

# Informing Families

## Building Trust

A Partnership for Better Communication  
On Developmental Disability Issues in Washington State



## Community Resources Toolkit

*Where to go when you don't have services, or the services you have aren't enough*

If you're not receiving services from the state Developmental Disabilities Administration (DDA), or if what you do get isn't enough, there may be resources right in your own community that can help meet some of that need while you wait for longer term supports and services.

Members of our *Informing Families* advisory committee — who come from communities small and large, east and west—have found ways to tap into local resources that don't rely on state funding.

The following community

resources are ones they've found particularly helpful:

### **Local Parks and Recreation**

Many city and county recreation programs provide opportunities that not only help build social skills and peer relationships, they can also be a form of respite for the family. Classes and events are typically listed by age: preschool, youth/teen, and adult.

### **Service Organizations**

Non-profit community groups, such as Elks Club, Lions Club, Kiwanis, Easter Seals, as well as many church and faith organizations—such as Saint

Vincent DePaul and Bridge Ministries—have programs and activities to benefit children and adults with disabilities.

### **Hospitals**

Hospitals provide more than health care. Some organize playgroups, summer camps and connection to other community resources.

### **Parent Help 123**

ParentHelp123.org helps Washington State families find services in their communities and apply for health insurance, food assistance programs and more.



## Parent Groups: Vital Links to Your Community

Of course, one of the best ways to learn what's available for you and your family is by connecting with other parents, some of whom may be a few years ahead of where you are and can help guide your way. In addition to information and referral, some offer activities and events for your child and yourself.



Parent to Parent: [arcwa.org/getsupport](http://arcwa.org/getsupport)



PAVE: [wapave.org](http://wapave.org)



Local Arcs: [arcwa.org/getsupport](http://arcwa.org/getsupport)



Parent Coalitions: [washingtonparentcoalitions.org](http://washingtonparentcoalitions.org)



Fathers Network: [fathersnetwork.org](http://fathersnetwork.org)



Autism Society of Washington: [autismsocietyofwa.org](http://autismsocietyofwa.org)

*"Good information leads to good choices."*