-785-5582 or TTY (360) 416-7222
  Toll Free Intake: 1-866-829-2153
  After Hours: 1-800-562-5624
  [www.dshs.wa.gov/ca](http://www.dshs.wa.gov/ca)
  Mount Vernon DCFS: 900 E College Way, Suite 200

- **Family Caregiver Support Program-Northwest Regional Council:** Provides support and services for unpaid family caregivers in Skagit County.
  (360) 428-1301
  1650 Port Drive
  Burlington, WA 98233

- **Family Resources Coordinator (FRC):** Arranging and coordinating services for eligible infants and toddlers (birth to third birthday). Includes help with access to funding for developmental services.
  (360) 416-7570
  [www.sparckids.org](http://www.sparckids.org)
• **Fleet & Family Support Program**: Provides information and referral, life skills education and counseling for family members of active duty military.
  866-854-0638  [www.navylifepnw.com](http://www.navylifepnw.com)

• **Home and Community Services (HCS/DSHS)**: Provides screening and assessment for in home care or adult family home or assisted living for individuals 18+ years old.
  900 E College Way, Mount Vernon  (360) 429-2961  [www.dshs.wa.gov/altsa](http://www.dshs.wa.gov/altsa)

• **Kinship Care Program**: Financial support and respite for relatives raising kin. Also includes the Grandparents Raising Grandchildren support group program.
  Catholic Community Services
  (360) 856-3054
  [www.ccsww.org](http://www.ccsww.org)

• **Learning Disabilities Association of Washington**: Promotes and provides service and support to improve the quality of life for individuals and families affected by learning and attentional disabilities.
  (425) 882-0820
  [www.ldawa.org](http://www.ldawa.org)

• **LifeSPAN-Lifetime Secure Personal Assistance Network**: Supports families in Washington State to develop safe, secure, quality futures for their relatives with a disability.
  (425) 883-9867
  [www.lifespan-wa.org](http://www.lifespan-wa.org) or [info@lifespan-wa.org](mailto:info@lifespan-wa.org)

• **Northwest ADA Center National Network**: Information, guidance and training on the Americans with Disabilities Act.
  1-800-949-4232
  [www.nwadacenter.org](http://www.nwadacenter.org)

• **National Organization for Rare Disorders (NORD)**:
  203-744-0100 or Toll Free (800) 999-6673
  [www.rarediseases.org](http://www.rarediseases.org)
- **Parent Child Assistance Program (PCAP):** Home visitation intervention program that works with women who abuse alcohol or drugs during pregnancy.
  (360) 428-7835
  [www.depts.washington.edu/pcapuw](http://www.depts.washington.edu/pcapuw)

- **Parent Trust for Washington Children:** We offer unique solutions for the whole family through classes, workshops and low-cost capabilities. It is a source of education and support for parents, caregivers, children, adolescents and the professional community.
- **Family Helpline:** Provides information and resources about parenting, child development, and positive discipline for parents and caregivers.
  1-800-932-4673 [www.parenttrust.org](http://www.parenttrust.org)

- **Service Alternatives-Children & Family Services program:** Provides a wide spectrum of services to children and families throughout the Pacific Northwest. Primary goal is to empower families to help themselves by building upon their strengths and increasing their community resources.
  (360) 419-7066
  210 Oak Street, Burlington, WA 98233

- **Skagit Domestic Violence & Sexual Assault Services:** Provides advocacy-based counseling, legal advocacy, support groups, referrals and prevention efforts to end domestic violence and sexual violence.
  1-888-336-9591 [www.skagitdvsas.org](http://www.skagitdvsas.org)

- **Skagit County Developmental Disabilities Program:** Provides a variety of supports and resources to individuals with developmental disabilities and their families.
  Skagit County Public Health
  700 South 2nd ST, #301
  Mount Vernon, WA 98273
  (360) 416-1500 [www.skagitcounty.net/dd](http://www.skagitcounty.net/dd)

- **Skagit County Parent to Parent:** Provides support and information to families with children who have special needs through the Parent to Parent model, in both English and Spanish.
  320 Pacific Place
Mount Vernon, WA 98273  
(360) 416-7570, ext. 401  
www.p2pskagit.org or p2poffice@sparckids.org

- **Skagit Preschool and Resource Center (SPARC):** Provides educational, therapeutic, and behavioral programs for children with special needs, birth to 3 years of age.  
  320 Pacific Place, Mount Vernon  
  (360) 416-7570  www.sparckids.org

- **Washington State Fathers Network (WSFN):** Connects men with other dads, resources, information and education, plus opportunities for “all family” celebrations. Focused on assisting fathers as they become more competent and compassionate caregivers for their children with special needs. Contact Greg Schell to find a local chapter near you or to get the latest information on any new chapters or to discuss options for starting your own.  
  Director, WSFN:  Greg.Schell@Kindering.org,  
  (425) 653-4286  www.fathersnetwork.org

- **Washington State Department of Early Support for Infants and Toddlers (ESIT):** Provides early intervention services for eligible children, birth to age 3, and their families. To learn about typical development and what to do if you have questions, call the Family Health Line at:  
  1-800-322-2588  www.del.wa.gov/development/esit

- **Within Reach:** Private, nonprofit organization working to ensure optimal health for all families in Washington State by connecting them with programs, resources and information they need to build healthy families. Committed to removing language, socio-economic and access barriers. Connects families and individuals in Washington State to health and food resources.  
  (206) 284-2465  
  www.withinreachwa.org or info@withinreachwa.org  
  Family Health Hotline: 1-800-322-2588
**Therapies**

*Occupational Therapy*

- **Occupational Therapy-Elks Therapist:** Home-based services provided by priority, depending on the caseload. Serves individuals age birth to 21 years, with priority 0-3 years old. Services are funded by Elks Clubs.
  
  1-800-TAL-ELKS (1-800-825-3557) – Ray Perry, OTR (360) 293-1309

*Private Occupational Therapy*

- **Anacortes Children’s Therapy:** Provides occupational therapy.
  (360) 299-0331

- **Skagit Valley Hospital Children’s Therapy:** Provides occupational therapy to individuals from birth to 18 years. Accepts private pay, insurance, and Medicaid.
  (360) 424-2699

- **Valley Kids Therapy:** Provides occupational and physical therapy to individuals from birth to 18 years old. Accepts private pay.
  (360) 336-3432

*Private Physical Therapy*

- **Kathy Shapiro Physical Therapy:** Serves individuals age birth to 18 years. Accepts private pay, insurance, and Medicaid.
  (360) 428-2030

- **Skagit Valley Hospital Children’s Therapy:** Serves individuals age birth to 18 years. Accepts private pay, insurance, and Medicaid.
  (360) 424-2699

  Balance Point Physical Therapy Clinic: (360) 466-7458

  Valley Kids Therapy: (360) 336-3432
Private Speech Therapy

- Hoyle Speech and Language Services: Serves individuals age birth to 18 years. Accepts private pay.
  (360) 708-1784

  (360) 424-9645

- Skagit Valley Hospital Children’s Therapy: Serves individuals age birth to 18 years. Accepts private pay, insurance, and Medicaid.
  (360) 424-2699

- Valley Kids Therapy: Serves individuals age birth to 18 years. Accepts private pay, insurance, and Medicaid.
  (360) 336-3432

Disability Specific Resources

For a large searchable database, visit the Children’s Hospital website cshcn.org/diagnosis-information that lists information on a variety of diagnoses.

Aspergers

- Asperger Parent Group South Snohomish County: A support group where you can learn about local resources, listen to guest speakers, and gain education with peer to peer support for those living with a child that has Asperger’s. Meets monthly at the Family Center in Lynwood.  (425) 670-8984

- Online Asperger Syndrome Information & Support (OASIS @ MAAP): 501-C-3 international nonprofit organization that provides information, networking, referrals, and printed materials to families, individuals, and disabled professionals who are interested in the spectrum of autism.
  www.aspergersyndrome.org
Autism

- **Autism Awareness Project Department of Health:** Website of statewide information on progress developing systems to better treat autism and locate services for an autistic child.  [www.doh.wa.gov](http://www.doh.wa.gov) Search: Autism

- **Autism Information in Multiple Languages:** Online autism resource to help caregivers in the following languages: Arabic, Chinese, Korean, Russian, Somali, Spanish and Vietnamese  [www.cultural.org/aay](http://www.cultural.org/aay)

- **Autism Lending Library:** FREE lending library with over 1000 books, videos and DVDs (also in Korean & Spanish).
  Northwest Educational Service District 189
  1601 R Ave.
  Anacortes, WA 98221
  (360) 299-4000 [www.nwesd.org/autism](http://www.nwesd.org/autism)

- **Autism Now:** Provides national autism resources.
  [www.autismnow.org](http://www.autismnow.org)
  1-855-828-8476

- **Autism Outreach Project and Lending Library:** Information, referrals and training for families, schools, and agencies on program development for students with autism spectrum disorders. Free loan library with over a thousand books, videos and DVDs (also in Korean and Spanish).
  Northwest Educational Service District 189
  6101 R Ave.
  Anacortes, WA 98221
  (360) 299-4000 [www.esd189.org/autism](http://www.esd189.org/autism)

- **Autistic Self Advocacy Network (ASAN):** Disability rights non-profit organization run by and for Autistic adults.
• **Autism Society of Washington**: Provides information and referral to many services and support groups across the country.  
  www.autismsocietyofwa.org

• **Families for Effective Autism Treatment of WA (FEAT)**: Provides families with information, resources, training and supports to help individuals with autism reach their full potential.  
  www.featwa.org

• **UW Autism Center**: Nonprofit organization devoted to supporting families affected by autism.  
  1-877-408-UWAC  
  depts.washington.edu/uwautism/index.php

• **Washington Autism Alliance and Advocacy**: Advocating for improved access to healthcare, education, and social services through the lifespan.  
  www.washingtonautismadvocacy.org

**Brain injury**

• **Brain Injury Association of Washington**: Dedicated to increasing public awareness, support, and hope for those affected by brain injury.  
  877-982-4292  
  www.biawa.org

• **Brain Injury Support Group**: Meets 2nd Tuesday of each month in Burlington.  
  Contact Karen Furney: (425) 268-2934

• **Washington State Traumatic Brain Injury (TBI) Resource Center**: BIAWA staff is available to assist callers as they navigate the challenges that arise as a result of Brain Injury.  
  1-877-824-1766  
  http://www.biawa.org/resourceline.php
Cerebral Palsy

- United Cerebral Palsy of Oregon & Washington State: Offers support groups, outings, conferences, advocacy, information and referral, and some respite care.
  www.ucpaorwa.org/

Down syndrome

- Down Syndrome Association of Snohomish County: Promotes inclusion and acceptance of individuals with Down syndrome by providing information, advocacy, and support throughout their lives.
  Amy Patterson, President
  (425) 610-8226
  www.dsasc.org

- National Down Syndrome Society: The national advocate for people with down syndrome.
  800-221-4602
  www.ndss.org
  Puget Sound website: www.downsyndromecommunity.org

Epilepsy

- Epilepsy Foundation Northwest (EFN): Offers programs/services for individuals with epilepsy and their family members.
  Seattle Office: (206) 547-4551
  www.epilepsywn.org

- University of Washington Regional Epilepsy Center: Comprises a team of specialists in adult and pediatric neurology, neurosurgery, neuroradiology and neuropsychology, as well as nurses, social workers, vocational rehabilitation specialists and electrodiagnostic technicians function to diagnose and treat difficult seizure problems. The center works
in partnership with referring physicians across the Northwest and the rest of the United States to diagnose and treat all types of seizure disorders among children and adults.

Harborview Medical Center
Phone toll free: 1-800-374-3627
Seattle area: (206) 744-3576

**Fetal Alcohol Syndrome (FAS)**

- **Fetal Alcohol Syndrome Diagnostic Clinic-Everett:**
  (425) 258-7444

- **Fetal Alcohol Syndrome Family Resource Institute:** The mission of the FAS Family Resource Institute, a non-profit organization, is to identify, understand and care for people with disabilities due to prenatal exposure to alcohol and their families, and to prevent future generations from having to live with this disability
  [www.fetalalcoholsyndrome.org](http://www.fetalalcoholsyndrome.org)

- **National Organization on Fetal Alcohol Syndrome:** A non-profit alliance of families and professionals supporting individuals with Fetal Alcohol Spectrum Disorders through prevention, education, intervention and advocacy.
  [www.nofaswa.org](http://www.nofaswa.org)

- **Washington State Fetal Alcohol Syndrome Diagnostic and Prevention Network:**
  Network of four WA State FASD Diagnostic Clinics linked by UW Center on Human Development and Disability. (206) 598-7666  [depts.washington.edu/fasdpn/](http://depts.washington.edu/fasdpn/)

**Sensory disabilities**

- **Hearing, Speech, and Deafness Center (HSDC) North Sound:** Individual advocacy, information and referral, free public video phone during office hours.
  **Bellingham Office:** 114 West Magnolia Street, Suite 106
  (360) 647-0910 or TTY: 360-647-8508
  [www.hsdc.org](http://www.hsdc.org)
• **Listen and Talk:** Teaches children with hearing loss to communicate and learn through spoken language.
  www.listentalk.org

• **Washington Sensory Disability Services (WSDS):** Provides information, training, technical assistance and resources to families and educators state-wide for individuals age birth to twenty-one with sensory disabilities, including individuals who are deaf, blind, visually impaired or deaf-blind.
  1-800-572-7000 (voice/TTY)
  www.wsdsonline.org

• **Rite Care of Washington:** Serves young children with severe speech and language delays. Provides educational and training opportunities for parents at no cost.
  (206) 324-6293
  www.ritecarewa.org

• **Seattle Children’s Family Conversations:** Focuses on the needs children from birth through age 3, who are deaf of hard-of-hearing.
  (425) 482-4185 www.seattlechildrens.org

• **Washington State hands and Voices:** dedicated to supporting families with children who are deaf, deaf-blind or hard of hearing, without a bias towards communication modes. It is a parent-driven, non-profit organization, providing families with resources, networks, and information needed to improve communication and educational outcomes for their children.
  www.wahandsandvoices.org

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**Financial:**

**Financial Planning**

• **Clear-point Credit Counseling:** Helps consumers identify and resolve financial concerns through budgeting, an understanding of credit, learning how to set financial goals, prioritizing debt repayments and making the most effective financial choices.
Developmental Disabilities Administration (DDA): Through the waiver program, provides on-going support services and training for eligible persons to obtain and maintain paid jobs in a variety of settings and worksites. 900 E. College Way, Suite 110 Mount Vernon, WA 98273
Local: (360) 429-3103
Toll Free: 1-800-491-5266
www.dshs.wa.gov/dda

Department of Services for the Blind: Helps individuals who are blind or visually impaired gain the necessary skills and access opportunities to reach the employment goals of their choice.
800-552-7103
www.dsb.wa.gov

Developmental Disabilities Life Opportunities Trust (DD Endowment Trust Fund): Established in recognition of the high cost of lifetime services/supports for individuals with developmental disabilities. Fund assists people with developmental disabilities and their families use individual special needs trust accounts to save for future needs.
888-754-8798
www.ddlot.org or trust@arcwa.org

Kinship Care Program-Catholic Community Services: Financial support and respite for relatives raising kin.
(360) 856-3054

Lifetime Advocacy Plus: Provides information, education, and workshops specific to all levels of guardianship, trusts and financial management.
(206) 367-8055
www.laplus.org or laplus@laplus.org

Plan to Work: Free benefits planning. Serves people 14-65 years old who are receiving disability benefits from Social Security Administration (SSA) and want to work.
• **Protected Tomorrows:** A nationwide network of independent professional advisors specifically trained to guide families through a Future Care Plan.
  
  **John R. James, CFP, CDFA**  
  Licensed Advocate, Protected Tomorrows of Seattle  
  4020 Lake Washington Blvd. NE, Ste 208  
  Kirkland, WA 98033  
  (4250) 828-7540  
  jjames@protectedtomorrows.com

### Financial Assistance

- **Child Care Subsidy Programs (CCSP):** Help families pay for child care through the Working Connections Child Care program or the Seasonal Child Care program. Call for eligibility or to apply.  
  **1-877-501-2233**  
  [www.dshs.wa.gov/onlinecso/wccc.shtml](http://www.dshs.wa.gov/onlinecso/wccc.shtml)

- **Community Service Office (CSO/DSHS):** Provides eligibility determination for services for individuals who are applying for financial, Medicaid, food stamp assistance or childcare. This can also be completed online.  
  **[www.dshs.wa.gov/onlinecso](http://www.dshs.wa.gov/onlinecso)**  
  **877-501-2233**

- **Social Security Administration:** Federal agency offers financial assistance for people with disabilities to achieve an independent lifestyle. Persons under 18 considered based on disability and parents’ income; over age 18 considered based on individual income, resources and disability determination. Eligibility depends on severity of disability. Includes Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) Programs.  
  **710 E College Way, Suite A, Mount Vernon, WA 98273**  
  **800-772-1213 or TTY: 1-800-325-0778**  
  [www.ssa.gov](http://www.ssa.gov)
• **Social Security Benefits Assistance:** Assists individuals with developmental disabilities to navigate the Social Security system, learn about Work Incentives and benefit related questions. Contact your DD case manager for a referral.
  (360) 429-3103

• **Social Security Benefit Eligibility Screening Tool for SSI and SSDI:** Provides a simple web-based tool to help determine an applicant’s eligibility for benefits (for all programs). Tool provides eligibility information based on answers given by the applicant and is NOT considered an application for benefits.
  [www.benefits.gov/ssa](http://www.benefits.gov/ssa)

• **Washington Home of Your Own:** Non-profit organization approved by Social Security Administration to provide Representative Payee services to Social Security and SSI beneficiaries.
  **Mount Vernon Office:** 2500 E College Way
  (360) 707-5551

• **WA State Department of Social and Health Services (DSHS) - Trial Eligibility Calculator:** Answer six questions to find out if you might be eligible for benefits.
  [www.dshs.wa.gov/esa/tec/](http://www.dshs.wa.gov/esa/tec/)

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**Employment Assistance**

*NOTE: For a guide on information on employment services and support for individuals with disabilities, please contact the Skagit County Developmental Disabilities Program at (360) 416-1500. You can also view the Adult Services Guide online at [www.skagitcounty.net/dd](http://www.skagitcounty.net/dd)*

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**Local**

• **Cascade Job Corps:** Job Corps is a free education and training program that helps young people learn a career, earn a high school diploma or GED, and find and keep a good job.
For eligible young people at least 16 years of age that qualify as low income, Job Corps provides the all-around skills needed to succeed in a career and in life.

7782 Northern State Rd
Sedro-Woolley, WA 98284
(360) 854-3400

- **Chinook Enterprises:** Chinook Enterprises is a social enterprise – designed to operate like a business, but with a social mission: Supporting full participation in community life for persons with disabilities or other barriers.
  2026 LaVenture Road
  Mount Vernon, WA 98273
  (360) 428-0140

- **Division of Vocational Rehabilitation (DVR):** Helps individuals with disabilities to participate fully in their communities and become employed. Provides individualized employment services and counseling to people with disabilities. Also provides technical assistance and training to employers about the employment of people with disabilities.
  (360) 429-3097 or toll free 1-800-637-5627
  900 E College Way, Suite 120
  Mount Vernon, WA 98273
  [www.dshs.wa.gov/dvr](http://www.dshs.wa.gov/dvr)

- **Goodwill Industries Training Center:** Provides quality, effective employment training and basic education to individuals experiencing barriers to economic opportunity. Training in ESOL, GED, Citizenship, Career Services, Cashiering, and Computers.
  102 Valley Mall Way
  Mount Vernon, WA 98273
  (360) 848-6468
  [www.seattlegoodwill.org/jobtraining](http://www.seattlegoodwill.org/jobtraining)

- **Service Alternatives:** Community & Employment Services (CES), a division of Service Alternatives, Inc., provides a multitude of services designed to support people in finding and keeping meaningful employment in their communities.
  (360) 941-9693 210 N Oak Street, Burlington, WA 98233

- **Washington Vocational Services (WVS):** Provides employment services to persons with a variety of disabilities while specializing in services to persons who are deaf or hard of hearing and persons with disabilities who desire customized employment services.
WorkSource Skagit: Provides employment and training services to the public through a partnership of government, non-profit and community service organizations. Dedicated to meeting the needs of our local business by building a skilled workforce and contributing to our region’s economic growth.

Regional

Department of Services for the Blind: Statewide services for individuals of all ages experiencing blindness/low vision. Services include: orientation training and mobility support to individuals and their families.

Job Accommodation Network (JAN): The Job Accommodation Network (JAN) is the leading source of free, expert, and confidential guidance on workplace accommodations and disability employment issues. Working toward practical solutions that benefit both employer and employee, JAN helps people with disabilities enhance their employability, and shows employers how to capitalize on the value and talent that people with disabilities add to the workplace.

North Puget Sound Carpenters Training Center:

- **Office of Disability Employment Policy:** Provides national leadership by developing and influencing disability employment-related policies and practices affecting an increase in the employment of people with disabilities.
  
  [www.dol.gov/odep](http://www.dol.gov/odep)

- **Pathways to Employment:** Helps Washingtonians with a disability make informed decisions about going to work.
  
  [www.pathways.dshs.wa.gov](http://www.pathways.dshs.wa.gov)

- **WA Business Leadership Network:** The Washington State Business Leadership Network (WSBLN) is a network of employers and service providers who educate and support businesses to recruit, hire, retain, promote and improve customer service for people with disabilities.
  
  [www.wsbln.org](http://www.wsbln.org) or [info@wsbln.org](mailto:info@wsbln.org)

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**Representative Payee**

- **Social Security Administration:** Social Security's Representative Payment Program provides financial management for the Social Security and SSI payments of our beneficiaries who are incapable of managing their Social Security or SSI payments.

  710 E College Way, Suite A
  Mount Vernon, WA 98273
  1-800-772-1213 or TTY 1-800-325-0778
  [www.socialsecurity.gov/payee](http://www.socialsecurity.gov/payee)

- **Washington Home of Your Own:** Non-profit organization approved by Social Security Administration to provide Representative Payee services to Social Security and SSI beneficiaries.

  1-877-447-4082 or (425) 347-4082
  [www.sunrisecommunityliving.com](http://www.sunrisecommunityliving.com)

- **Whatcom Financial Services:** A non-profit organization providing Representative Payee and Protective Payee services to Social Security beneficiaries.

  (360) 676-1848
  Monday-Thursday 9am-1pm
• **With a Helping Hand:** Non-profit organization approved by Social Security Administration to provide Representative Payee services to Social Security and SSI beneficiaries. They do not provide Power of Attorney services. Serving Island, Skagit and Snohomish counties through mobile service.
  (425) 903-1130
  PO Box 1416 Everett, WA 98206  withahelpinghand@msn.com

### Health Care/Medical Services:

- **EMERGENCY:** Dial 9-1-1

#### Basic Health

- **Planned Parenthood:** Information and education on family planning and women’s health care services. Website has resources specific to individuals with intellectual disabilities.
  Mount Vernon office: (360) 848-1744
  [www.plannedparenthood.org/mbpp](http://www.plannedparenthood.org/mbpp)

- **Safe Harbor Free Clinic:** Free health care and referral service for the underinsured.
  9631 269th Street, Stanwood
  (425) 870-7384
  Fridays 6-9 pm
  [www.safeharborfreeclinic.org](http://www.safeharborfreeclinic.org)

- **Sea Mar Community Health Centers:** Community-based organization committed to providing quality, comprehensive health and human services in Washington State.
  - **Skagit Valley Hospital Campus:** Family medicine, immunizations, family planning, acute care, internal medicine, lab services.
    1010 East College Way, Suite 100, Mount Vernon
    (360) 428-8912
- **Mount Vernon Medical Clinic**: Dental, behavioral health, preventive health, maternity support services, homeless program, and a child-care subsidy program for seasonal agricultural workers.
  1400 N LaVenture, Mount Vernon
  (360) 428-4075
- **Mount Vernon Behavioral Health Center**: Provides mental health and chemical dependency services to children, youth, adults and families.
  1010 E College Way, Mount Vernon
  (360) 542-8920

- **Skagit County Public Health Department**: Nutrition programs, maternal/child health care, WIC, family planning, food safety and food handler’s card, birth certificates, disease/injury prevention, and others.
  700 South 2nd Street, Room 301
  Mount Vernon, WA 98273
  (360) 416-1500
  [www.skagitcounty.net/health](http://www.skagitcounty.net/health)

### Dental

- **ABCD**: Access to Baby and Child Dentistry for low income families. To find out about ABCD providers in Skagit County, contact:
  Skagit County Public Health
  (360) 416-1500
  emilym@co.skagit.wa.us

- **DECOD (Dental Care for Individuals with Disabilities)**: University of Washington's School of Dentistry’s web-based registry helps to locate dental resources for persons with dental needs and physical, mental, medical or other disabilities.
  (206) 616-6105
  [www.wsda.org/special-needs-directory](http://www.wsda.org/special-needs-directory)

- **PROVAIL**: Provides dental care for adults with developmental disabilities.
  (206) 632-2612
Sea Mar Community Health Center-Mount Vernon Dental Clinic:
1400 N LaVenture, Mount Vernon
(360) 542-8901

Health insurance

- **Apple Health (Medicaid):** Provides health care for individuals with low income; includes youth, families and prescription drugs.
  1-800-562-3022
  [www.hca.wa.gov](http://www.hca.wa.gov)

- **Apple Health For Kids:** Department of Social & Health Services program that provides medical coverage for children from low-income families, whether free or at a reduced premium.
  **Community Action of Skagit County**
  330 Pacific Place, Mount Vernon
  (360) 416-7585

- **Apple Health for Kids Hotline:** Apple Health for Kids is free or low cost insurance for Washington’s children and teens. Families who qualify can receive either free or low cost medical, dental and vision insurance for their children under age 19. Call the Apple Health for Kids Hotline to see if your children might qualify. **1-877-543-7669**

- **Basic Health Plan of Washington:** Health insurance for low income Washingtonians living under 65. **1-800-660-9840**
  [www.basichealth.hca.wa.gov](http://www.basichealth.hca.wa.gov)
• **Benefits Checkup**: Contains benefit screening tools.
  [www.benefitscheckup.org](http://www.benefitscheckup.org)

• **Healthcare for Workers with Disabilities (HWD)**: Washingtonians with disabilities who are working may purchase healthcare coverage for a monthly amount based on a sliding income scale.
  (206) 272-2169 or 800-871-9275
  [www.dshs.wa.gov/onlinecso/hwd.shtml](http://www.dshs.wa.gov/onlinecso/hwd.shtml)

• **Healthy Options/Medicaid**: Medical program offering free health services to people with Medicaid or Temporary Assistance for Needy Families (TANF).
  1-800-562-3022
  [www.hca.wa.gov/Pages/managed_care.aspx](http://www.hca.wa.gov/Pages/managed_care.aspx)

• **Medicare/Medicaid Customer Service Unit**: Informs Medicaid clients about Medicaid and providers.
  1-800-MEDICARE or 1-800-633-4227
  [www.medicare.gov](http://www.medicare.gov)

• **SHIBA Insurance Commissioner Consumer Advocacy Division**: Addresses questions, concerns, and complaints regarding health insurance. Volunteers through SHIBA Statewide Health Insurance Benefits Advisors assist in pursuing claims, filing appeals and understanding individual’s rights.
  800-562-6900
  [www.insurance.wa.gov](http://www.insurance.wa.gov)

• **Washington Association of Community and Migrant Health Centers**: Advocates for low-income, uninsured and underserved Washington State residents served by community health centers.
  (425) 656-0848
  [www.wacmhc.org](http://www.wacmhc.org)

• **Washington Health Plan Finder**: Compare and enroll in quality health insurance plans and access important cost savings.
  855-923-4633  [www.wahealthplanfinder.org](http://www.wahealthplanfinder.org)
Medical Support

- **Adolescent Health Transition Project**: Provides information to assist with transitioning to adult health care services.
  (206) 685-1350
  www.depts.Washington.edu/healthtr

- **APRIA**: Offers a comprehensive range of home respiratory therapy, diabetic supplies, medications and equipment, home infusion therapy and home medical equipment services.
  709 W. Orchard Dr, Suites 6 & 7, Bellingham
  (360) 738-8300 or 1-800-531-1818
  www.apria.com

- **Children’s Hospital Children’s Resource Line**: 866-987-2000
  www.seattlechildrens.org

- **Children with Special Health Care Needs-Skagit County Health Department**: Home visits by public health nurses. Includes developmental and growth screening; health guidance; nutrition; service coordination; information and referral. Services are available to families in Skagit County regardless of income.
  700 South 2nd Street, Room 301
  (360) 416-1500  www.skagitcounty.net/health or jennis@co.skagit.wa.us

- **Citrine Health**: Connects women and their families to services that improve the quality of their health, including health screenings, insurance, and food programs. Provides breast, cervical and colon health screening for uninsured people between 40 and 60 years of age.
  888-651-8931
  www.citrinehealth.org

- **Medicaid Personal Care Services DSHS**: Provides in-home assistance to individuals who receive Medicaid and need assistance with personal care. Call your DDA case manager. (or Home and Community Services DSHS if not DDA eligible)
  800-491-5266
• **MS Helping Hands Donation Closet**: Nonprofit agency that provides new and recycled medical and mobility equipment. Items are available through donations for individuals who are low income, uninsured or denied coverage.
  (425) 712-1807  
  [www.mshelp.org](http://www.mshelp.org)

• **Shield Health Care**: Medical supplies for care at home, including incontinence (adult and pediatric) external nutrition, ostomy, urological, free home delivery, language services, and home evaluations. Accepts Medicare/Medicaid and some private insurance.
  800-765-8775  
  [www.shieldhealthcare.com](http://www.shieldhealthcare.com)

• **Washington State Medical Home Website**: Designed to support youth and families to partner with health care providers, understand health conditions and make informed health care decisions. Includes practical and current tools, strategies and information for children with special health care needs.
  206-685-1279  
  [www.medicalhome.org](http://www.medicalhome.org)

• **Within Reach**: Private, nonprofit organization working to ensure optimal health for all families in Washington State by connecting them with the programs, resources and information they need to build healthy families. Committed to removing language, socio-economic and access barriers.
  Family Health Hotline: 1-800-322-2588 or  
  [www.parenthelp123.org](http://www.parenthelp123.org)  
  Apple Health for Kids Hotline: 1-877-543-7669  
  [www.withinreachwa.org](http://www.withinreachwa.org) or info@withinreachwa.org

**Mental health**

• **EMERGENCY**: Dial 9-1-1

• **Care Crisis Line (24-hour service)**: A Volunteers of America program. Information, referral and intervention services for adults/children in mental health crisis. Certified
peer counselor and mental health professional provide voluntary face-to-face early interventions in homes and community settings for those not currently enrolled with another provider.

1-800-584-3578 or TTY 1-800-846-8517

- **Community Mental Health Program Ombudsman**: Provides consumer-directed advocacy to consumers of publicly funded mental health services and anyone applying for publicly funded mental health services. Ombuds assist consumers to ensure that their individual rights are honored and publicly funded Mental Health services respond to consumer needs and wishes.
  
  330 Pacific Place, Mount Vernon  
  (360) 416-7004 or 1-888-336-6164

- **Island Hospital Emergency Room**:  
  1211 24th Street, Anacortes  
  (360) 299-1311  
  www.islandhospital.org

- **National Alliance on Mental Illness (NAMI)**: Provides advocacy, public education, information/referral and self-help support groups for people with mental illness and their families.  
  www.namiskagit.org

- **North Sound RSN**: Improving the mental health and well-being of individuals and families. Outpatient Services are accessed through the centralized access center and are provided to people with a Medicaid mental health benefit and to low-income people as resources are available. All people with Medicaid are entitled to an assessment.  
  1-800-684-3555  
  **ACCESS LINE for outpatient services**: Call for eligibility screening and first-time appointments.  
  1-888-693-7200  
  www.nsmha.org
• **Skagit Valley Hospital - Emergency Room:**
  (3rd Floor Psychiatric Care Center 360-428-2273)
  1415 E Kincaid, Mount Vernon
  (360) 428-2165
  [www.skagitvalleyhospital.org](http://www.skagitvalleyhospital.org)

• **Skagit Valley REACH Center:** Offers a recovery-based supportive community dealing with mental illness and/or chemical dependency. Provides self-help classes, recovery groups, a variety of trainings, access to computers, volunteer opportunities, and social activities.
  1413 E College Way, Mount Vernon
  (360) 873-8635

• **National Suicide Prevention Lifeline:** 1-800-273-8255
  TTY: 1-800-799-4889
  Spanish: 1-888-628-9454
  Suicide Prevention, awareness and education: 1-800-784-2433

• **United General Hospital**
  2000 Hospital Drive, Sedro-Woolley
  (360) 856-6021

**HOUSING & LIVING INFORMATION:**

**Resources to obtain affordable housing**

• **Anacortes Housing Authority:** Subsidized housing programs for low-income households.
  719 Q Ave.
  Anacortes, WA 98221
  (360) 293-7831
• **Developmental Disabilities Administration (DDA):** Provides information on housing options and supports. Connects individuals to Adult Family Homes and other residential supports based on eligibility and available funding. [www.dshs.wa.gov/dda](http://www.dshs.wa.gov/dda)

  900 E. College Way, Suite 110
  Mount Vernon, WA 98273
  Local: (360) 429-3103 or Toll Free: 1-800-491-5266

  Housing resources may include:

  - **Adult Family Homes** (AFH) Licensed by the State. A room, meals, laundry, supervision and varying levels of assistance and care is provided. [www.dshs.wa.gov](http://www.dshs.wa.gov) Click on Adult tab
  - **Adult Residential Care (ARC)** Provides assistance for residents who are able to take medication but need help in the form of a reminder or need to have it handed to them and/or with personal care e.g. bathing, dressing and personal hygiene. Residents who require monitoring for their own safety may receive limited supervision.
  - **Supported Living Services** DDA Residential Program, *eligibility criteria varies and funding is limited*. Provides instruction and support to persons living in their own homes within the community. Supports may vary from a few hours a month, to 24 hours a day, or one-to-one support. Clients pay for their rent, food and other personal expenses. DDA contracts with private agencies to provide Supported Living services.

• **Home Trust of Skagit:** A community land trust organization that helps secure affordable housing for limited-income people.
  (360) 899-5943
  [www.hometrustofskagit.org](http://www.hometrustofskagit.org)

• **Housing Authority of Skagit County:** Subsidized housing programs for low-income households.
  1650 Port Drive
  Burlington, WA 98233
  (360) 428-1959

• **Parkview Services Home Ownership Program:** Offers home buying assistance in King, Skagit and Snohomish County to people with disabilities and family members who will live with them.
  Marnie Claywell
(206) 542-6644, ext 126 or marnie@parkviewservices.org
TTY: 711 or (800) 833-6388
www.parkviewservices.org

- **USDA Rural Development**: Provides grants and low interest loans for health or safety related repairs. Available to rural, low income homeowners unable to secure conventional financing or living in substandard housing.
  2021 E. College Way, Suite 216
  Mount Vernon 98273
  (360) 428-4322 ext. 4

- **Whatcom Skagit Housing**: A private non-profit corporation funded by the U.S. Department of Agriculture to assist limited income families interested in building their own homes.
  (360) 398-0223 or 888-360-0223
  www.whatcomskagithousing.com

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**In home support**

- **Home Care Quality Authority of Washington State**: Registry referral system to locate in-home caregivers.
  (425) 212-4250 or 800-970-5456
  www.hcrr.wa.gov

- **Meals on Wheels program of Skagit County - Skagit County Public Health**: Provides nutritious, noontime meals to senior citizens, age 60 and older, who have difficulty leaving their home unassisted and who are unable to prepare their own meals.
  700 South 2nd Street, #301
  Mount Vernon, WA 98273
  (360) 416-1511
  www.skagitcounty.net/departments/humanservices/mow.htm
- **Northwest Regional Council - Aging and Disability Resources Program**: Provides information about many services and programs that assist older adults and people with disabilities.
  
  **1650 Port Drive**  
  **Burlington WA 98233**  
  **(360) 428-1301**  
  **www.nwrcwa.org**

  - **In-Home Care**: Detailed information and guidance on obtaining in-home support services for seniors and people with disabilities who need assistance with housekeeping, meal preparation, transportation, and personal care. This includes a list of individuals and agencies who provide care privately and through state-funded programs such as COPES, Medicaid Personal Care, and Developmental Disabilities Waivers.
  
  - **Medical Insurance**: The latest information on medical and dental coverage for seniors, including Medicare, Medicare Advantage Plans, Medigap policies, Medicare Prescription Drug coverage.
  
  - **Medicaid**: Information about Medicaid coverage and the application process.
  
  - **Caregiver Support**: Programs that support the family caregiver by providing respite services, consultation, and information on meeting the caregiver’s needs.
  
  - **Housing**: Lists of retirement residences, property management companies, publicly-subsidized apartments, and mobile home parks appropriate for older adults.
  
  - **Long-term Care Options**: A comprehensive list of boarding homes, assisted living facilities, adult family homes, nursing homes, and respite care facilities.
  
  - **General Resources**: Information about accessing a wide variety of services and programs such as property tax deferrals, powers of attorney, living wills, advance directives, transportation, and parking permits for persons with disabilities.
- **Visiting Nurse Home Care**: Visiting Nurse Home Care can help with a wide range of care; from companionship and hourly help around the home to comprehensive care 24 hours a day.

  425 Commercial Street, Suite 203
  Mount Vernon, WA 98273
  1-800-624-2714 or (360) 416-0343

**Supported Living**

- **Supported Living Program-Volunteers of American Disability Services**: Makes a positive impact on the lives of people by providing efficient, effective services and supports which allow individuals to live in their own homes and apartments in the community.

  117 North 1st Street, Suite 4
  Mount Vernon, WA 98273
  (360) 428-3718

- **Visiting Angels**: Living assistance services.

  1222 Riverside, Mount Vernon (360) 424-6777

**Additional Housing Resources**

- **Dispute Resolution Center**: Provides mediation services regarding landlord tenant disputes, fair housing information and counseling.

  (360) 542-8487
  [www.voaww.org/drc](http://www.voaww.org/drc)

- **Energy Assistance Program-Community Action of Skagit County**: Provides assistance to households who would otherwise be unable to pay for heat and energy.

  Schedule an appointment: (360) 428-1011 or (360) 416-7585
  330 Pacific Place, Mount Vernon
• **Northwest Indian Housing Association (NWIHA):** Provides training/education opportunities, as well as information/referral regarding affordable housing and financial resources for tribal members in the Pacific Northwest.
  (206) 526-8630
  www.nwiha.org

• **Washington Access Fund:** A nonprofit organization that offers low interest loans up to $25,000 for any type of home access modification for seniors and people with disabilities who live in Washington.
  (260) 328-5116
  www.washingtonaccessfund.org

• **Washington State Manufactured Housing Dispute Resolution Program:** Homeowners and landlords may file a request for dispute resolution if they believe that there may be a violation of their rights under the MHLTA.
  1-866-924-6458
  www.atg.wa.gov

• **Washington State Low Income Housing Alliance:** The Washington Low Income Housing Alliance ensures that all residents have the opportunity to thrive in safe, healthy, affordable homes through advocacy, education, and organizing.
  (206) 442-9455
  www.wliha.org

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**Emergency housing**

• **Friendship House**
  Men’s shelter: provides emergency shelter for homeless men.
  **1008 South 3rd Street, Mount Vernon**
  (360) 336-2135
  Women’s shelter: provides emergency shelter for single women and women with children
  **922 South 3rd Street, Mount Vernon** (360) 336-2418
• **Northwest Youth Services**: Transitional and supportive housing for youth age 18-21. Contact for details.
  1111 Cleveland Ave, #102, Mount Vernon
  (360) 336-1988
  www.nwys.org/programs

• **Oasis Teen Shelter**: a licensed shelter that provides six beds for teens age 13-17 a place to stay overnight for up to 21 days.
  125 North Fifth Street, Mount Vernon
  (360) 419-9058
  www.skagitymca.org

• **Skagit Domestic Violence Shelter**: Provides temporary shelter through a confidential emergency shelter program for victims who cannot safely remain in their homes due to violence. Services include food, clothing and other necessities, individual advocacy as well as legal, medical and social service agency advocacy and support groups.
  (360) 336-9591
  www.skagitdvsas.org

• **Transitional Housing Program**: 2 year transitional housing program to help families with children attain self-sufficiency.
  Community Action of Skagit County
  330 Pacific Place
  Mount Vernon, WA 98273
  (360) 419-7585

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**Legal Services:**

• **American Civil Liberties Union**:
  705 2nd Ave, Seattle
  (206) 624-2180
  www.aclu-wa.org/about-getting-help
• **Child Care Law Center**: National, nonprofit legal services organization that uses legal tools to make high quality, affordable child care available to all children.
  www.childcarelaw.org

• **Clearpoint Credit Counseling**: Helps consumers identify and resolve financial concerns through budgeting, an understanding of credit, learning how to set financial goals, prioritizing debt repayments and making the most effective financial choices.
  1-877-412-2227
  www.clearpointcreditcounselingsolutions.org/

• **Community Action of Skagit County-Volunteer Lawyer Program**: Sponsored by the Skagit County Bar Association, Community Action's Volunteer Lawyer Program offers free legal assistance to eligible low-income Skagit County residents. For legal assistance, call CLEAR at 1-888-201-1014, Monday through Friday, from 9:15 a.m. to 12:15 p.m. CLEAR is staffed by attorneys and paralegals who screen clients for eligibility and provides them with brief advice and services. If further assistance is needed, CLEAR staff will refer the client to the Volunteer Lawyer Program.
  330 Pacific Place, Mount Vernon
  (360) 416-7585

• **Development Disabilities Life Opportunities Trust (DD Endowment Trust Fund)**: Established in recognition of high cost of lifetime services/supports for individuals with developmental disabilities; assists people with developmental disabilities and their families to use an individual special needs trust accounts to save for future needs.
  888-754-8798
  www.ddlot.org or trust@arcwa.org

• **Disability Rights Washington**: A private non-profit organization that protects the rights of people with disabilities statewide.
  (206) 324-1521 or 800-562-2702
  www.disabilityrightswa.org

• **Northwest Immigrant Rights Project**: Promotes justice for low-income immigrants by pursuing and defending their legal status. Provides direct legal services.
  1-800-445-5771 Monday to Friday 9:30AM - 12:00PM and 1:00PM - 4:30PM
  www.nwirp.org/
• **CLEAR - Northwest Justice Project:** Free legal assistance for public benefit problems and civic legal problems to low income individuals. Website includes free self-help materials.
  888-201-1014
  www.nwjustice.org

• **Skagit County Dispute Resolution Center:** Services include: information and referral, conciliation, mediation, arbitration, training programs, practicum internships and consultation services.
  117 N 1st Street, Suite 30, Mount Vernon
  (360) 542-8487
  www.voaww.org/drc

• **Washington Law Help Website:** Guide to free civil legal services for low income Washington State residents. Provides education, materials, tools and information for array of legal issues, linking to variety of programs with many resources available in multiple languages.
  www.washingtonlawhelp.org

• **Northwest Women’s Law Center:** Legal Voice secures and protects women’s legal rights through legislation, self-help resources and litigation.
  (206) 682-9552 Administrative Office
  (206) 621-7691 Legal Information and Referral or toll free 866-259-7720
  www.legalvoice.org

**Recreational Opportunities:**

**Local**

• **Boys and Girls Clubs of Skagit County:**
  Anacortes - 2219 M Avenue, Anacortes
  (360) 588-9045
  La Conner - 305 North 6th Street, La Conner
  (360) 466-3672
Out & About- CFI North Sound: A peer support group for people with disabilities who want to participate in their community.
(360) 393-3890 or toll free 1-888-482-4839 Shawn Latham, shawnl@cfinorth.org

Out of the Ashes: An interactive musical program that brings people of all abilities and the healing properties of music together to add a quality of life that has been typically underestimated as a power to transcend and transform lives.
Meets Wednesdays afternoons 2pm-4pm
Enter through the alley behind Life Fellowship
1616 E. Fairhaven, Burlington, WA
Jon Dalgarn: (360) 770-2404 or (360) 770-9715 musicman@wavecable.com

Mt. Baker Gymnastics: Offers specialized instruction time to meet the needs of individual children experiencing disabilities as well as a group class Wednesday afternoons at 4:00 pm. Coach Gordy has 30 years of experience teaching gymnastics to children of all abilities and his coaching team are talented in planning activities to help children meet their physical goals and have fun.
1635 S. Walnut Street, Burlington
(360) 757-7565 www.mtbakergymnastics.com or mt-baker-gymnastics@live.com

Skagit County 4-H Club: A voluntary, informal education program for young people ages 5 - 19.
11768 Westar Lane, Suite A
Burlington, WA 98233
(360) 428-4270 www.skagit.wsu.edu/4-hsc

Skagit County Parks and Recreation:
1730 Continental Place
Mount Vernon, WA 98273
(360) 336-9414
www.skagitcounty.net/parks

• **Skagit Special Olympics:** Provides ten weeks of sports training and athletic competition, each season, for children (at least eight years of age) and adults with intellectual disabilities. The goal is a quality program of physical fitness training and sports competition with a focus on friendship and FUN!
**Scott Friberg:** sfriberg@sowa.org
(206) 362-4949 ext.214
PO Box 1162, Mount Vernon, WA 98273
www.specialolympicswashington.org or skagitspecialo@yahoo.com

• **Volunteers of America ARO Program (Accessible Recreation Opportunities):** A travel program for individuals with developmental disabilities.
**Everett office:** (425) 259-3191
www.voaww.org/aro

**Regional**

• **American Trails:** Provides information on how ADA affects trails and greenways. Learn about accessible trail and greenway designs, training opportunities, legal issues and federal guidelines.
www.americantrails.org/resources/accessible/index.html

• **Campfire USA:**
www.campfireusasnohomish.org: Everett
www.campfiresamishcouncil.org: Bellingham

• **Camp Prime Time:** Provides families with seriously ill or disabled children with outdoor wilderness experience where families can enjoy themselves (without financial burden) in a supportive atmosphere.
(509) 248-2854
www.campprimetime.org
• **Footloose Sailing Association**: The Northwest's premiere sailing program for people of all disabilities, bringing independence on the water and competence in the sport of sailing to disabled participants.
  7683 SE 27th St, PMB#239, Mercer Island, WA 98040
  (206) 382-2680
  [www.footloosesailing.org](http://www.footloosesailing.org)

• **Girl Scouts: North Regional Office**
  (360) 658-8083 or (877) 822-9435
  1331 State Ave, Marysville, WA 98270
  [www.girlscoutsww.org](http://www.girlscoutsww.org)

• **HOPE Therapeutic Riding Program**: Empowers children and adults facing special challenges – whether physical, cognitive or emotional – to discover their abilities, independent skills and explore their potential through use of nationally accredited safe and effective equine-assisted activities and therapy.
  819 Camano Avenue, P.O. Box 334
  Langley, WA 98260
  Phone: (360) 221-7656
  [www.hope-whidbey.org](http://www.hope-whidbey.org) or email: [hope@whidbey.com](mailto:hope@whidbey.com)

• **National Center on Accessibility**: Promotes access and inclusion for people with disabilities in parks, recreation, and tourism.
  [www.ncaonline.org](http://www.ncaonline.org)

• **National Parks and Federation Lands Access Pass**:  
  [store.usgs.gov/pass/access.html](http://store.usgs.gov/pass/access.html)

• **Outdoors For All**: Recreation programs for individuals with disabilities (cycling, fishing, hiking, river rafting, water/snow skiing, in-line skating etc.)
  (206) 838-6030
  [www.outdoorsforall.org](http://www.outdoorsforall.org)
• **Sundial Tours**: Providing special vacations for developmentally disabled adults.
  800-547-9198
  [www.sundialtour.com](http://www.sundialtour.com)

• **Trips INC**: Special Adventures Trips are designed for individuals with disabilities requiring staff assistance for a safe and enjoyable vacation.
  800-686-1013
  [www.tripsinc.com](http://www.tripsinc.com)

• **U.S. Forest Service**: Provides guidelines to maximize accessibility while recognizing and protecting the unique characteristics of the natural setting of outdoor recreation areas and hiker/pedestrian trails. [www.fs.fed.us/recreation/programs/accessibility](http://www.fs.fed.us/recreation/programs/accessibility)

• **Washington State Accessible Outdoor Recreation Guide**: Developed in partnership with State Parks, Department of Natural Resources, Fish and Wildlife and the US Forest Service Olympic National Park to provide information about accessible outdoor recreation.
  (360) 902-8844 or 888-226-7688
  [www.parks.wa.gov](http://www.parks.wa.gov) (Click on ADA Recreation)

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

• **Washington State Parks Accessible Pass**: Good for 50% discount on nightly camping/moorage. Free watercraft launching and trailer dump. Available for one year (short term disability) and 5 year (permanent disability) periods. Offered to Washington state residents who are legally blind, profoundly deaf, developmentally disabled or who meet the disability definition used by the U.S. Social Security Administration.
  [www.parks.wa.gov/passes](http://www.parks.wa.gov/passes)

• **Willow Place**: Provides activities for persons with developmental disabilities. Willow Place provides 8 weekly sessions offering a fitness hour, art hour, and a social hour at
each of the 8 sessions. All activities focus on wellness and are ability-appropriate to meet each client’s level and to keep them social, active, verbal, and learning new things.

9610 - 48 Drive NE
Marysville, WA 98270
(360) 653-2324
www.quilcedacommunityservices.org
quilcedacommunity@qcs.comcastbiz.net

Senior Resources:

*For a list of comprehensive senior resources in Skagit County, pick up a “Skagit & Island Counties Senior Resources” guide at any Skagit County senior center, Skagit County Public Health, Northwest Regional Council, or visit www.nwseniors.com, toll free (866) 379-3710.

- Aging and Adult Services Complaint Line:
  1-800-562-6078

- Area Agency on Aging-Northwest Regional Council: Implements state and federal programs for seniors and people who need long-term care. NWRC funds or provides flexible service options to help people stay in their own homes such as:

  For Older People:
  - Information & Assistance
  - Congregate & Home Delivered Meals (Meals-on-Wheels)
  - Tribal Outreach
  - Legal Services

  For Everyone Who Is Eligible
  - Aging & Disability Resources
  - Caregiver Support & Respite
  - In-home Personal Care
  - Volunteer Chore
  - Medicaid Transportation
• Adult Day Centers
• Adult Day Health
• Case Management

1650 Port Drive, Burlington, WA 98233
(360) 428-1301  www.nwrcwa.org

• Alzheimer's Association: The Alzheimer's Association is the leading, global voluntary health organization in Alzheimer's care and support, and the largest private, nonprofit funder of Alzheimer's research.
100 W. Harrison St, North Tower, #200, Seattle
800-272-3900  Monday - Friday, 8:30am - 5pm
www.alz.org/alzwa/index.asp

• C.O.P.E.S (in home care for seniors): The Community Options Program Entry System, or COPES for short, is a Washington State Medicaid program designed to enable individuals who require nursing home level care, to receive that care in their home or community living environment such as an assisted living residence.
60 years of age and older: (360) 428-1301
Under 60 years of age: (360) 416-7289 or 866-608-0836
www.nwrc.org

• Meals on Wheels: Home delivered meals for home-bound people over 60.
Skagit County Public Health
700 South 2nd Street, #301, Mount Vernon
(360) 416-1511
http://www.skagitcounty.net/Departments//HumanServices/mow.htm

• Mobile Food Express (for homebound only): The Mobile Food Express delivers groceries from the food bank to homebound seniors and disabled persons. The service helps those who have no way to access the food bank.
(360) 416-7585
www.communityactionskagit.org
• **Reporting abuse or neglect**: To report abuse or neglect of a vulnerable adult or a child, call the DSHS toll-free EndHarm hotline anytime day or night. When you call you will speak with a real person who will connect you to the direct, local person to make the report.
  1-866-363-4276, TTY accessible

• **Skagit County Public Health**: Information about activities and services at each of the Skagit County Senior Centers. Web sites are maintained by senior volunteers at each center and sponsored by Skagit County and its towns and cities.
  700 South 2nd Street, #301
  Mount Vernon, WA 98273
  (360) 416-1500
  [www.skagitcounty.net](http://www.skagitcounty.net) or [www.skagitcounty.net/seniorcenters](http://www.skagitcounty.net/seniorcenters)
  
  - Anacortes Senior Center: 360-293-7473
  - Burlington Senior Center: 360-755-0102
  - Concrete Senior Center: 360-853-8400
  - Mount Vernon Senior Center: 360-336-5757
  - Sedro-Woolley Senior Center: 360-855-1531

• **Social Security Administration**: Provides federal benefits under Social Security and Supplemental Security Income programs. Workers, their families, and children may be eligible for financial assistance.
  710 E College Way, Suite #A
  Mount Vernon, WA 98273
  1-800-772-1213 or [www.ssa.gov/](http://www.ssa.gov/)

• **Visiting Angels Living Assistance Services**: In home care provider for seniors.
  Riverside Drive, Mount Vernon
  888-264-3528 or [www.visitingangelswa.com/](http://www.visitingangelswa.com/)

• **Volunteer Services Program**: Help low-income seniors live independently at home. Services include housekeeping, shopping, transportation, meal preparation, yard work, and minor home repair.
  Community Action of Skagit County
  330 Pacific Place, Mount Vernon
  (360) 416-7585 or [www.communityactionskagit.org](http://www.communityactionskagit.org)
Transportation:

- **Critical Needs Program**: Vouchers for food, gas, clothing, transportation.  
  Community Action of Skagit County  
  360 Pacific Place, Mount Vernon  
  (360) 416-7585 Monday-Friday 9-5  
  [www.communityactionskagit.org](http://www.communityactionskagit.org)

- **Paratransit**: For individuals whose conditions and/or disabilities prevent them from using Skagit Transit's regular fixed-route buses.  
  (360) 757-4433  
  Toll Free (877) 584-7528  
  [www.skagittransit.org](http://www.skagittransit.org)

- **Disabled Parking Permits**: Parking permits are available on the website or at the Department of Licensing. A physician needs to complete the medical portion of the form.  
  Mount Vernon Driver Licensing Office: 1920 South 3rd ST  
  (360) 416-7563  
  Anacortes Driver Licensing Office: 1005 Commercial Ave, Suite C & D  
  (360) 588-0508

- **Island Transit and Para Transit**: Local buses run throughout Camano/Whidbey Islands with Washington State Ferry Connections.  
  800-240-8747  
  [www.islandtransit.org](http://www.islandtransit.org)

- **Medicaid Transportation Program**: Transportation for Medicaid-paid appointments for those with no other alternatives. Certain restrictions apply.  
  Toll Free 1-800-860-6812  
  [www.nwrcwa.org/medicaid-transportation/](http://www.nwrcwa.org/medicaid-transportation/)

- **Mercy Transportation**: Provides non-emergency medical transportation throughout Western Washington. They have wheelchair vans and sedans available 24 hours a day, 7 days a week and accepts Medicaid, DSHS, L & I, Visa, MasterCard and American Express.
(425) 347-4700  mercytransportation.net

- **Regional Reduced Fare Permit:** Reduced fare permits, passes and ticket books to ride fixed route bus throughout Puget Sound Region / Washington State Ferry system. (Seniors age 65+ and individuals with disabilities).  (425) 348-2350

- **SKAT – Skagit County Public Transportation (connected through Island Transit):** Skagit Transit’s regular fixed route buses. (360) 757-4433

- **Skagit Transit Travel Trainer - Sue Libby:** The travel training program of Skagit Transit is designed for seniors and people with disabilities. It provides the assistance necessary for each person to successfully use Skagit Transit's fixed-route buses. Training is customized to meet individual needs. Travel training is a free service.
  
  600 County Shop Lane
  Burlington, WA 98233-9772
  (360) 757-4433 or (360) 229-2424
  TDD (360) 757-1938

- **Volunteer Services Program:** Helps low-income seniors live independently at home. Services include housekeeping, shopping, transportation, meal preparation, yard work, and minor home repair.

  Community Action of Skagit County
  330 Pacific Place, Mount Vernon
  (360) 416-7585  www.communityactionskagit.org

- **Washington State Ferries:**
  800-843-3779
  www.wsdot.wa.gov/ferries
Notes