

## Washington

When a family or individual is faced with a progressive condition such as DM1 or DM2 they are often presented with additional financial expenses as well as loss of a steady income. This section attempts to gather financial resources that are available on a state level for persons living in the United States. By no means is this section complete; we invite you to share with us any resources you've identified.

This is an on-going project. We will add more resources as we gather them; please send us resources you know of that are not currently listed.

Please be advised that each organization has its own eligibility and application requirements. None of these organizations are affiliated with the Myotonic Dystrophy Foundation. We hope you will share your experiences with us – let us know if you are successful in finding a good resource to help your family.

## Financial Resources

Alliance of People with disAbilities: This CIL resource provides several different supportive options to the people of Washington. They offer peer support, independent living skills, advocacy, transition information, and referral. <http://disabilitypride.org/wordpress/>

SAJD Services for People with Disabilities: SAJD strives to promote family and assistance to those with disabilities. Their services include case management, pre-vocational services, job and vocation training, practical life skills training, non-medical home care, and more. <http://www.jfsseattle.org/services/people-with-disabilities/>

Kindering: Kindering is an early intervention and education center that focuses on helping children grow and learn. They offer free screenings for all children aged 0-6 years-old, in local preschools, learning centers, low income houses and locations, and more. They provide speech, language, physical, and occupational therapies, as well as a toddler preschool, family coordinators, an infant and child mental health unit, a foster support and education program, and more. They also have family and private therapy and community and group opportunities for parents and families. <https://kinding.org/>

Pave: Pave is a parent organization providing support, advocacy, training and informational resources to empower families and individuals with disabilities. They provide resources such as parent training, community inclusion, legal help, and more. <http://wapave.org/>

Provail: PROVAIL is one of Washington State's largest, multi-service agencies dedicated to meeting the needs of children, youth, and adults with disabilities who need an integrated, complex set of services to live life according to their own choices. They offer a comprehensive range of services to support people, with even the most severe disabilities, in all major areas of life so they can live, work, play, and fully participate in the community of their choice. <http://www.provail.org/>

## Caregivers and Respite

Aging and Disability Services: ADS plans, coordinates, and advocates for a comprehensive service delivery system for older adults, family caregivers and people with disabilities in King County. They offer support and help for caregivers, as well as helping seniors and the disabled with their health and offering resources. <http://www.agingkingcounty.org/>

## Education

Learning Disabilities Association: LDATA provides a referral service to connect individuals – parents, children, teens, adults, and professionals – with resources throughout the Puget Sound. These resources include public and private schools with special programs and assistance, diagnostic testing, educational resources for adults, tutors, psychiatrists and social workers, attorneys and legal help, and more. <http://www.ldawa.org/>

## Employment

Puget Sound Personnel: PSP is a women-owned business enterprise based in Bellevue, Washington. Their mission is to help people with all types of disabilities lead self-directed lives by giving them the training and support needed to build rewarding careers in the community. They offer job help and training, as well as employment support and other resources. <http://www.pspwork.com/Home.asp>

## Exercise and Outdoors

CAST for Kids: C.A.S.T. for Kids Foundation is a public charity that joins volunteers who love to fish with disabled and disadvantaged children for a day of fishing in the outdoors. They currently host three programs; C.A.S.T. for Kids, Fishing Kids, and Take a Warrior Fishing. They also hold multiple annual events and adventures. <http://castforkids.org/>

Little Bit Therapeutic Riding Center: Little Bit Riding Center provides therapeutic riding opportunities for children and adults with disabilities. They offer lessons to those with a wide range of riding experience, from the first contact with a horse to training for the Paralympics. They also provide hippotherapy, which is a physical, occupational, or speech-language treatment strategy on horseback. All lessons and sessions are taught by licensed therapists. <http://www.littlebit.org/>

Outdoors for All Foundation: Outdoors for All enriches the lives of individuals with disabilities and families and helps them to get out and enjoy the great outdoors. Their programs include snowboarding, snowshoeing, cross country and downhill skiing, cycling, hiking, yoga, kayaking, day camps, rock-climbing, camping and custom events. <https://outdoorsforall.org/>

## Care and a Cure

Seattle Children's Playgarden: The Playgarden is a highly acclaimed outdoor site that provides programs, preschool, summer programs, and more for all children, including those with special needs. They have music, gardening, special activities, and more.

<https://www.childrensplaygarden.org/>

## Housing

Ambitions Disability Support Services: Ambitions provides a variety of support resources to those with disabilities, including adult care, residential home care, assisted living, and more.

<http://www.ambitions.org/default.aspx>

Expertise: This website provides information and grant resource information for people remodeling their homes for disability reasons. Their information includes legal, practical, and financial resources. <https://www.expertise.com/home-and-garden/home-remodeling-for-disability-and-special-needs>

Volunteer Chore Services: Volunteer Services in Washington provides 2-8 hours of a month of free volunteer housework assistance for elders and those with disabilities in their homes. They assist with laundry, house and yard work, errands, shopping, cooking, repairs, communications, supervision, moving, and much more. They match each individual in need with a trained volunteer to help provide care and continuity.

<http://www.ccsww.org/site/PageServer?pagename=volunteerchores>

Washington State Long-Term Care Residential Options: This government website lists resources surrounding residential care for the elderly and those with disabilities. It has access to resources ranging from home care to assisted living to residential option in Washington State.

<https://www.dshs.wa.gov/altsa/residential-care-services/long-term-care-residential-options>

## Miscellaneous

Summit Assistance Dogs: Summit Assistance Dogs is a nonprofit organization that creates life-changing partnerships by providing highly-skilled mobility service dogs for people living with disabilities in Washington State. <http://summitdogs.org/>

## Technology and Equipment

Northwest Access Fund: This organization provides funding for people with disabilities to purchase assistive technology. They also help with IDA savings accounts, small loans, and other technology and equipment needs. <http://washingtonaccessfund.org/>