

### Where to Turn, What to Do

Good information is the key to preparing for the many transitions in your child's life. Informing Families Building Trust is committed to providing you with trusted, reliable information to help you plan for, and successfully move through, each milestone.

Once your child is established in elementary school, it's important to start planning ahead, before all the changes and challenges that come with the transition to middle school. Even if you have your hands full right now, there are free resources and helpful people available to assist you in getting through today's concerns so that you can begin planning for the future.

#### Making Connections, Creating Opportunities

Making connections for yourself is the most important step you can take toward creating opportunities for your child. Parent to Parent (P2P) will connect you with a parent who has experienced the same struggles you're going through right now. P2P also offers free workshops, trainings and one-on-one help in navigating complex systems.



#### Parent to Parent

**Call:** 1-800-821-5927

**Visit:** [www.arcwa.org/getsupport](http://www.arcwa.org/getsupport)

**Watch:** Washington State Parent to Parent video series (links provided at [www.arcwa.org/getsupport](http://www.arcwa.org/getsupport))

#### Office of Education Ombudsman

**Visit:** [www.governor.wa.gov/oeo](http://www.governor.wa.gov/oeo)

**Call:** 1-866-297-2597

#### PAVE

**Call:** 1-800-5-PARENT

**Visit:** [www.wapave.org](http://www.wapave.org)

#### Life Opportunities Trust

**Visit:** [www.ddlot.org](http://www.ddlot.org) for more information about the Life Opportunities Trust.

**Watch:** Informing Families video series on the DD LOT:  
[www.informingfamilies.org](http://www.informingfamilies.org)

#### Resolving Issues with Schools

The Office of the Education Ombudsman (OEO) resolves complaints, disputes, and problems between families public schools. The OEO is independent of the public school system and provides an alternative to costly lawsuits and administrative hearings. Partnerships for Action, Voices for Empowerment (PAVE) also provides information and assistance with school-related issues and other areas of your child's life.



#### Planning for the Future

Start planning ahead to those high school transition years and beyond, to life as an adult. A special needs trust shelters and protects assets that would otherwise disqualify your child for government benefits, such as SSI and Medicaid. Through the DD Life Opportunities Trust (LOT), you can invest in the future and save for services that may not be provided by the government. To enroll in LOT, you do not need to hire an attorney or pay high enrollment fees, and the minimum investment is only \$25 per month.

