

Island County Parent to Parent Newsletter

February
2025

Are you anxious about meeting new people? Me too. Join us and engage as little or as much as you want. Check us out. No pressure.



What is Parent to Parent? How Can Parent to Parent Help Me & My Family?

Parent to Parent offers support, connections to resources, system navigation and opportunities such as events and training for families with children or adults with special needs, delays, disabilities and/or complex medical needs in Island County.

FREE Services Offered:

- Support for families of children and adults with disabilities/special needs
- Information & resources to community providers
- Monthly Newsletter with resources, support, events & ideas
- Personal support from another parent who has a child with similar needs. Helping parents are available.
- Educational presentations from system experts.
- Social and recreational events such as dances, picnics & bowling.

Island County Disability Resource Guides available on our website:

- * Disability Resource Guide
- * Autism Spectrum Disorder (ASD)
- * Special Education Guide
- * Mental/Behavioral Health
- * Transition to Adulthood
- * Ages & Stages, and more



We also offer Family Resource Toolkits in English and Spanish.
<https://www.islandcountywa.gov/198/Parent-to-Parent>

Contact Info on Resources

DDA:
(800)788-205
www.dshs.wa.gov/dda

DDA Ombuds:
(833)727-8900
<https://ddombuds.org/>

DVR:
Mt Vernon (360) 429-3097
Everett: (425) 339-4880
www.dshs.wa.gov/dvr

SSI:
(800)772-1213
<https://www.ssa.gov/ssi>

PAVE:
(800)5-PARENT
<https://wapave.org/>



Want to know more about Parent to Parent? Check out our website and Facebook page.
(360)632-7539 Call/Text

Island County Parent to Parent Presents:

Guardianship & Special Needs Trusts: Why Do I Need To Know More?



Saturday, March 22nd

11:00am-12:15pm

Hybrid version:

WSU Extension

**406 N Main Street Coupeville
& Zoom Option**

Use QR Code to RSVP
& For Up-To-Date Information

[https://www.eventbrite.com/e/1114147578399?
aff=oddtdtcreator](https://www.eventbrite.com/e/1114147578399?aff=oddtdtcreator)



Topics Discussed:

- Guardianship
- Alternatives to Guardianship
 - Power of Attorney
- Supported Decision Making
- How to know if Guardianship is appropriate
- First & Third Party Special Needs Trusts
- ABLE Account vs DDET

Thinking about your loved ones future?

Navigating the legal system can be intimidating. This presentation will include resources and information on local and State resources.

Guardianship: Limited vs Full, supported decision making and other options.
Special Needs Trusts and how to keep your loved one's benefits in tact.

After presentation, we will have a Q&A with attorney
Christy Thompson Ibrahim with Jones & Ibrahim

Questions? Contact Tiffany Wheeler-Thompson (360)632-7539 call/text

All events are subject to change & cancellation. Check our Facebook Page for up to date information

Join Us!

2025 Spring Hawaiian Dance Party

With Island County Parent to Parent



Coupeville Rec Hall
901 NW Alexander St
Sunday, April 13th
Noon - 2:00pm

Spring Hawaiian Dance Party

Enjoy some Dancing, Potluck, Arts & Crafts, Face Painting and more. If you are able, please bring a side dish, snack or dessert to share. Dress up Hawaiian or come as you are. All Ages, All Abilities Welcome!

Questions? Tiffany (360)632-7539 call/text

Spring Season:

Oak Harbor: Track & Field, Bocce & Swimming (Mid-March)

**Special
Olympics
Washington**



Fall Season:

Bowling: Oak Bowl in Oak Harbor

Winter Season:

Basketball:

Oak Harbor offers 2 – Teams and Skills.
South Whidbey offers Skills.



To be eligible to participate in Special Olympics, athletes must:

- ◊ Be at least 8 years old
- ◊ Be diagnosed by an agency or professional as having one of the following conditions: intellectual disability; a cognitive delay as determined by standardized measures such as intelligence quotient or other generally accepted measures; or a closely related development disability, i.e., functional limitations in both general learning and adaptive skills.

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.

Our athletes find joy, confidence and fulfillment – on the playing field and in life.

Whidbey Island Contacts:

Oak Harbor/North

Whidbey Chris Becker

(360)320-2549

wispecialolympics@gmail.com

South Whidbey

Mike Etzell

(360)499-5401

National parks Washington State is home to three national parks: Olympic, North Cascades, and Mount Rainier and offer **free admission** on certain days, including:

- Martin Luther King, Jr. Day: January 20, 2025
- National Get Outdoors Day: June 14, 2025
- Juneteenth: June 19, 2025
- National Public Lands Day: September 27, 2025
- Veterans Day: November 11, 2025



Check out The National Parks and Federal Recreational Lands Access Pass for free entrance and discounts all year long to individuals with disabilities. <https://www.nps.gov/subjects/accessibility/interagency-access-pass.htm>

Washington State Parks and the Washington Departments of Fish & Wildlife (WDFW) and Natural Resources (DNR) offer several "free days" when a Discover Pass is not required to visit these lands. **Free Days in 2025**

- Jan. 1 — First Day Hikes; New Year's Day
- Jan. 20 — Martin Luther King Jr. Day
- March 9 — Billy Frank Junior's Birthday
- March 19 — State Parks' Birthday
- April 22 — Earth Day
- June 7 — Free Fishing Weekend
- June 8 — Free Fishing Weekend
- June 19 — Juneteenth
- Aug. 9 — Smokey Bear's Birthday
- Sept. 27 — National Public Lands Day
- Oct. 10 — World Mental Health Day
- Nov. 11 — Veteran's Day



State Parks in Island County

- ◆ Cama Beach—Camano
- ◆ Camano Island State Park
- ◆ Deception Pass State Park
- ◆ Dugalla State Park
- ◆ Ebey's Landing
- ◆ Fort Casey State Park
- ◆ Fort Ebey State Park
- ◆ Possession Point
- ◆ South Whidbey State Park



Time to start thinking about Summer Camps! Registration is open!

There are a variety of different overnight camps throughout Washington for individuals with disabilities of all different diagnosis and ages. Registration is open or will be open shortly. Most camps accept DDA Respite funds, some offer 1:1 ratio support and check out the different activities each one offers. Here is a list of a few in our "area" to check out.

- [Camp Beausite Northwest](#) (just 20 minutes from Coupeville/Port Townsend Ferry)
- [Lions Horizon Camp](#) (Just north of Bellingham)
- [Camp Korey](#) (Mount Vernon and families can attend too)

A more extensive list <https://arcwa.org/info-resources/camp-resources-2/>

Have you checked out our website recently?

Oh boy, there is lots of new content, resources, information and more.

<https://www.islandcountywa.gov/198/Parent-to-Parent>

Hard copies of these resource guides, Family Toolkits and “Island County Transition: School-age to Adulthood In Depth Guide: English” are also available. Email t.wheeler-thompson@islandcountywa.gov. Provide your contact information to ensure a reply.

Island County Disability Resources

- ◆ Island County Disability Resource Guide: English and Spanish
- ◆ Island County Autism Resource Guide: English and Spanish
- ◆ Island County Autism Spectrum Disorder website.
- ◆ Island County Behavioral/Mental Health Resource Guide: English

Other resources: Ages & Stages

- ◆ P2P Resource Birth to Three
- ◆ P2P Resource Three to Six
- ◆ P2P Resource Six to Fourteen
- ◆ P2P Resource Fourteen to Twenty One
- ◆ P2P Resource Twenty One-Adulthood

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

Island County Parent to Parent

Support & Resources for Special Needs Families in Island County

Tiffany Wheeler-Thompson ,Coordinator

105 NW 1st Street Coupeville, WA 98239

(360)632-7539 call/text

Email: t.wheeler-thompson@islandcountwa.gov



**Check us out on Facebook for up-to-date resources, information and activities **

www.facebook.com/islandcountyparent2parent



We have resource guides on our website:

***Island County Parent to Parent Disability Resource Guide**

***Parent to Parent Autism Spectrum Disorder Resource Guide**

***Island County Behavioral Health Resource Directory**

***Island County School Age to Adulthood Transition Guides**

<https://www.islandcountywa.gov/198/Parent-to-Parent>

*****All events are subject to cancellation or rescheduling. Check our Facebook Page before you head out to the event*****