



# RESOURCES

## Ages Birth to Three



### NAVIGATING YOUR WAY

The following resources are described in *Navigating Your Way, Ages Birth to Three*, is the first in a series of videos that provides a bird's eye view of services, supports and resources for every stage of life. Visit [informingfamilies.org/0-3](http://informingfamilies.org/0-3) to watch the video.



### SERVICES

#### Early Intervention for Infants and Toddlers (ESIT)

No referral is needed to request an evaluation for ESIT. To get started, connect with an early intervention program directly or call ParentHelp123's Family Health Hotline at 1-800-322-2588, or visit [parenthelp123.org](http://parenthelp123.org).

#### Developmental Disabilities Administration (DDA)

Case management and supportive services for children and adults with Intellectual/Developmental Disabilities in Washington State. Children enrolled in ESIT are also eligible for DDA up to age 4, when eligibility must be renewed. Learn more at [dshs.wa.gov/dda](http://dshs.wa.gov/dda).

### HEALTH CARE

#### WithinReach

Helps families across Washington State navigate complex health and social service systems and connect with the resources – food assistance, health insurance, childhood screenings and more – they need to be healthy and safe. Call the Help Me Grow Washington Hotline at 1-800-322-2588 or visit [parenthelp123.org](http://parenthelp123.org) to get connected.

#### Early Periodic Screening, Diagnosis, and Treatment (EPSDT)

EPSDT is an important benefit for children who are eligible for Apple Health. With EPSDT, children can get a regular check up and treatment for medical issues found during an exam up to age 21. Call 1-800-562-3022 and ask about EPSDT services.

### FINANCIAL ASSISTANCE

If your family is low income and in need of financial assistance, contact the Social Security Administration to find out if your child qualifies for Supplemental Security Income (SSI). Call 1-800-772-1213, or visit [ssa.gov](http://ssa.gov).

### SUPPORT

**Parent to Parent (P2P)** provides emotional support and information to families of children with special health care needs or other disabilities. Find a P2P program near you at [arcwa.org/parent-to-parent](http://arcwa.org/parent-to-parent).

**Arc chapters** provide information, referral and advocacy. Find chapter near you at [arcwa.org](http://arcwa.org).

**Partnerships for Action, Voices for Empowerment (PAVE)** provides information, training and support to families. Learn more at [wapave.org](http://wapave.org).

**Sibshops** provide peer support from other siblings in a recreational setting. Learn more at [siblingsupport.org](http://siblingsupport.org).

### HELPFUL IDEAS AND PLANNING

#### The Family Community Connections Guidebook

Tips and worksheets for identifying people, places and ideas to help broaden your family member's social circle and community connections. Available in English and Spanish. Download a free copy at [informingfamilies.org/publications](http://informingfamilies.org/publications).

#### My Life Plan

Free online planning tool for every stage of life. Visit [mylifeplan.guide](http://mylifeplan.guide) to get started.