



SKAGIT COUNTY DEVELOPMENTAL DISABILITIES PROGRAM

RESOURCE GUIDE

An informational guide on services and resources for individuals with developmental disabilities in Skagit County

WELCOME

The Skagit County Developmental Disabilities Program exists to foster inclusive communities that support people with developmental disabilities to fully participate in and contribute to all aspects of community life.

This guide provides information about public, private, and non-profit agencies that offer services and resources for individuals with developmental disabilities living in Skagit County. Some resources are local, while others are regional or national.

To request additional copies or for corrections, additions, and comments, please contact:



Skagit County Public Health
Developmental Disabilities Program
301 Valley Mall Way, Suite 110
Mount Vernon, WA 98273



(360) 416-1500



skagitddprogram@co.skagit.wa.us



www.skagitcounty.net/Departments/HumanServices/DD/main.htm

To view this guide online, scan the QR code or visit bit.ly/skagitDDresources



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ACCESSIBILITY

The Americans with Disabilities Act (ADA)

A federal civil rights law ensuring that people with disabilities have equal rights and opportunities in daily life, work, transportation, and community participation.

Phone: [1-800-514-0301](tel:1-800-514-0301)

TTY: [1-833-610-1264](tel:1-833-610-1264)

Website: www.ada.gov

Northwest Americans with Disabilities Act (ADA) Center – University of Washington

Provides free, confidential phone consultations and on-site and webinar trainings on ADA compliance.

Phone: [1-800-949-4232](tel:1-800-949-4232)

Email: nwadactr@uw.edu

Website: www.dbtacnorthwest.org

Washington State Service Dog Association

A dedicated Washington State resource for service dog handlers and those training service dogs. Offers guidance on training standards, practical tips, and insights into the daily life of handler–dog teams, as well as education on service animal laws and regulations.

Phone: [360-753-6200](tel:360-753-6200)

Email: waservicedog@gmail.com

Website: www.waservicedog.org

ADVOCACY

Local Resources

Center for Independence – North Sound

A resource for individuals with disabilities to fully access and participate in the community through outreach, advocacy, and independent living skills development.

Phone: [1-800-949-4232](tel:1-800-949-4232)

Email: info@cfi-wa.org

Website: www.cfi-wa.org

Skagit County Parent to Parent (P2P)

Provides one-to-one and small group support, parent/caregiver connections, referrals, workshops, trainings, and inclusive social recreational events to parents/caregivers whose children of any age have developmental disabilities or complex health needs.

Address: 117 N. 1st Street, Suite 8, Mount Vernon, WA 98273

Mailing: c/o SPARC, 320 Pacific Place, Mount Vernon, WA 98273

Phone: [360-416-7570](tel:360-416-7570) x 2999 (English) or [360-416-3999](tel:360-416-3999) (Spanish)

Email: p2p@sparckids.org

Facebook: www.facebook.com/SkagitP2P

Website: www.p2pskagit.org

The Arc of King County

Supports people with disabilities through education, employment, and community support.

Email: ask@arcofkingcounty.org (English) or preguntas@arcofkingcounty.org (Spanish)

Phone: [206-829-7053](tel:206-829-7053) (English) or [206-829-7020](tel:206-829-7020) (Spanish)

Website: www.arcofkingcounty.org

Statewide Resources

Client Assistance Program (CAP)

An advocacy program for DVR clients that can answer questions and provide information about your rights and responsibilities. CAP also provides assistance to clients to help mediate and solve concerns that arise in the rehabilitation process.

Phone: [206-849-2939](tel:206-849-2939) (call/text)

Email: washingtoncap2@gmail.com

Website: www.washingtoncap.org

Disability Rights of Washington

Protects rights and provides free advocacy services to people with disabilities statewide.

Phone: [206-324-1521](tel:206-324-1521) or Toll Free: [1-800-562-2702](tel:1-800-562-2702)

Email: info@dr-wa.org

Website: www.disabilityrightswa.org

The Arc of Washington State

Provides advocacy and support to people with disabilities and their families regarding birth to three services, special education, employment, residential support, health care, transportation, respite, and inclusion. Offers an action alert list and email updates on important legislative issues.

Phone: [360-357-5596](tel:360-357-5596) or Toll Free: [1-888-754-8798](tel:1-888-754-8798)

Email: info@arcwa.org

Website: www.arcwa.org

Governor's Committee on Disability Issues and Employment (GCDE)

Provides statewide advocacy and leadership to empower the disability community to obtain equality of opportunity and maximum independence.

Phone: [360-902-9511](tel:360-902-9511)

Website: www.esd.wa.gov/gcde

Informing Families

Offers timely, accessible information on the developmental disabilities service system.

Email: informingfamilies@ddc.wa.gov

Website: www.informingfamilies.org

Office of Developmental Disabilities Ombuds

Inform the Legislature's work to ensure safe, quality developmental disabilities services.

Complaint line: [1-833-727-8900](tel:1-833-727-8900)

Phone: [206-324-1521](tel:206-324-1521) or TTY: [711](tel:711)

Website: www.ddombuds.org

Developmental Disabilities Administration/Community Services (DDA/DDCS):

Offers waiver programs that provide on-going services, training for eligible persons to obtain and maintain jobs, and support for people with developmental disabilities to be part of their community.

Address: 900 E. College Way, Suite 110, Mount Vernon, WA 98273

Phone: [360-429-3103](tel:360-429-3103) or Toll Free: [1-800-491-5266](tel:1-800-491-5266)

Website: www.dshs.wa.gov/dda



Open Doors for Multicultural Families

A nonprofit 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.

Phone: [253-216-4479](tel:253-216-4479)

Email: info@opendoorswa.org

Website: opendoorswa.org

Partnerships for Action, Voice for Empowerment (PAVE)

Provides advocacy and information for parents with children with special educational needs.

Phone: [253-565-2266](tel:253-565-2266) or Toll Free: [1-800-572-7368](tel:1-800-572-7368)

Website: www.wapave.org

People First of Washington

Self-advocacy organization for people with disabilities to recognize and appreciate that we are all people first and disabilities are secondary.

Phone: [253-999-7222](tel:253-999-7222)

Website: www.peoplefirstofwashington.org

Self-Advocacy in Leadership (SAIL)

Offers information and assistance to speak up and be heard in state government.

Phone: [509-222-0294](tel:509-222-0294)

Email: sail@arcwa.org

Website: www.selfadvocatesinleadership.com

Washington State Developmental Disabilities Council (DDC)

Advocates for equitable policies, programs, and practices that benefit all people with developmental disabilities and their families.

Phone: [1-800-634-4473](tel:1-800-634-4473)

Email: info@ddc.wa.gov

Website: www.ddc.wa.gov

Washington State Long-Term Care Ombudsman

Advocates for residents of nursing homes, adult family homes, and assisting living facilities. Complaints can be filed to resolve problems and situations involving quality of care, use of restraints, transfer and discharge, abuse, and other aspects of residents' dignity and rights.

Phone: [1-800-562-6028](tel:1-800-562-6028)

Website: www.waombudsman.org

Tips for Families

- *Know the rules and understand education and service system requirements. Keep good records.*
- *Get to know the people who make decisions about your child's education and services, including legislators.*
- *Communicate effectively and emphasize solutions. While persistence is important, anger or aggressiveness can damage key relationships.*
- *Know your child's strengths and interests.*
- *Involve your son or daughter in decision-making as early as possible.*



Washington State Independent Living Council

A statewide network supporting independent living for people with disabilities through advocacy, education, planning, and collaboration.

Phone: [1-800-624-4105](tel:1-800-624-4105)

Website: www.wasilc.org

Washington State Office of Equity

Promotes equitable access to opportunities and resources that reduce disparities and improve outcomes statewide.

Phone: [360-902-3355](tel:360-902-3355)

Email: info@equity.wa.gov

Website: www.equity.wa.gov

Tips for Self-Advocates

- *Understand your rights.*
- *Actively participate in decisions that affect you.*
- *Communicate your needs to others.*
- *Know who can help when you need it.*

National Resource**National Council on Disability (NCD)**

Provides advice and recommendations to the President, Congress, and Executive Branch agencies. NCD does not provide direct legal or advocacy services to people with disabilities.

Phone: [202-272-2004](tel:202-272-2004)

Website: www.ncd.gov/resources

ASSISTIVE TECHNOLOGY**Able Opportunities, Inc.**

Assists youth and adults with disabilities in achieving their highest level of independence in employment and independent living. Specializes in school and adult services for people who are deaf, hard of hearing, and DeafBlind.

Phone: [206-406-9900](tel:206-406-9900)

Website: www.ableopps.com

Ben's Fund

Provides funds to families in need to help cover costs associated with medical bills, therapies, and numerous other aspects of supporting a child or young adult on the autism spectrum.

Phone: [206-957-7708](tel:206-957-7708) ext. 188

Email: info@bensfund.org

Website: www.bensfund.org

Department of Services for the Blind

Provides services for individuals of all ages experiencing blindness/low vision. Services include orientation training and mobility support for individuals and their families.

Phone: [206-906-5500](tel:206-906-5500) or Toll Free: [1-800-552-7103](tel:1-800-552-7103)

Website: www.dsb.wa.gov

Special Education Technology 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.

Phone: [360-647-0910](tel:360-647-0910) or TTY: [360-647-8508](tel:360-647-8508)

Email: seattle@hsvc.org

Website: www.hsvc.org



Assistive Technology

Assistive Technology (AT) includes tools, devices, or software that help people increase or maintain independence at home, work, school, and in the community. AT can be low-tech, like pencil grips, or high-tech, like voice recognition.

Examples include wheelchairs, hearing aids, captions, large print, adapted keyboards, and text-to-speech. Many people use assistive technology every day!



Tips for Success

Learn about different tools, strategies, and adaptations before making purchases.

Include the person who will use the device in the selection process and consider what setting it will be used in. The best tool won't be helpful if it isn't used.

Look for instructions that are brief, easy to read, and simple to follow.

Ask current users about their experience and how the device performs over time.

Even with good instructions, technical support may be needed. Choose products that offer online and toll-free support.

Check the length, cost, and limits of product warranties.

Northwest Access Fund

A nonprofit organization that provides funding for people with disabilities in Washington and Oregon to purchase assistive technology and achieve greater independence.

Phone: [206-328-5116](tel:206-328-5116)

Email: info@nwaccessfund.org

Website: www.nwaccessfund.org

Washington Assistive Technology Act Program (WATAP)

Provides services and resources to help people of all ages with disabilities to make informed decisions about assistive technology.

Phone: [1-800-214-8731](tel:1-800-214-8731)

Email: watap@uw.edu

Website: watap.org

Washington Sensory Disability Services (WSDS)

Assists children who are deaf or hard of hearing, blind, visually impaired, or DeafBlind by providing assessment services and other support to children, school districts, families, and service providers.

Phone: [360-947-3297](tel:360-947-3297)

Website: www.wsdswa.gov

Washington Talking Books 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 is free) to all library users.

Phone: [206-615-0400](tel:206-615-0400)

Website: www.wtbbl.org

The Ershing Assistive Technology Resource Center at Western Washington University

Contains a collection of hundreds of low-to high-tech assistive technology items, equipment, and products.

Address: Miller Hall 001

Bellingham, WA 98225

Phone: [360-650-2783](tel:360-650-2783)

Website: wce.wvu.edu/e-atrc

EDUCATION

Early Intervention (Birth-Age 3)

Help Me Grow Washington

A growing system of nonprofit organizations, Tribal nations, regional and county health and social service organizations, providers and provider organizations, and state agencies working together to offer a full spectrum of support to all families with young children in Washington State.

Skagit County Hotline: [360-630-8352](tel:360-630-8352) | Statewide Hotline: [1-800-322-2588](tel:1-800-322-2588)

Website: www.helpmegrowskagit.com or www.helpmegrowwa.org

Nurse-Family Partnership (NFP)

A free program for Medicaid-eligible women who are having their first baby. A specially trained nurse provides home visits or meets at another convenient location throughout pregnancy until the child reaches 2 years of age.

Phone: [360-770-7743](tel:360-770-7743)

Website: www.skagitcounty.net/Departments/HealthFamily/NFP.htm

Skagit Preschool and Resource Center (SPARC)

Provides individualized services for families and their children with unique needs from birth through age 5 in Skagit County.

Address: 117 N. 1st Street, Suite 8

Mount Vernon, WA 98273

Phone: [360-416-7570](tel:360-416-7570)

Website: www.sparckids.org

STEPS

Provides children, birth to age 3, and their families with the care, treatment, guidance, tools, and resources they need to grow, learn and thrive.

Address: 950 S.E. Regatta Drive

Oak Harbor, WA 98277

Phone: [360-679-1039](tel:360-679-1039)

Email: steps@takingstepstogether.org

Website: www.takingstepstogether.org

Approximately 230
children ages birth
to 3 receive early
intervention services in
Skagit County each year.



DID YOU KNOW?

Washington State Department of Children, Youth, and Families (DCYF)

The Early Support for Infants and Toddlers (ESIT) Program provides early intervention services for eligible children, birth to age 3, and their families.

Address: 900 E. College Way, Suite 200, Mount Vernon, WA 98273

Phone: [360-725-3500](tel:360-725-3500)

Email: esit@dcyf.wa.gov

Website: www.dcyf.wa.gov/services/child-development-supports/esit

Inspire Development Center

Provides a holistic approach for the entire family with a focus on promoting school readiness and providing high-quality early childhood education services.

Address: 2405 Kulshan View Drive, Mount Vernon, WA 98274

Phone: [360-428-3993](tel:360-428-3993)

Website: www.inspirecenters.org

Samish Longhouse Preschool and Head Start

Houses an Early Learning Center and Head Start Preschool serving both Tribal and local community members.

Administration Office: 2918 Commercial Avenue, Anacortes, WA 98221

Longhouse Campus: 1618 D Avenue, Anacortes, WA 98221

Phone: 360-588-8806

Website: www.samishtribe.nsn.us/departments/longhouse

Skagit/Island Head Start

Provides services to children from birth to age 5 in Skagit, Island, and San Juan counties. In addition to education services, they provide children and their families with health, nutrition, and social services support and referrals. The program's main goals are to work in partnership with families to promote self-esteem, self-confidence, and school readiness for children.

Address: 2405 E. College Way, Mount Vernon, WA 98273

Phone: 360-416-2580

Website: www.sihs.skagit.edu

Samish Early Learning Center

Offers quality childcare and early learning for children, ages 1 to 5, with a focus on school readiness and family support. The center provides a safe and caring environment where children learn through play, culture, and family connection.

Address: 1015 27th Street, Anacortes, WA 98221

Phone: 360-726-3701

Website: www.samishtribe.nsn.us/departments/longhouse

Swinomish Toddler and Preschool

Aims to enhance the social and educational skills of children, ages 1 to 5, while involving families in the learning process. It provides a safe environment where learning happens through play, offering early childhood development, a literacy-based curriculum, family support, transportation, and nutritious meals.

Phone: 360-707-1482

Website: www.swinomish-nsn.gov/education

Upper Skagit Child Development Center

Serves the Tribal and local community with preschool for children from 3 to 5 years of age.

Address: 25782 Coyote Drive, Sedro-Woolley, WA 98284

Phone: 360-854-7092



To do:

- Start early to plan for the future.
- Build a team.
- Be involved.
- Be informed.
- Be persistent.

School District Special Education Services (Ages 3-22)

The Individuals with Disabilities Education Act (IDEA) is a federal law requiring public schools provide a free, appropriate education for eligible children with disabilities (ages 3 to 22), including early intervention, special education, and related services to meet student needs.

Anacortes School District

Whitney Early Childhood Education Center (Early Childhood Special Education/Child Find Screenings)
Address: 2200 M Avenue, Anacortes, WA 98221
Phone: 360-503-1200
Email: inclusiveservices@asd103.org
Website: www.asd103.org/District/Department/54-Student-Support-Services-and-Special-Education



Anacortes School District

Burlington-Edison School District

West View Early Learning and Community Center
Address: 515 W. Victoria, Burlington, WA 98233
Phone: 360-757-3391
Website: www.be.wednet.edu/o/westview

Concrete School District

Child Find Screenings and Evaluations
Address: 45389 Airport Way, Concrete, WA 98237
Phone: 360-853-4000
Website: www.concrete.k12.wa.us/en-US/student-services-015d1390/child-find-7091070b



Concrete School District

La Conner School District

Child Find Screenings/Early Learning (via SPARC)
Address: 305 N. 6th Street, La Conner, WA 98257
Phone: 360-466-3171
Website: www.lcsd.wednet.edu/page/child-find

Mount Vernon School District

Child Find Screenings/Early Learning (via SPARC)
Address: 124 E. Lawrence Street, Mount Vernon, WA 98273
Phone: 360-428-7570
Website: www.specialservices.mountvernonchools.org/programs/preschool



Mount Vernon School District

Sedro-Woolley School District

Good Beginnings Preschool/Early Learning Program
Address: 801 Trail Road, Sedro-Woolley, WA 98284
Phone: 360-855-3868
Email: swsdcoms@swsd101.org
Website: www.swsd.k12.wa.us/page/foundations-k



Transition Programs

Adult Transition to Independence Center (ATTIC)

Program for students with disabilities ages 18 to 22 providing classroom instruction, skill development, and work experiences.

Address: 503 E. Fairhaven Avenue, Burlington, WA 98233

Phone: 360-419-0910 x 224

Website: www.wvs.org/attictransition

INVEST Program – Skagit Valley College

Individualized Next Step Vocational Education and Supported Social Skills Training Program for students with disabilities ages 18 to 22 to build independence and social skills while in college.

Address: 2405 E. College Way, Mount Vernon, WA 98273

Phone: 360-416-7813

Website: www.skagit.edu/academics/areas-of-study/basic-education-for-adults/invest-program/



INVEST Program

General Educational Development (GED) and Continuing Education

Cascade Job Corps College and Career Academy

A free education and vocational training program to help people ages 16 to 24 by offering hands-on training in fields like manufacturing, healthcare, technology, and construction, preparing students for lifelong careers.

Address: 2060 Powerhouse Drive, Sedro-Woolley, WA 98284

Phone: 360-854-3400

Website: cascades.jobcorps.gov

Evergreen Goodwill - Job Training and Education Center

Provides quality, effective employment training and basic education to individuals experiencing barriers to economic opportunity.

Training classes include English for Speakers of Other Languages, GED, Citizenship, Career Services, Cashiering, and Computers.

Address: 242 E. College Way, Mount Vernon, WA 98273

Phone: 360-848-6468

Website: evergreengoodwill.org/locations/job-training-education-center-skagit-county/



Evergreen Goodwill
Job Training and
Education Center

Highline Community College – ACHIEVE Program

A comprehensive post-secondary transition program that includes credit and non-credit classes, intensive advising, involvement in campus life, work-based learning, and assistance with job placement.

Address: 2400 S. 240th Street, Building 25, 5th Floor, Suite 531, Des Moines, WA 98198

Phone: 206-592-3526

Email: achieve@highline.edu

Website: achieve.highline.edu

Skagit Valley College

Offers Associate and Bachelor's degrees, professional certificates, continuing education, and basic education.

Address: 2405 E. College Way, Mount Vernon, WA 98273

Phone: 360-416-7600

Website: www.skagit.edu

Skagit Valley College – Basic Education for Adults GED Prep/Test

Offers classes and support to help adults prepare for and complete the GED test. Programs focus on building reading, writing, math, and critical thinking skills to support college and career goals. Financial aid and flexible schedules may be available.
Address: 2405 E. College Way, Mount Vernon, WA 98273
Phone: [360-416-7654](tel:360-416-7654)
Website: www.skagit.edu/academics/areas-of-study/basic-education-for-adults



Skagit Valley College
Basic Education for
GED Prep/Test

Washington State University (WSU) – ROAR

WSU ROAR is a two-year inclusive post secondary education program for students with intellectual and developmental disabilities that provides individualized programs of study in education, vocation, social skills, and independent living through person-centered planning.
Address: 1815 Wilson Road, Pullman, WA 99164
Phone: [509-335-4078](tel:509-335-4078)
Email: coe.roar@wsu.edu
Website: ceshs.wsu.edu/undergradprograms/wsuroar

Education Support and Information

Center for Change in Transition Services (CCTS)

The goal of CCTS is to improve post-school outcomes for students with disabilities by providing secondary transition training and technical support to Educational Service Districts (ESDs), Local Educational Agencies (LEAs), and public schools serving high school-age students with an Individual Education Program (IEP).
Phone: [206-296-6494](tel:206-296-6494)
Email: ccts@seattleu.edu
Website: www.seattleu.edu/ccts

Northwest Educational Service District (NWESD) 189

Ensures equality in educational opportunities, implements state rules and programs, provides technical assistance to local school districts, and collects and reports information for funding and accountability purposes.
Address: 1601 R Avenue, Anacortes, WA 98221
Phone: [360-299-4000](tel:360-299-4000)
Email: info@nwesd.org
Website: www.nwesd.org

Office of Education Ombuds – Washington State Governor’s Office

Helps resolve disputes and conflicts affecting student learning between families and elementary and secondary public schools. Functions independently from the public school system.
Phone: [1-866-297-2597](tel:1-866-297-2597)
Email: oeoinfo@gov.wa.gov
Website: www.oeo.wa.gov

Office of Superintendent of Public Instruction (OSPI)

Oversees the K-12 public education system in Washington State.
Phone: [360-725-6075](tel:360-725-6075)
Website: ospi.k12.wa.us

Wrightslaw Special Education Law and Advocacy

Provides free access to articles, legal cases, training, and resources about special education law and advocacy.
Website: www.wrightslaw.com

EMPLOYMENT

For more information about employment services and supports for individuals with disabilities, or to learn how to access these services, contact the Skagit County Developmental Disabilities Program at (360) 416-1500.

Local Resources

Cascades Job Corps

Free education and training program for youth ages 16 to 24 who qualify as low income. Job Corps helps participants earn a high school diploma or GED, gain career skills, and prepare for employment. Provides training, housing, meals, and support services.

Address: 7782 Northern State Road, Sedro-Woolley, WA 98284

Phone: 360-854-3400

Website: www.cascades.jobcorps.gov

Chinook Enterprises

Supports people with disabilities or other barriers in gaining employment and fully participating in community life.

Address: 2026 La Venture Road, Mount Vernon, WA 98273

Phone: 360-428-0140

Website: www.chinookenterprises.org

Division of Vocational Rehabilitation (DVR)

Helps individuals with disabilities participate fully in their communities and gain employment through individualized services, counseling, technical assistance, and employer training.

Address: 900 E. College Way, Suite 120, Mount Vernon, WA 98273

Phone: 360-429-3097 or Toll Free: 1-800-637-5627

Email: DVRMountVernonOnlineReferral@dshs.wa.gov

Website: www.dshs.wa.gov/dvr

Evergreen Goodwill – Job Training and Education Center

Provides quality, effective employment training and basic education to individuals experiencing barriers to economic opportunity. Training classes include English for Speakers of Other Languages, GED, Citizenship, Career Services, Cashiering, and Computers.

Address: 242 E. College Way, Mount Vernon, WA 98273

Phone: 360-848-6468

Website: evergreengoodwill.org/locations/job-training-education-center-skagit-county/

Sherwood Community Services

Provides services designed to support people in finding and keeping meaningful employment in their communities.

Address: 2021 E. College Way, Suite 201

Mount Vernon, WA 98273

Phone: 425-334-1894

Website: www.sherwoodcs.org

Approximately 115
working-age adults
with developmental
disabilities are employed at
minimum-wage or above in
Skagit County.



DID YOU KNOW?

Work Opportunities

Addresses inequities for individuals with disabilities through inclusive employment and community participation.

Address: 192 E. Bakerview Road, 202, Bellingham, WA 98226

Phone: 360-306-3957

Website: www.workopportunities.org

WorkSource Skagit

Provides employment and training services to the public through a partnership of government, nonprofits, and community service organizations.

Address: 2005 E. College Way, Mount Vernon, WA 98273

Phone: 360-416-3600

Website: www.worksourcewa.com

Opportunity Awaits

No matter your disability, you have the right to work and fully participate in your community. Supports are available to help you find and keep a job, though eligibility and funding may apply. To increase your chances of employment, focus on building strong work habits and soft skills:

- Be dependable. Arrive on time. Call your employer if you're going to be late or absent.
- Take pride in your work. Be accurate and careful. If you make a mistake, correct it or ask for help.
- Be respectful. Follow directions, stay polite, and show a positive attitude.
- Dress appropriately. Wear work-appropriate clothing and maintain good personal hygiene.
- Communicate. Ask questions, share concerns, and talk to your supervisor when needed.
- Be flexible. Be willing to learn new tasks and adapt to changes.
- Take initiative. Look for ways to help without being asked.
- Ask for support. Friends, family, and others can help with your job search.



The Division of Vocational Rehabilitation (DVR) offers vocational rehabilitation services designed to help you prepare for, get, keep, or advance in a job. For more details, see page 13.

Website: www.dshs.wa.gov/dvr

Address: 900 E. College Way, Suite 120
Mount Vernon, WA 98273

Statewide Resources

Pathways to Employment

Helps Washingtonians with disabilities make informed decisions about going to work.
Website: www.pathways.dshs.wa.gov

The Lighthouse for the Blind, Inc.

Provides employment, support, and training opportunities for people who are blind, Deafblind, and blind with other disabilities.
Address: 2501 S. Plum Street, Seattle, WA 98144
Phone: 1-800-914-7307
Website: www.lhblind.org

Wise

Promotes equitable employment for people with developmental disabilities through innovation, training, and technical services to employers, employment agencies, job candidates, and government partners.
Address: 1600 Christensen Road, Suite 308 Tukwila, WA 98188
Phone: [206-343-0881](tel:206-343-0881)
Website: www.gowise.org

In 2025, 71% of people with developmental disabilities utilizing supportive employment services in Skagit County were employed!



DID YOU KNOW?

National Resources

Job Accommodation Network (JAN)

Free, expert, and confidential guidance on workplace accommodations and disability employment issues. 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.
Phone: [1-800-526-7234](tel:1-800-526-7234)
Website: www.askjan.org

Office of Disability Employment Policy

Develops and influences disability employment-related policies and practices to increase employment of people with disabilities.
Website: www.dol.gov/odep

FAMILY AND PARENT RESOURCES

Brigid Collins Family Support Center

Works to strengthen community health and resilience by providing comprehensive support to children and their families. Services include Parenting Academy, case management, trauma therapy, Children's Advocacy Centers, education and prevention.
Address: 917 S. 3rd Street, Mount Vernon, 98273
Phone: [360-428-6622](tel:360-428-6622)
Website: brigidcollins.org/programs

Children and Youth with Special Health Care Needs (CSHCN)

Provides information to families who have children with chronic physical, developmental, behavioral, or emotional conditions.
Website: doh.wa.gov/you-and-your-family/infants-and-children/health-and-safety/children-and-youth-special-health-care-needs



CSHCN

Family Caregiver Support Program – Northwest Regional Council

Provides support and services for unpaid family caregivers in Skagit County.
Address: 301 Valley Mall Way, Suite 100, Mount Vernon, WA 98273
Phone: [360-676-6749](tel:360-676-6749)
Website: www.nwrcwa.org/family-caregiver-support-program

Lifespan Respite Washington

Supports families in Washington State to develop safe, secure, quality futures for their relatives with a disability.
Phone: [253-442-3214](tel:253-442-3214)
Email: getrespitewapave.org
Website: www.lifespanrespitewa.org/contact

Parent Help 123 Resource Finder

Find local resources and services for children and families.
Website: resources.helpmegrowwa.org

Skagit Domestic Violence and Sexual Assault Services (DVSAS)

Provides advocacy-based counseling, legal advocacy, support groups, referrals, and prevention efforts to end domestic violence and sexual violence.
Address: 1521 Leigh Way, Mount Vernon, WA 98273
Phone: [360-336-9591](tel:360-336-9591)
Website: www.skagitdvsas.org

Skagit County Developmental Disabilities Program

Foster inclusive communities that support people with developmental disabilities to fully participate in and contribute to all aspects of community life.
Address: 301 Valley Mall Way, Suite 110, Mount Vernon, WA 98273
Phone: [360-416-1500](tel:360-416-1500)
Website: www.skagitcounty.net/Departments/HumanServices/DD/main.htm



Skagit County Developmental Disabilities Program

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.
Phone: [425-653-4286](tel:425-653-4286)
Website: fathersnetwork.org

Washington State Dept. of Health – Children and Youth with Special Healthcare Needs

Information and resources for parents of children and youth with special healthcare needs.
Website: doh.wa.gov/you-and-your-family/infants-and-children/health-and-safety/children-and-youth-special-health-care-needs/information-and-resources



Washington State Dept. of Health

FINANCIAL

Financial Planning

ABLE Account

A Washington State ABLE Savings Plan allows people with eligible disabilities to save for their everyday needs, invest in a tax-free account, and prepare for the future without losing their state or federal benefits.

Phone: [1-844-600-2253](tel:1-844-600-2253) or TTY: [711](tel:711)

Website: www.washingtonstateable.com

Developmental Disabilities Life Opportunities (DD Endowment Trust Fund)

The fund assists people with developmental disabilities and their families in using individual special needs trust accounts to save for future needs.

Phone: [1-888-754-8798](tel:1-888-754-8798)

Email: trust@arcwa.org

Website: ddetf.wa.gov

Northwest Access Fund – Financial Coaching

Provides free, one-on-one financial coaching (by phone or video) to help individuals with disabilities and their families manage money, build credit, reduce debt, and set financial goals.

Phone: [206-328-5116](tel:206-328-5116) or Toll-Free: [1-877-428-5116](tel:1-877-428-5116)

Email: info@nwaccessfund.org

Website: www.nwaccessfund.org/coaching/services

Financial Assistance

Child Care Subsidy Programs (CCSP)

Helps families pay for child care through the Working Connections Child Care program or the Seasonal Child Care program. Check for eligibility by phone or online.

Phone: [1-844-626-8687](tel:1-844-626-8687)

Website: www.dcyf.wa.gov/services/early-learning-providers/subsidy

Community Service Office (CSO/DSHS)

Provides eligibility determination for services for individuals who are applying for financial assistance, Medicaid, food stamp assistance, or child care.

Phone: [1-877-501-2233](tel:1-877-501-2233)

Website: www.dshs.wa.gov

Social Security Benefit Eligibility Screening Tool for SSI and SSDI (CSO/DSHS)

Provides a simple, web-based tool to help determine an applicant's eligibility for benefits across all programs. This tool is NOT an application for benefits.

Website: www.benefits.gov/ssa

Social Security Administration

Offers financial assistance for people with disabilities to achieve an independent lifestyle, including Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) Programs. Persons under 18 are considered based on disability and parent's income; those over age 18 are considered based on individual income, resources, and disability determination. Eligibility depends on the severity of disability.

Address: 710 E. College Way, Suite A, Mount Vernon, WA 98273

Phone: [1-800-772-1213](tel:1-800-772-1213) or TTY: [1-800-325-0778](tel:1-800-325-0778)

Website: www.ssa.gov

Representative Payee

Compass Health Payee Services

Helps clients pay rent, utilities and other bills on time, manage finances, and provides clients spending money each month.

Address: 4526 Federal Avenue, Everett, WA 98203

Phone: [425-349-6200](tel:425-349-6200) or TTY: [1-800-457-9303](tel:1-800-457-9303)

Website: www.compasshealth.org/services/finance-management

Disability Rights Washington – How to Change, Remove, or Report a Representative Payee

Explains how a beneficiary can ask the Social Security Administration to change or remove a representative payee and how a beneficiary can report a representative payee for misuse of funds.

Phone: [206-324-1521](tel:206-324-1521)

Email: info@dr-wa.org

Website: www.disabilityrightswa.org/publications/how-change-remove-or-report-representative-payee



Disability Rights
Washington

Journey Housing and Payee Services

Offers a participant-directed service for money management by helping clients direct, manage, and use Social Security and other funds.

Phone: [425-655-3010](tel:425-655-3010) or Fax: [425-303-0493](tel:425-303-0493)

Email: payeeservices@journeyhousingandpayee.org

Website: www.journeyhousingandpayee.org/payee-services

Northwest Payee

Serves individuals with disabilities with subsidized accounting and supports families and caregivers by providing transparent and affordable accounting.

Phone: [509-676-0863](tel:509-676-0863)

Website: www.northwestpayee.org

Social Security Administration (SSA)

Provides financial management for the Social Security and SSI payments of beneficiaries who are not able to manage their Social Security or SSI payments.

Address: 710 E. College Way, Suite A
Mount Vernon, WA 98273

Phone: [1-800-772-1213](tel:1-800-772-1213) or TTY: [1-800-325-0778](tel:1-800-325-0778)

Website: www.socialsecurity.gov/payee

Volunteers of America Western Washington (VOAWW)

Supports adults with developmental and intellectual disabilities to live safe and fulfilling lives through experiences that foster independence and enhance self-esteem. Assists individuals receiving Social Security benefits with budgeting for independent living, and provides foundational community supports for supportive housing and employment.

Phone: [425-259-3191](tel:425-259-3191)

Email: voapayee@voaww.org

Website: www.voaww.org/personalsupport

TIPS & TRICKS

Look into a special needs trust or an ABLE Account to pay for supports that are not covered by community resources.

Contact a private attorney to discuss special needs trusts or look into the Developmental Disabilities Endowment Trust Fund at ddetf.wa.gov or [888-754-8798](tel:888-754-8798).

GENERAL COMMUNITY RESOURCES

Local Resource

Volunteers of America Western Washington (VOAWW) Connect

Call VOA Connect to talk with a trained professional who can connect you to the local services you need—including food, housing (Coordinated Entry), transportation, and more!

Phone: 360-VOA-HELP (360-862-4357)

or Toll-Free: 1-800-223-8145

Website: www.voaww.org/connect



360-VOA-HELP

or toll free 1-800-223-8145

Statewide Resources

WA 211

A free, confidential multilingual helpline that connects individuals to local community services, including utility assistance, food, housing, healthcare, elder care, child care and after school programs, mental health supports, and much more. Available 24/7.

Phone: 211 or Toll-Free: 1-877-211-9274

Text: 211WAOD to 898211

Website: search.wa211.org

Washington Connection

Offers a fast and easy way for families and individuals to apply for a variety of services such as food, cash, child care, long-term care, Medicare savings programs, and medical assistance.

Website: www.washingtonconnection.org

A graphic of a yellow notepad with a pink paperclip on the left and a pink heart on the top right. The word "tips!" is written in a stylized, bubbly font with a starburst and a copyright symbol.

tips!

**Join a community
of your peers!**

*One of the healthiest ways
to take care of yourself is
to build relationships with
others who share your
interests and experiences.*



GUARDIANSHIP AND LEGAL RESOURCES

Elder Law

Provides a broad range of legal services to elders, their families, persons with disabilities, and vulnerable adults.

Phone: [360-647-8846](tel:360-647-8846)

Website: www.elderlaw-nw.com

Informing Families – Guardianship

An overview of guardianship in Washington State. It is for educational purposes only and is not a substitute for legal advice.

Website: www.informingfamilies.org

Lifetime Advocacy Plus (LA+)

Specializes in guardianships, trusts, and financial management services for individuals with significant life challenges.

Address: 19203 36th Avenue West, Suite 101, Lynnwood, WA 98036

Phone: [206-367-8055](tel:206-367-8055)

Email: laplus@laplus.org

Website: www.lapplus.org

Northwest Americans with Disability Act (ADA) Center National Network

Provides information, guidance and training on the Americans with Disabilities Act (ADA).

Phone: [1-800-949-4232](tel:1-800-949-4232)

Email: nwadactr@uw.edu

Website: www.nwadacenter.org

Skagit County Clerk's Office

Provides guardianship information and forms, and the Court's Domestic Facilitators can offer assistance. Access this assistance by calling the Law Library at 360-416-1290.

Address: 205 W. Kincaid Street, Room 103, Mount Vernon, WA 98273

Phone: [360-416-1200](tel:360-416-1200)

Website: www.skagitcounty.net/Departments/Clerk/guardianship.htm

Seattle Disability Law

Specializes in intellectual and developmental disability and mental health law. Supports families with estate planning, guardianships, power of attorney, financial trusts, special education, and mediation.

Address: 14711 N.E. 29th Place, Suite 202, Bellevue, Washington 98007

Phone: [206-405-3240](tel:206-405-3240)

Website: seattledisabilitylaw.com

Skagit County Superior Court Facilitators can assist with guardianship for local families who need assistance or support with this process. Learn more at skagitcounty.net/Departments/Clerk/guardianship.htm



DID YOU KNOW?



HEALTHCARE AND MEDICAL SERVICES

Dental

Washington State Dental Association – Special Needs Directory

A directory of dentists with experience providing inclusive dental care to people with developmental or acquired disabilities.

Website: www.wsda.org/public-resources/special-needs-directory

Medical

APRIA

Provides home medical equipment and respiratory therapy services, including oxygen, CPAP, sleep apnea supplies, mobility aids, and more. Accepts Medicare, Medicaid, and most private insurance.

Address: 709 W. Orchard Drive, Suites 6 & 7, Bellingham, WA 98225

Phone: [360-738-8300](tel:360-738-8300) or Toll- Free: [1-800-531-1818](tel:1-800-531-1818)

Website: www.apria.com

Bellevue Healthcare

Provides home medical equipment and respiratory therapy services, including oxygen, CPAP, sleep apnea supplies, mobility aids, and more. Accepts Medicare, Medicaid, and most private insurance.

Address: 1337 Goldenrod Road, Burlington, WA 98233

Phone: [360-999-5635](tel:360-999-5635)

Website: bellevuehealthcare.com/locations/burlington-wa

TIPS & TRICKS

- *Choosing an adult health care provider at age 18 is an important step toward maintaining health and independence.*
- *Apple Health, Washington State's Medicaid program, provides medical coverage for individuals with low income. It is the most common insurance for adults with disabilities who are no longer covered under a parent's plan. Apple Health covers medical care, vision, dental services, and transportation to covered appointments.*
- *Clients of the Developmental Disabilities Administration/Community Services (DDA/DDCS) may also qualify for additional medical coverage.*
- *Access to Baby and Child Dentistry (ABCD) supports young children across Washington State in establishing lifelong oral health. As of January 2022, ABCD coverage expanded to include children up to age 12 who have a DDA/DDCS indicator.*

Bellingham Central Lions Club – Al Boe Wheelchair Warehouse

Provides a free lending program for durable medical equipment like wheelchairs, walkers, and more to residents of Whatcom and Skagit counties.
Phone: 360-752-5526
Email: wheelchairs@bellinghamcentrallions.org
Website: www.medicalhome.org

Shield HealthCare

Provides medical supplies for care at home, including incontinence (adult and pediatric), external nutrition, ostomy, urological. Free home delivery, language services, and home evaluations available. Accepts Medicare, Medicaid, and some private insurance.
Phone: 1-800-765-8775
Website: www.shieldhealthcare.com

Washington State Medical Home Partnership Project

Supports 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.
Phone: 206-685-1279
Website: www.medicalhome.org

Behavioral Health

For more information about mental health and substance use services available in Skagit County, please contact the Behavioral Health Coordinator at Skagit County Public Health by calling (360) 416-1500. Although Skagit County Public Health does not provide these services directly, they can assist you in navigating your available options.

Skagit County Public Health – Substance Use and Mental Health Resource Guide

A guide that highlights a selection of mental health and substance use disorder resources, including treatment, recovery, and more! Providers listed in this guide accept Medicaid or require no insurance. Some providers may also accept other insurance plans or have self-pay options available.



English



Spanish



IN-HOME CARE AND SUPPORTED LIVING

In-Home Care

Consumer Direct Care Network Washington

Registry referral system to locate in-home caregivers.

Phone: [1-866-214-9899](tel:1-866-214-9899)

Website: www.consumerdirectwa.com

Northwest Regional Council – In-Home Care Program

Provides 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. 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 Administration/Community Services Waivers.

Address: 301 Valley Mall Way, Suite 100, Mount Vernon, WA 98273

Phone: [360-676-6749](tel:360-676-6749)

Website: www.nwrcwa.org

Supported Living

Adult Family Home Locator

List of adult family homes providing personalized services in your area.

Website: fortress.wa.gov/dshs/adsaapps/lookup/AFHAdvLookup.aspx

RehabCo

Direct care services for people who have disabilities, including intensive tenant support, community protection support, independent living, and supported living.

Address: 117 N. 1st Street, Suite 20, Mount Vernon, WA 98273

Phone: [360-336-3136](tel:360-336-3136) ext. 24

Email: rehabco@rehabco.net

Website: www.rehabco.net

Soundview Association

Small, group-home for severely physically and developmentally challenged young adults.

Address: PO Box 2576, 225 Digby Road, Mount Vernon, WA 98273

Phone: [360-424-0397](tel:360-424-0397)

Website: www.soundviewassn.org

Sunrise Services – Supported Living

Offers supported living services, providing personalized assistance for adults with developmental disabilities through WA Dept. of Social and Health Services referrals.

Address: 2500 E. College Way, Mount Vernon, WA 98273

Phone: [360-336-0798](tel:360-336-0798)

Website: sunriseservicesinc.com/services/supported-and-community-living

Volunteers of America (VOA) Disability Services

Provides services and supports that allow individuals to live in their own homes and apartments in the community.

Address: 117 N. 1st Street, Suite 4, Mount Vernon, WA 98273

Phone: [360-428-3718](tel:360-428-3718)

Website: www.voaww.org/personalsupport

RECREATION

Camp Killoqua

Small group activities, individual attention, acceptance of differences, and a loosely structured child-centered approach, focused on appreciating the outdoors, promoting democratic group living, engaging in non-competitive sports and games, developing skills, fostering concern for others, and promoting fun and friendship.

Phone: [360-652-6250](tel:360-652-6250)

Email: killoqua@campfiresnoco.org

Website: www.campkilloqua.org

Camp Korey

Empowers children and families living with serious medical conditions through year-round, life-changing experiences.

Address: 24880 Brotherhood Road, Mount Vernon, WA 98274

Phone: [360-416-4100](tel:360-416-4100)

Website: www.campkorey.org

Camp Prime Time

Provides families with children with serious medical conditions or disabilities with outdoor wilderness experiences where families can enjoy themselves in a supportive atmosphere.

Phone: [509-248-2854](tel:509-248-2854)

Website: www.campprimetime.org

Cascadia Clubhouse

A program that provides a wide variety of recreational activities for adults (18 and over) with intellectual and developmental disabilities.

- Mondays/Wednesdays: Mornings: 8:30 am – 12:30 pm, Afternoons: 12:00 pm – 4:00 pm
Hillcrest Park: 1717 S. 13th Street, Mount Vernon, WA
- Tuesdays: 1:00 pm – 4:00 pm
Bowling at Riverside Lanes: 225 Riverside Lane, Mount Vernon, WA
- Fridays/Tuesdays: Mornings: 8:30 am – 12:30 pm, Afternoons: 12:00 pm – 4:00 pm
Salvation Army: 3001 R Avenue, #100, Anacortes, WA

Phone: [360-982-5884](tel:360-982-5884)

Email: info@cascadiaclubhouse.org

Website: www.cascadiaclubhouse.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 individuals with disabilities.

Address: 7683 S.E. 27th Street, PMB #239, Mercer Island, WA 98040

Phone: [206-578-6735](tel:206-578-6735)

Website: footloosedisabledsailing.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.

Address: 819 Camano Avenue, PO Box 334, Langley, WA 98260

Phone: [360-221-7656](tel:360-221-7656)

Website: www.hopewhidbey.com

Lions Camp Horizon

Provides recreational activities that build independence, skills, and lifelong friendships.

Address: 7506 Gemini Street, Blaine, WA 98230

Phone: [360-371-0531](tel:360-371-0531)

Email: acd@lionscamphorizon.org

Website: www.lionscamphorizon.org

Max Higbee Center

Offers community-based recreation programs for youth and adults with developmental disabilities to promote the social, physical, emotional, and cognitive growth and development.

Address: 1400 N. State Street, #101, Bellingham, WA 98225

Phone: [360-746-7181](tel:360-746-7181)

Email: admin@maxhigbeecenter.org

Website: www.maxhigbeecenter.org

Out of the Ashes

An interactive musical program that brings together people of all abilities and the healing properties of music. All ages welcome; first visit is free.

Facebook: www.facebook.com/p/Out-of-the-Ashes-100057789634535

Email: musicman@wavecable.com



Out of the Ashes

Outdoors for All

Provides recreation programs for individuals with disabilities.

Address: 6344 N.E. 74th Street, Suite 102, Seattle, WA 98115

Phone: [206-838-6030](tel:206-838-6030)

Website: www.outdoorsforall.org

Skagit Special Olympics

Provides ten weeks of sports training and athletic competition for children (ages 8 and older) and adults with intellectual disabilities.

Address: PO Box 1162, Mount Vernon, WA 98273

Phone: [360-428-5704](tel:360-428-5704)

Website: www.skagitspecialo.org

Salvation Army – Anacortes

Provides Life Skills Club for adults with intellectual and developmental disabilities and inclusive after-school programming for K-8.

Address: 3001 R Avenue, Anacortes, WA 98221

Phone: [360-293-6682](tel:360-293-6682)

Website: www.anacortes.salvationarmy.org

Sundial Tours

Providing special vacations for adults with developmental disabilities.

Address: 750 Marine Drive, Suite 100, Astoria, OR 97103

Phone: [503-325-4484](tel:503-325-4484)

Website: www.sundialtour.com

The AIROW Project – Adaptive and Inclusive Recreation of Whatcom County

Provides adaptive and inclusive recreation opportunities for individuals with disabilities.

Address: PO Box 29358, Bellingham, WA 98228

Phone: [360-788-3099](tel:360-788-3099)

Website: www.facebook.com/p/AIROW-61569939898861

TIPS & TRICKS

Find a creative outlet.

Whether it be art, music, dance, or another creative outlet, these activities provide a means of self-expression, relaxation, and fun!

Trips Inc.

All-inclusive vacations designed for individuals with intellectual and developmental disabilities (ages 18 and older) who require staff assistance for a safe and enjoyable vacation.
Address: PO Box 370, Bend, OR 97709
Phone: [541-686-1013](tel:541-686-1013) or Text: [406-686-1013](tel:406-686-1013) or Toll Free: [1-800-686-1013](tel:1-800-686-1013)
Email: info@tripsinc.com
Website: www.tripsinc.com

Washington State Accessible Outdoor Recreation Guide and Pass

Developed in partnership with State Parks, Dept. of Natural Resources, Fish and Wildlife, and the US Forest Service Olympic National Park to provide information about accessible outdoor recreation.
Phone: [360-902-8844](tel:360-902-8844) or Toll Free: [1-888-226-7688](tel:1-888-226-7688)
Website: www.parks.wa.gov/find-activity/activity-search/ada-accessible-recreation

THERAPY

Applied Behavior Analysis (ABA) Therapy

According to the Washington State Health Care Authority (HCA) Apple Health's fee-for-service directory, the following ABA providers serve Skagit County.
Note: This list is based on the HCA Apple Health directory as of 2025. For the most up-to-date information, visit www.hca.wa.gov.

Blue Water Behavioral Counseling

Address: 1000 S. Burlington Boulevard, Burlington, WA 98233
Phone: [360-333-5684](tel:360-333-5684)
Website: www.bluewateraba.com

Northwest Autism Clinic

Address: 406 S. 1st Street, Suite 102,
Mount Vernon, WA 98273
Phone: [360-691-9824](tel:360-691-9824)
Website: www.northwestautismclinic.com

Positive Behavior Support Corp. (PBS)

Phone: [1-855-832-6727](tel:1-855-832-6727) ext. 4853
Website: www.teampbs.com

Kyo Autism Therapy, LLC

Phone: [1-877-264-6747](tel:1-877-264-6747) ext. 121
Website: www.kyocare.com



TIPS & TRICKS

Get on waitlists.

*You never know when
situations may change!*

Speech, Occupational, and Physical Therapy

Balance Point Physical Therapy Clinic

Offers outpatient rehabilitation services, including physical therapy, sports injury rehabilitation, specific soft tissue mobilization, spine rehabilitation, and health.
Address: 111 N. 7th Street, Mount Vernon, WA 98273
Phone: [360-873-8356](tel:360-873-8356)
Website: www.balancepointphysicaltherapy.com

Hoyle Speech and Language Services

Provides speech and language services for children (birth to 18). Accepts private pay.
Address: 720 Main Street, Suite 210, Mount Vernon, WA 98273
Phone: [360-708-1784](tel:360-708-1784)
Website: hoylespeechservices.com

Island Health

Offers physical, occupational, and speech therapy for children and adults.
Address: 1015 25th Street, Lower Level, Anacortes, WA 98221
Phone: [360-299-4200](tel:360-299-4200)
Website: islandhealth.org

Skagit Regional Health – Children’s Therapy Program

Provides physical, occupational, and speech therapy for children (birth to 18). Includes family education and home support. Accepts Medicaid, insurance, and private pay.
Address: 1415 E. Kincaid Street, Mount Vernon, WA 98274
Phone: [360-814-2699](tel:360-814-2699)
Website: www.skagitregionalhealth.org/programs-services/rehabilitation/our-services/children's-therapy-program



Skagit Regional Health
Children’s Therapy Program

Valley Kids Therapy

Provides occupational and physical therapy to children (birth to 18). Accepts private pay.
Address: 400 W. Rio Vista Avenue, Burlington, WA 98233
Phone: [360-336-3432](tel:360-336-3432)
Email: play@valleykidstherapy.com
Website: valleykidstherapy.com

TRANSPORTATION

Care E Me Transportation

Non-emergency medical transportation provider serving elderly, disabled, and special-needs passengers with safe, comfortable vehicles and certified drivers in Skagit County.
Address: 3710 N. Woodland Drive, Mount Vernon, WA 98274
Phone: [360-755-3239](tel:360-755-3239)
Email: careemetransportation@careeme.com
Website: www.careeme.com

Cascade Ambulance Services, Inc.

Provides 24-hour emergency and non-emergency medical transportation services, including patient transfers, specialized transport, and standby medical coverage for events. Services are available throughout Whatcom, Skagit, and Island counties. Licensed and trauma-verified.
Address: 400 Sequoia Drive, Unit 130, Bellingham, WA 98226
Phone: [360-312-0911](tel:360-312-0911) or [360-380-3144](tel:360-380-3144)
Website: www.cascadeambulance.com

TIPS & TRICKS

Get a photo I.D.

Even if you don't drive, getting a photo identification card (I.D.) from the Department of Licensing will help provide necessary documentation for many adult services.

Community Action of Skagit County – Senior and Disabled Volunteer Transportation

Free transportation for seniors (60+) and people with disabilities who lack access to other transportation options (paratransit, Medicaid, bus). Registration required.

Phone: [360-588-5745](tel:360-588-5745)

Email: seniorservices@communityactionskagit.org

Website: www.communityactionskagit.org

J&B Transportation

Non-emergency medical transportation service providing safe rides for ambulatory and wheelchair-bound individuals in Skagit and Snohomish counties.

Phone: [360-836-1361](tel:360-836-1361)

Website: www.jbtransportationwa.com

Medstar Transportation

Provides medical and accessible rides in the Pacific Northwest.

Phone: [1-877-916-3729](tel:1-877-916-3729)

Website: www.gomedstar.com

Northwest Regional Council – Non-Emergency Medical Transportation

Transportation for Medicaid-paid appointments for those with no other alternatives. Restrictions apply.

Phone: [360-738-4554](tel:360-738-4554)

Website: www.nwrcwa.org/medicaid-transportation

Skagit Transit

Skagit Transit's regular fixed-route buses.

Phone: [360-757-4433](tel:360-757-4433)

Website: www.skagittransit.org

Skagit Transit – Paratransit Services

Provides specialized transportation comparable with Skagit Transit's fixed-route bus service. This service is pre-scheduled and designed for people who are unable to get to the nearest bus stop or use a fixed-route bus due to various physical or cognitive disabilities. Must apply.

Address: 600 County Shop Lane, Burlington, WA 98233

Phone: [360-757-4433](tel:360-757-4433) or Toll Free: [1-877-584-7528](tel:1-877-584-7528)

Website: www.skagittransit.org/paratransit

Skagit Transit – Travel Training

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 or Paratransit buses. Training is customized to meet individual needs.

Phone: [360-757-9191](tel:360-757-9191)

Website: www.skagittransit.org/additional-services/travel-training

Washington State Department of Licensing – Parking Permits

Parking permit applications are available on the website or at the Department of Licensing. A physician needs to complete the medical portion of the form.

Website: dol.wa.gov/driver-licenses-and-permits/get-or-renew-disabled-parking-permits



Washington State
Department of
Licensing

Mount Vernon

Address: 1920 S. 3rd Street
Mount Vernon, WA 98273
Phone: [360-902-3900](tel:360-902-3900)

Anacortes

Address: 1005 Commercial Avenue
Suites C & D Anacortes, WA 98221
Phone: [360-588-0508](tel:360-588-0508)

DISABILITY-SPECIFIC RESOURCES

Autism Spectrum Disorder (ASD)

Autistic Self Advocacy Network (ASAN)

Provides policy and legal advocacy, educational resources, advocacy tools, and training for self-advocates.

Email: info@autisticadvocacy.org

Website: autisticadvocacy.org

Autism Society of Washington

Provides information and referrals to many services and support groups across the state.

Website: www.autismsocietyofwa.org

Ben's Fund

Provides funds to families in need to help cover costs associated with medical bills, therapies, and numerous other aspects of supporting a child or young adult on the autism spectrum.

Phone: [206-957-7708](tel:206-957-7708) ext. 188

Email: info@bensfund.org

Website: www.bensfund.org

CDC – Autism Spectrum Disorder

Learn more about ASD, developmental screening, evaluation, and get connected to resources.

Phone: [1-800-232-4636](tel:1-800-232-4636)

Website: www.cdc.gov/autism/index.html

University of Washington (UW) Autism Center

Part of UW Medicine, the Autism Center supports families and individuals affected by autism through clinical services, research, training, and community outreach.

Phone: [206-221-6806](tel:206-221-6806)

Email: uwautism@uw.edu

Website: www.depts.washington.edu/uwautism/resources

Washington Autism Alliance

Advocates for improved access to healthcare, education, and social services across the lifespan for individuals with autism and their families.

Phone: [425-894-7231](tel:425-894-7231)

Email: info@washingtonautismadvocacy.org or office@washingtonautismadvocacy.org

Website: www.washingtonautismalliance.org

In 2025, people with developmental disabilities utilizing supported employment services in Skagit County earned \$863,000 in wages.



DID YOU KNOW?



Attention-Deficit/Hyperactivity Disorder (ADHD)

CHADD

Advocates for public policies and recognition that meet the needs of individuals and families living with ADHD by offering offers education, resources, and community support.

Phone: [301-306-7070](tel:301-306-7070)

Email: customer_service@chadd.org

Website: www.chadd.org

Seattle Children's Hospital

Provides evaluation, diagnosis, treatment, and family support for children and teens with Attention-Deficit/Hyperactivity Disorder (ADHD). The program offers a multidisciplinary approach, including medical care, behavioral therapy, and parent education resources.

Phone: [206-987-2000](tel:206-987-2000) or Toll-Free: [1-866-987-2000](tel:1-866-987-2000)

Website: www.seattlechildrens.org/conditions/adhd

Understood ADHD

Nonprofit dedicated to creating a world where people who learn and think differently can thrive. Provides resources and support for individuals with ADHD in school, work, and life.

Email: info@understood.org

Website: www.understood.org/en/adhd

Traumatic Brain Injury (TBI)

Brain Injury Support Group

Meets on the second Tuesday of each month from 6:00-8:00 pm.

Address: Skagit Valley Hospital, San Juan Room, 1415 E. Kincaid, Mount Vernon, WA 98274

Phone: [360-424-4111](tel:360-424-4111) (Skagit Valley Hospital main line)

Website: www.brainandspinalcord.org/support-groups-brain-injury-washington

Brain Northwest

Resources and supports for people navigating life with a brain injury, including non-clinical wellness and life skills classes specifically designed for those with brain injury.

Phone: [206-467-4800](tel:206-467-4800)

Website: www.brainnw.org

Washington State Department of Social and Health Services – Traumatic Brain Injury

Committed to increasing public awareness of TBI and connecting the TBI community with information and referrals, resources, and person-driven support.

Phone: [1-877-211-9274](tel:1-877-211-9274)

Website: www.dshs.wa.gov/altsa/traumatic-brain-injury/traumatic-brain-injury

Rare Disorders

National Organization for Rare Disorders (NORD)

Offers information, advocacy, and resources for individuals and families affected by rare diseases and disorders.

Phone: [203-744-0100](tel:203-744-0100)

Toll Free: [1-800-999-6673](tel:1-800-999-6673)

Website: www.rarediseases.org

TIPS & TRICKS

Find social connection.

Spend time with friends, family, or supportive groups. Stay involved in social activities or online communities to feel connected and get emotional support.

Blind and Low Vision

The DeafBlind Service Center (DBS)

Assists DeafBlind people in reaching and maintaining their highest possible quality of life and degree of personal autonomy.

Phone: [206-455-7932](tel:206-455-7932) (VP) or [206-323-9178](tel:206-323-9178) (Voice) or Toll Free: [1-833-235-5550](tel:1-833-235-5550)

Email: info@seattledbbsc.org

Website: www.seattledbbsc.org

The Lighthouse for the Blind

Provides employment, support, and training opportunities for people who are blind, DeafBlind, and blind with other disabilities.

Phone: [206-322-4200](tel:206-322-4200) or Toll Free: [1-800-914-7307](tel:1-800-914-7307)

Website: www.lhblind.org

Washington Council of the Blind (WCB)

Promotes opportunity, equality, and independence within the blind and visually impaired community through education, public awareness, and advocacy.

Phone: [1-800-255-1147](tel:1-800-255-1147)

Website: www.wcbinfo.org

Washington State Department of Services for the Blind (DSB)

Provides training, counseling, and support to help Washington residents of all ages, who are blind, DeafBlind, or low vision pursue employment, education, and independent living.

Phone: [1-800-552-7103](tel:1-800-552-7103)

Email: info@dsb.wa.gov

Website: www.dsb.wa.gov

Washington Talking Book and Braille Library

Offers library services in-person and by mail to Washingtonians who is unable to read standard print material due to blindness, visual impairment, DeafBlindness, physical disability, or reading disability.

Phone: [206-615-0400](tel:206-615-0400)

Email: wtbbl@sos.wa.gov

Website: www.sos.wa.gov/washington-talking-book-braille-library

Cerebral Palsy

Cerebral Palsy Research Foundation

Advances research and technology innovation to improve the lives of people with with cerebral palsy and other disabilities.

Phone: [646-340-1208](tel:646-340-1208)

Email: info@cparf.org

Website: www.cparf.org

The Arc of Washington State – Cerebral Palsy Family Network

Provides resources and information for individuals with cerebral palsy and their families.

Phone: [360-357-5596](tel:360-357-5596)

Email: info@arcwa.org

Website: www.cpfamilynetwork.org/resources/resources-guide/the-arc-of-washington-state

Seattle Children's Hospital

Provides information to understand cerebral palsy and to get the care your child needs.

Website: www.seattlechildrens.org/conditions/cerebral-palsy/patient-family-resources

Down Syndrome

Down Syndrome Center of Puget Sound (DSC)

Offers a wide range of programs and services for individuals with Down syndrome and their families from birth through adulthood.

Phone: [206-257-7191](tel:206-257-7191)

Email: contact@dscpugetsound.org

Website: www.dscpugetsound.org

Informing Families – Down Syndrome Outreach

Provides resources, information, and advocacy support, and connects families and individuals to support one another on their journey.

Website: www.informingfamilies.org

National Down Syndrome Society (NDSS)

Empowers individuals with Down syndrome and their families by driving policy change, providing resources, engaging with local communities, and shifting public perceptions.

Phone: [1-800-221-4602](tel:1-800-221-4602)

Website: ndss.org

The Arc of Whatcom County – Down Syndrome Outreach

Advocates for the rights, promotes the potential and abilities, and creates a supportive and inclusive community for people with Down syndrome.

Phone: [360-715-0170](tel:360-715-0170) ext. 304

Email: DsO@arcwhatcom.org

Website: www.arcwhatcom.org/programs/down-syndrome-outreach

Deaf/Hard of Hearing

DSHS Office of the Deaf and Hard of Hearing (ODHH)

Provides a wide range of services for deaf, DeafBlind, hard of hearing, late deafened and speech disabled individuals, their families, and service providers in Washington State.

Phone: [360-725-3450](tel:360-725-3450) or TTY: [800-422-7930](tel:800-422-7930) or VP: [425-461-4603](tel:425-461-4603)

Email: odhh@dshs.wa.gov or odhh.cms@dshs.wa.gov

Website: www.dshs.wa.gov/altsa/odhh

National Association of the Deaf

Civil rights organization of, by, and for deaf and hard-of-hearing individuals.

Website: www.nad.org

The Puget Sound Association of the Deaf

A community hub providing resources and opportunities to foster cultural pride, community wealth, and leadership within the deaf communities in the Salish Sea and surrounding areas.

Address: 2407 ½ NW 60th Street, Seattle, WA 98107

Email: info@DSADeaf.org

Website: www.psadeaf.org

Washington Center for Deaf and Heard of Hearing Youth (CDHY)

Provides statewide support, training, and outreach for deaf and hard-of-hearing children, youth, and their families.

Address: 611 Grand Boulevard, Vancouver, WA 98661

Website: www.cdhy.wa.gov

Washington School for the Deaf (WSD)

The only ASL–English bilingual residential school in Washington State serving deaf and hard-of-hearing students to ensure they reach their full potential.

Phone: [360-334-5618](tel:360-334-5618)

Website: www.wsd.wa.gov

Washington Sensory Disability Services (WSDS)

Supports the developmental and learning needs of children up to age 22 who are deaf or hard of hearing, blind or low vision, or DeafBlind and partners with districts and families to support and give resources to students.

Phone: [360-947-3297](tel:360-947-3297)

Website: www.wsdsonline.org

Washington State DeafBlind Citizens, Inc. (WSDBC)

Promotes leadership, independence, and communication access while advocating for DeafBlind individuals in Washington.

Address: 1620 18th Avenue, Suite 200, Seattle, WA 98122

Email: wsdbcweb@gmail.com

Website: wsdbc.org

Washington State Hands and Voices

Parent-driven organization dedicated to supporting families with children who are deaf or hard of hearing regardless of language or communication mode. Includes a network of parents, professional, and deaf and hard-of-hearing individuals.

Address: 2950 Newmarket Street, Suites 101-124, Bellingham, WA 98226

Phone: [425-268-7087](tel:425-268-7087)

Email: info@wahandsandvoices.org

Website: wahandsandvoices.org

Epilepsy

Epilepsy Foundation Northwest (EFN)

Offers programs and services for individuals with epilepsy and their family members.

Address: 2311 N. 45th Street, Suite 134, Seattle, WA 98103

Phone: [301-276-2348](tel:301-276-2348)

Email: washington@efa.org

Website: www.epilepsy.com/washington

University of Washington – Regional Epilepsy Center

Comprised of 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 who diagnose and treat difficult seizure problems.

Address: Harborview Medical Center West Clinic

325 9th Avenue, Floor 4, Seattle, WA 98104

Phone: [206-520-5000](tel:206-520-5000)

Website: www.uwmedicine.org/locations/regional-epilepsy-center-harborview

Washington State University Neurological Society (WSNS)

Supports neurologists across Washington State through education, collaboration, and advocacy, sharing the latest research and promoting high-quality patient care statewide.

Phone: [206-956-3624](tel:206-956-3624)

Website: www.washingtonneurology.org

Fetal Alcohol Syndrome (FAS)

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.
Website: www.nofaswa.org

Washington State Fetal Alcohol Syndrome Diagnostic and Prevention Network

Network of four Washington State Diagnostic Clinics linked by University of Washington's Center on Human Development and Disability.
Phone: [206-598-7666](tel:206-598-7666)
Website: depts.washington.edu/fasdpn

Learning Disabilities

Learning Disabilities Association of Washington (LDA)

Provides support to people with learning disabilities, their parents, teachers, and others with information on learning disabilities, practical solutions, and a network of resources.
Phone: [425-882-0820](tel:425-882-0820)
Email: nsobich@ldawa.org

Understood for All, Inc.

Provides support and resources for parents of individuals ages 3-20 with learning, attention, or thinking differences.
Email: info@understood.org
Website: www.understood.org

Notes

