

Island County Parent to Parent Newsletter

April
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.

Join Parent to Parent & Star Behavioral Celebrate Autism Awareness & Acceptance Month!

April 5th Fort Nugent Park
Oak Harbor Noon-2:00pm



We provide the food and entertainment, you bring the whole family & enjoy. Due to being outdoors, follow our Facebook Page if the weather is questionable. Subject to cancellation.

<https://www.facebook.com/islandcountyparent2parent>



Helpful Resources

Parent to Parent:

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

Informing Families:

<https://informingfamilies.org/>

DDA:

www.dshs.wa.gov/dda

DVR:

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

PAVE:

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

Hawaiian Dance Party at Coupeville Rec Hall



**Sunday, April 13th
Noon-2:00pm**

Dancing, potluck, Arts & Crafts, and more. If you are able, bring a side dish, snack or dessert.

No obligation. Dress up Hawaiian or come as you are.

M Bar C Ranch: Western Days with Parent to Parent

Ride horses, be cowhands, dress up in the costumes, explore the western town, each chow (hot dog lunch), wagon ride and more. Rain or Shine. 200lb weight limit on horseback riding.

RSVP required. <https://www.eventbrite.com/e/1249774722839?aff=oddtcreator>



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

Join Us! Celebrate Autism Month BBQ & Family Fun!



Fort Nugent Park

Sheltered Picnic Area near Restrooms
& Playground

2075 SW Fort Nugent Ave
Oak Harbor

Saturday, April 5th
Noon-2:00pm

BBQ & Family Fun!

We provide the food and entertainment.
You bring the whole family and enjoy.
BBQ, Activities, Arts & Crafts

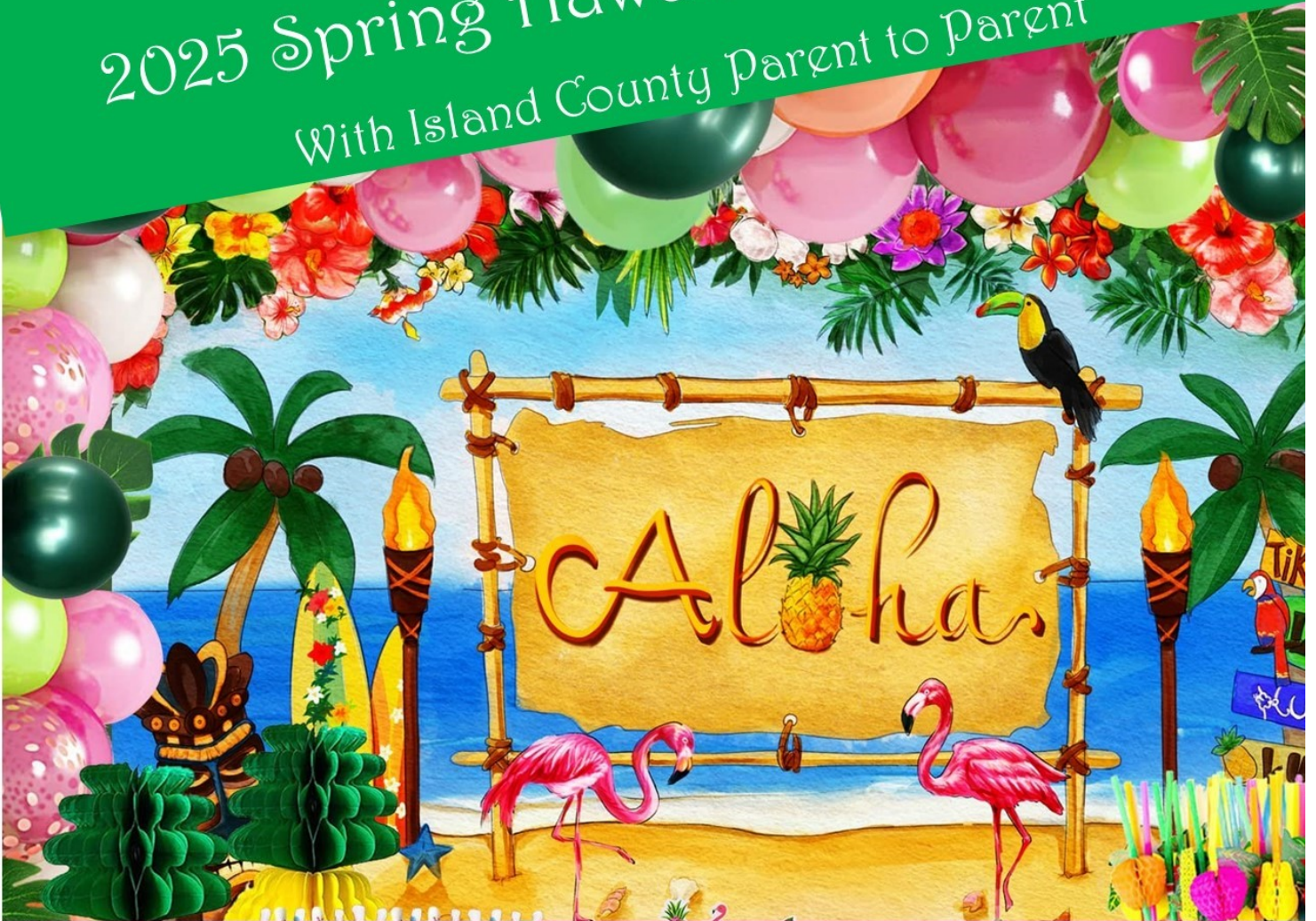
All Ages, All Abilities Welcome!
Parent to Parent provides support &
resources to special needs families
Questions: Tiffany (360)632-7539 call/text



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

Island County Parent to Parent provides support & resources for special needs families. All events are subject to cancellation. Check out our Facebook page before you head out for up to date information <https://www.facebook.com/islandcountyparent2parent>

facts about Autism Spectrum Disorder

1-in-36

children are
diagnosed

with
Autism Spectrum Disorder

When are most
children properly
diagnosed?

Most children aren't
properly diagnosed
until they are four years
old! That's a problem
because early detection
is critical to treatment!

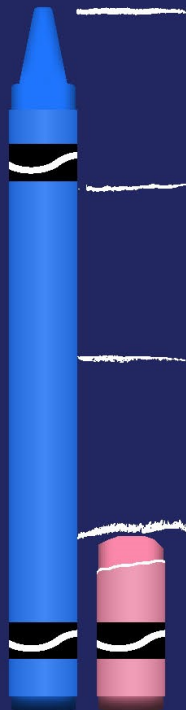


What is Autism
Spectrum Disorder
(ASD)?

Autism Spectrum
Disorder (ASD) is
a developmental
disability that can
cause significant social,
communication, and
behavioral challenges.

Autism can be reliably diagnosed
as early as 18 months old

Boys
are
4 times
more
likely to be
diagnosed
with
ASD
than
Girls



Everyone is
Impacted
ASD occurs in all
socioeconomic
groups regardless
of socioeconomic
status.

Common Early Signs of ASD

Lack of Eye Contact

Not Responding to Name

Social Withdrawal

Lack of Gestures or Pointing

Rarely Imitates Expressions

Atypical Sensory Experiences

April is Autism Spectrum Disorder Awareness & Acceptance Month

Join us April 5th at Fort Nugent Park in Oak Harbor to celebrate! Noon-2pm



We provide the food and entertainment. You bring the whole family and enjoy. All Ages, All Abilities, All Welcome! Sensory tubs, arts & crafts, next to the playground and closest the bathrooms. Subject to cancelation/rescheduling due to weather. Follow Facebook Page to keep up-to-date.

Local resources for Autism Spectrum Disorder

- Autism Resources for Families in Island County website: <https://www.pilotage.org/> English and Spanish
- Island County Autism Resource Guide: <https://www.islandcountywa.gov/198/Parent-to-Parent> English and Spanish

Autism Spectrum Disorder (ASD) 2024 Data

Prevalence by State:

Massachusetts has the highest prevalence of ASD at 2.42% while Louisiana has the lowest at 1.9%

Prevalence by Race:

ASD prevalence is higher in racial and ethnic groups than others:

- Asian or Pacific Islander: 3.3%
- Hispanic: 3.2%
- Black: 2.9%
- White: 2.4%

Prevalence by Gender:

Boys are nearly four times likely to be diagnosed with ASD than girls.

Prevalence by Age:

1 in 36 children in the USA have ASD, and 1 in 45 adults have ASD.

Prevalence by Family History:

People with a family history of autism are at a higher risk of diagnosis.

Prevalence by Risk Groups:

High-risk groups include people born prematurely or with a rare genetic disorder associated with autism.

Prevalence of Diagnosis:

The number of children and adults diagnosed with ASD has increased 175% in the last decade.

Causes:

Some potential causes of the rising rate of ASD include improved diagnostic tools, increased awareness and possible environmental influences.

Research:

2024 has seen important progress in ASD research, with discoveries that could improve care for autistic people.

ASSISTIVE TECHNOLOGY

Low - Tech vs High - Tech

Low-tech assistive technology is simpler and less expensive than high-tech assistive technology. Low-tech tools are often non-electronic (canes, magnifying glasses, adapted paper, pencil grips, large print books) while high-tech tools (generally are complex, need training, electronic and/or computer based) are often electronic and computer-based.

Whether it's communication, recreation, employment, education, transportation or just plain daily living, technology levels the playing field for children and adults with disabilities. And, because technology is such a natural part of everyday life for everyone, the options for devices and apps are as numerous and diverse as the individuals who use them. Here are a few tips and resources to get you started:

TIPS

- Get an AT Assessment
If your child is in school, ask for an AT evaluation as part of the IEP process (see Assistive Technology in the School, below). For adults, contact one of the appropriate resources below.
- Identify the task first. Device Second.
There are a lot of options out there, and no one device is right for every individual. Make sure the device and/or apps are right for your son or daughter and try before you buy. The Washington Assistive Technology Alliance Program will loan devices for up to six weeks for a small fee.

<https://informingfamilies.org/topic/get-tech/>

About Assistive Technology in the School

Washington State Administrative Code (WAC) addresses the availability of assistive technology in WAC 392-172A-02015

1. Each school district shall ensure that assistive technology devices or assistive technology services, or both, are made available to a student eligible for special education if required as part of the student's: (a) special education (b) related services (c) supplementary aids and services.
2. On a case-by-case basis, the use of school-purchased assistive technology devices in a student's home or in other settings is required if the student's IEP team determines that the student needs access to those devices.

ASSISTIVE TECHNOLOGY RESOURCES

Statewide AT Resource: The Arc of Tri-Cities

Provides Specialized Equipment and Supplies to eligible individuals. If you are on Community First Choice, you have access to funding for Assistive Technology (AT) Devices that increase the individual's independence. There is a limit of **\$550** per fiscal year. Visit [The Arc of Tri-Cities Assistive Technology website](#), or contact [Sue Pederson](#) to learn more.

Developmental Disabilities Administration

Assistive Technology is available to clients enrolled on all five of DDA's Home and Community Based Services Waivers. [Division of Vocational Rehabilitation](#)
Short-term employment services for adults. In addition to adults with disabilities, high school transition students are eligible for services.

iCanConnect

Provides people with both significant vision and hearing loss with free equipment and training. iCanConnect is a national program with local contacts that helps people stay connected with friends, family and the world. The local contact for Washington State is Washington Assistive Technology Program (see below).

Telecommunication Equipment Distribution (TED)

Distributes specialized telecommunication equipment that enables Washington residents to have independent use of the telephone. For persons age 4 and up who are deaf, hard of hearing, deaf-blind, or speech disabled who live in Washington State. Read our [article](#) about TED.

Washington Assistive Technology Act Program

Information, referrals, training & device loans.

Washington Initiative for Supported Employment

Technical assistance to adults and high school students with I/DD seeking employment and job training.

**The Arc of Snohomish County**
Technology Guide

The Arc of Snohomish County's technology guide offers practical tools and resources for managing daily tasks, enhancing independence, and promoting self-determination.

For people without disabilities, technology makes things easier.

For people with disabilities, technology makes things possible."

– IBM Training Manual 1991





The apps and website resources shared are free, but may have limited access or in-app purchases.

TED Program

- FREE or reduced priced technology equipment
- Washington resident age 4 or older, deaf, hard of hearing, deaf-blind or have speech difficulty.

BEN'S FUND

Offers grants to help cover the cost of services and equipment related to an autism diagnosis

- Must have an autism diagnosis
- Must be 25 years or younger
- Can apply for a grant up to \$1,000

Bens Fund

Sno-Isle Library Connect Your Way Program

Library card holders can check out:

- Wi-Fi hotspot
- Laptop and hotspot kit
- Chromebook & hotspot kit



Assurance Wireless

Free: monthly data, unlimited texting, monthly minutes, FREE smart phone

- Must qualify based on federal or state-specific eligibility criteria
- Receiving services such as: Medicaid, Food Stamps/SNAP or SSI



WWW.ARCSSNO.ORG
JANUARY 2025

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*****

