



# Finding Resources for Your Child with Special Needs

Having a child with special needs can be a challenge. You may feel confused and overwhelmed. Here you will find descriptions of some of the people that may be of help to you and your family.

## Public Health Nurses

Public health nurses work in local health departments. They can answer questions about your child's health, growth and development and help you find local resources.

## Children with Special Health Care Needs Coordinators (CSHCN)

CSHCN Coordinators are public health nurses who can provide screening and assessment of your child, refer you to services and resources, provide health information and help you coordinate services. There is a CSHCN Coordinator in every county.

## Family Resource Coordinator (FRC)

FRCs provide information about child growth and development, coordinate resources and services for your family, and find screening for your child if you have concerns about his or her development.

## Health Care Providers

Your child's doctors, nurses or social workers can also help you find services and resources.

## People at Your Child's School

Teachers, school nurses, counselors, or therapists can help your child with medications, equipment, therapies and homework. If your child goes to a private school, you can still get help from the public school system.

## Other Parents

Other parents can tell you about their experiences, give you tips, tell you about helpful providers, and give you hope. Parent to Parent [www.arcwa.org/parent\\_to\\_parent.htm](http://www.arcwa.org/parent_to_parent.htm) and The Fathers Network [www.fathersnetwork.org](http://www.fathersnetwork.org) are two parent-run organizations that provide emotional and informational support to parents.

## To find these resources and others in your community:

1. Call the toll-free ASK Resource Line (Answers for Special Kids) at 1-800-322-2588, or visit [http://www.withinreachwa.org/ourservices/special\\_needs.htm](http://www.withinreachwa.org/ourservices/special_needs.htm). They can connect you to Family Resource Coordinators, Children with Special Health Care Needs Coordinators, health insurance coverage, parenting support, recreational opportunities, local and national disability-related organizations and adolescent transition care.
2. Call the Children's Hospital Resource Line and ask for a copy of *Starting Point*, a free resource guide for Washington families who have a child with special needs: (206) 987-2500, option 3, or toll-free 1-866-987-2500. *Starting Point* is also online at [www.cshcn.org](http://www.cshcn.org).

## Create a Contact List for Your Child



### Health Care Providers

**Name:** \_\_\_\_\_

Phone/Email: \_\_\_\_\_

**Name:** \_\_\_\_\_

Phone/Email: \_\_\_\_\_

### School Contacts

**Name:** \_\_\_\_\_

Phone/Email: \_\_\_\_\_

**Name:** \_\_\_\_\_

Phone/Email: \_\_\_\_\_

### Parents

**Name:** \_\_\_\_\_

Phone/Email: \_\_\_\_\_

**Name:** \_\_\_\_\_

Phone/Email: \_\_\_\_\_

### Other Important Numbers

**Name:** \_\_\_\_\_

Phone/Email: \_\_\_\_\_

**Name:** \_\_\_\_\_

Phone/Email: \_\_\_\_\_

**Name:** \_\_\_\_\_

Phone/Email: \_\_\_\_\_

**Name:** \_\_\_\_\_

Phone/Email: \_\_\_\_\_