

FREE SERVICES, FREE SUPPORT & FREE RESOURCES FOR PEOPLE WITH DISABILITIES



Local,
Regional &
Nationwide



Island County Parent to Parent offers a variety of resource guides in English and Spanish on a assortment of topics related to disabilities. If you would like a hard copy, contact t.wheeler-thompson@islandcountywa.gov and check out the website <https://www.islandcountywa.gov/198/Parent-to-Parent>



Island County Disability Resources

- ◆ Island County Disability Resource Guide: English & Spanish
- ◆ Island County Autism Resource Guide: English & Spanish
- ◆ Autism Resources for Families website. English & Spanish www.pilotace.org
- ◆ Special Education Quick Guide: English
- ◆ Transition Quick Guide: English
- ◆ Island County Behavioral/Mental Health Resource Guide: English

Transition Support & Resources

- ◆ Transition Packet Info, Timelines and Checklists
- ◆ Transition IEPs, Services, Planning
- ◆ Transition DDA
- ◆ Transition Employment Support
- ◆ Transition HS vs College
- ◆ Transition Advocacy and Social Emotional
- ◆ Transition Resource Federal State Local
- ◆ Transition Legal and Financial Planning
- ◆ Transition Healthcare
- ◆ Transition-Toolkit PAVE

State parks Washington State Parks & Recreation



Passes for People with Disabilities, Veterans, Senior Citizens & Foster Families

Commission offers Disability Passes at no charge for people with permanent disabilities, foster families, disabled veterans, low income seniors, etc.

This is a great way to reduce the costs of exploring our state parks. <https://parks.wa.gov/passes-permits/get-park-pass/disability-pass>

LIFELINE PROGRAM

FREE Smartphone Talk, Text and Data Plans

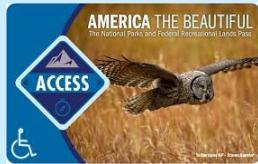
Lifeline is a federal program that provides discounts on phone service, and in many cases eligible individuals

receive a **free phone and monthly service**. This program is for low-income households, including those receiving disability benefits. To qualify, individuals typically need to participate in programs like **Medicaid**, **Supplemental Security Income (SSI)**, or **SNAP**, or meet specific income requirements. Several companies offer Lifeline services, including TruConnect, EnTouch Wireless and Assurance Wireless. <https://www.usa.gov/help-with-phone-internet-bills> You may also qualify for **low or free internet services** through Lifeline as well.



National Parks

Did you know that people with permanent disabilities can apply for a **FREE Access lifetime pass** to the



National Park Service It's FREE if you pick up at a federal recreation site. Or you can pay a \$10 processing fee to order through the mail or online. <https://www.nps.gov/planyourvisit/passes.htm>

Washington Department of Fish & Wildlife

Having WDFW disability status will provide access to programs, services activities, lands and facilities. Person with a disability" means a person who has a permanent physical disability or permanent developmental disability which substantially impairs their ability to participate in recreational activities or access department land <https://wdfw.wa.gov/accessibility/eligibility-requirements-disability-status>

If your child is over the age of 3, needs diapers/pull ups, a developmental disability and has Medicaid, they could qualify for **free** products like pull-ups, mattress pads, wipes and more. Talk to their doctor about getting a prescription.





Kids Bowl Free

<https://www.kidzbowlfree.com/>

Kids Bowl Free EVERY DAY, ALL Summer Long!

Unlock a Summer of Fun, Laughter, and Lasting Memories -

2 Free Games Every Day for Kids 17 & under. You pay shoes

Available at Oak Bowl and Convergence Zone. You can use this program for our Bowling Events too!

August 21st with Parent to Parent RSVP Link <https://www.eventbrite.com/e/1373505976349?aff=odddtcreator>

BenefitU is a program supported by the Developmental Disabilities Administration (DDA)/ Developmental Disabilities Community Services (DDCS) that offers information, tools and tips on different benefits programs.



BenefitU also offers **benefits planning** to people aged 14 or older who qualify for Washington state DDA/DDCS supports. This service is free. For more information, check out the BenefitU site and the Frequently Asked Questions page. <https://benefitu.org/>



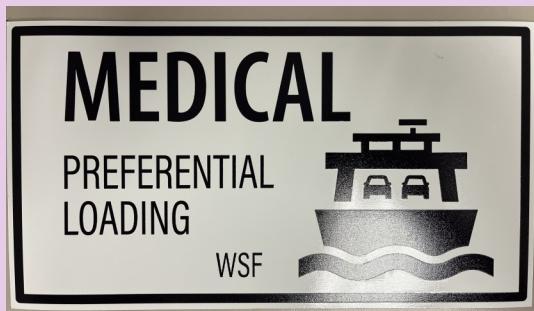
Special Olympics We accept anyone age 8 and over. We have athletes in their 70's. No skills needed. No pressure.

Through the power of sports, people with intellectual disabilities discover new strengths and abilities, skills and success. This is a **FREE** program.

Contacts/coaches:

Stanwood Coach Dawn Muscolo creativehaven@me.com
Oak Harbor/North Whidbey Coach Chris Becker
(360)929-7003 call/text Email: wispecialolympics@gmail.com
South Whidbey Coach Mike Etzell (360)499-5401 call/text

The Island County Accessible Communities Committee received grant funding for



Ferry Medical Disability Pass Decals & Magnets.

These decals and magnets are for preferential medical pass users. To help alleviate confusion as to why some drivers drive straight to the toll booth, "cutting" the line. Driver must show their preferential medical pass provided by Washington State Ferries and State Issued ID at toll booth, The decals & magnets do not replace or substitute the medical pass. If you would like a decal/magnet, email us your snail mail address. t.wheeler-thompson@islandcountywa.gov

If you would like to know more about Island County Accessible Communities Committee, email Tiffany (info above)

Let's make our community accessible for all!

Sensory Friendly Hours at Pacific Science Center.

Aides accompanying a guest with a disability receive



complimentary admission

to all Pacific Science Center exhibits and events. See a Guest Services representative at any of our entrances, or by calling Guest Services at (206)443-2844 These special events feature adjusted lighting and sound to ensure a welcoming and engaging experience for all attendees.

What to Expect: Softened lighting and reduced noise levels throughout the space; Adjusted hands-on activities and exhibits tailored for a sensory-friendly experience; Access to the Sensory Lounge, a quiet retreat available during all visits to PacSci; A free social narrative is available online year-round to help guests plan their visit. <https://pacificsciencecenter.org/visit/accessibility/>

Health Insurance Premium Reimbursement Do you have private insurance and Medicaid?

Did you know that there's a way to have the flexibility of private health insurance and get reimbursed for premiums from Apple Health (Medicaid)?



The Washington State Premium

Payment Program may provide reimbursement for private health insurance coverage for those receiving Apple Health Medicaid.

What is a Premium Payment Program?

Helps people on Apple Health take advantage of private health insurance in a way that saves the state money.

Reduces health care costs to the state.

Provides reimbursement for private health insurance coverage when an Apple Health client can access qualifying private health insurance coverage, such as through an employer or private policy.

<https://informingfamilies.org/hipp/>

The Big Red Box is Free

The National Autism Association is committed to those with an Autism Spectrum Disorder (ASD) who may be prone to wandering off or eloping from a safe environment, and may be unable to recognize danger and/or stay safe. Wandering, elopement, "running" or fleeing behaviors among those within our community not only present unique safety risks, but also create extraordinary worry and stress among caregivers. Drowning fatalities following wandering incidents remain a leading cause of death among those with ASD. As such, the National Autism Association provides direct assistance to caregivers, educators and first responders. The **Big Red Safety Box** is a free-of-charge toolkit given to autism families in need as a means to educate, raise



awareness and provide simple tools that may assist them in preventing, and responding to, wandering-related emergencies. <https://nationalautismassociation.org/big-red-safety-box/>

Bens Fund

Helping children and young adults with Autism is our passion. We help people with Autism reach their full potential through financial aid and access to support services.



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

3,500 worth \$3,095,793 grants awarded since 2012

Types of Grants Awarded in 2023

- 36 Services
- 138 iPads/Computers
 - 38 Therapies
 - 134 Equipment
 - 20 Camps
 - 11 Safety/Security



Advocacy Abby, with Support Now is a parent who helps families advocate and search for grants and funding opportunities to provide tangible assistance to families in need. Discover how to effectively utilize the world's largest database of grants and funding opportunities to provide tangible assistance to families in need. A FREE service to families.

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

One-on-One Financial Support with Abby Zachritz - Families facing especially difficult situations can apply for grants with the one to one help of Abby Zachritz. She assists with securing grants and other financial resources. Parents can apply for free one to support here: <https://www.advocacyabby.com/apply>

Common situations where people desire to help include: illness, injury, sickness, grief, and loss of loved ones. Regardless of the situation, when support starts flowing, SupportNow provides the pipes to direct things in the right direction.

Museum of Flight Sensory Days

A **FREE** early access opportunity for visitors with sensory needs. Sensory Days are intended as a positive and meaningful experience for families. Sensory Days are for adults and families of children, teenagers and young adults with disabilities including intellectual disabilities, autism, sensory processing disorders and other cognitive disabilities. Guests will get access to the Museum, during off-hours*, where they can explore and self-guide through the galleries with adjusted light and sound for the best possible experience. <https://www.museumofflight.org/visit/sensory-days>



Life Span Respite

What is a Lifespan Respite Voucher?

Lifespan Respite WA offers support in the form of a **voucher (financial award)** for unpaid caregivers who support a family member, friend, or neighbor who has a special need or condition. The voucher is used to pay for services or programs that allow the caregiver to have respite, or “short breaks”. Lifespan Respite vouchers are for short-term respite. About the Voucher

How much is a voucher award? The usual amount of a voucher is **\$1,000 per household, per year** (a year begins when you apply, and ends one year from that date). If you apply for respite for more than one person, the award will be divided among them. <https://www.lifespanrespitewa.org/voucher-program/> You can contact us with any questions or for help applying at getrespite@wapave.org or by calling 253-442-3214.



Island Transit Travel Training

FREE service with Island Transit



Travel Training is an Island Transit program that helps seniors, persons with disabilities, and those unfamiliar with our bus service gain more independence by assisting them in becoming fixed route bus riders.

The training is tailored to meet your needs, whether you need general bus riding information or more one-on-one in-depth training. We familiarize you with how the system works, most importantly, how the system can work for your specific needs. (360)678-7771 <https://www.islandtransit.org/travel-training>

Parent to Parent FREE Resource Toolkit: Services: Community: Support

Our resource toolkit can help you identify support, resources and activities in and around Island County. You will receive a folder full of programs, providers, disability & autism resources, support groups, Developmental Disabilities Community Services DDCS information, our monthly newsletter and more. We just need your snail mail address. Our toolkits and resource guides are also available in English and Spanish on our website <https://www.islandcountywa.gov/198/Parent-to-Parent>



DOLLY PARTON'S IMAGINATION LIBRARY OFFERS A MONTHLY BOOK GIFTING PROGRAM FOR CHILDREN UNDER FIVE FOCUSED ON INSPIRING A LOVE OF BOOKS AND READING FOR ALL PRESCHOOL CHILDREN IN THE COUNTRY. STANWOOD-CAMANO LIBRARY (360)629-2900 WHIDBEY COMMUNITY FOUNDATION (360)660-5041



Medicaid provides benefits for over-the-counter (OTC) medications and health-related items, though the specific coverage and rules vary by state and individual plan. Many Medicaid plans offer an OTC allowance, which may be a monthly, quarterly, or annual amount that members can use to purchase eligible items. Commonly covered items include: pain relievers, cold & allergy medications, first aid supplies, vitamins and supplements, dental care products, and items for incontinence. How to access OTC benefits through Medicaid/Apple Health: Contact your Medicaid provider, Check your plans website or app, Familiarize yourself with the rules, Keep track of your spending.



Have hearing loss? Can't hear your phone calls? See on-screen captions of what your caller is saying in near-real time! This is a NO COST service to qualified users. Am I eligible? Hearing loss, Live in the US, Read and Speak English, Have Internet. <https://clearcaptions.com/>



Island Senior Services - Medical Lending Library



Oak Harbor and Bayview You do not need to be a senior to use this program. Inventory at our **free** lending libraries changes daily but frequently includes wheelchairs, walkers, personal care items, incontinence supplies, shower chairs, canes, crutches, commodes, removable casts and more. Or would you have an item you would like to donate? (360)321-6100 for hours and questions



"Talking Books" is a free service from the Library of Congress <https://www.loc.gov/nls/> that provides audiobooks and audio equipment to individuals who are visually impaired or have a disability that prevents them from using regular print materials. Through this program, The National Library Service for the Blind and Physically Handicapped produces audiobooks and magazines for children and adults whose physical disabilities or visual impairments makes them unable to hold a book, turn the pages, or read regular print. The National Federation of the Blind <https://nfb.org/> also offers a free online reading service for books, magazines, and newspapers.

The Washington Assistive Technology Act Program (WATAP) provides resources and services to persons who face challenges related to disability and aging to help in the selection and use of assistive technology, also known as AT. AT helps make tasks easier or possible in school, at work, at home, and in the community. WATAP serves seniors and persons with disabilities, and their circle of support, including family members, caregivers, employers, service provider professionals, educators, and others seeking AT expertise. <https://watap.org/>

What is Assistive Technology

Assistive technology is any product or service that makes tasks easier or possible. Find resources and learn more about tools to help people live, work, and play independently.

How Can WATAP Help?

- *Borrow a Device
- *Receive a Device Demo
- *Get Equipment
- *Ask us a Question

