A Resource Guide to Raising a Child with a Disability in the Mid-Willamette Valley

Revised 2013
Welcome!

This resource guide is designed to help families of children with special needs in Linn and Benton counties access as much information and as many programs as possible. This guide has been compiled from a survey distributed to families that have previously or currently participate in the College of Public Health and Human Sciences’ Individualized Movement and Physical Activity for Children Today (IMPACT) formerly called Special Physical and Motor Fitness Clinic. We hope this guide is a helpful resource for your child and family. We would like to extend a special thanks to all of the families that participated in the development of this guide and to The Northwest Health Foundation for their generous support in funding this guide. The project team and Mid-Willamette Valley community thank you for sharing your information and resources!

To request more information please contact:
Oregon State University
College of Public Health and Human Sciences
Movement Studies in Disability Program
123 Women’s Building
Corvallis, OR 97331
(541) 737-2176
Website: health.oregonstate.edu/IMPACT
Contact email: Rena.Thayer@oregonstate.edu

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Revised 2013 by Erika Woosley
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Introduction

The information in this resource guide was provided by families with children with disabilities living in the Mid-Willamette Valley. More than 55 families participated in the survey, providing invaluable resources to other families searching for answers, advice, programs, financial support and other services. The information provided in each section of this resource guide is listed in alphabetical order. Participants were asked to both give feedback on programs mentioned in the survey and on programs they had experience or knowledge of that might prove helpful to others. The ratings (see page 63), based on family feedback, are a numeric average based on a value that the participants gave each survey item and are meant to represent the perceived helpfulness of a particular service, resource or program. It is our hope that this guide will provide you with locations to gather more information, services and programs to help your child and family fully participate in all the Mid-Willamette Valley has to offer!
Mid-Willamette Valley Resources

**Arc of Benton County**
414 NW Fourth St
Corvallis, OR 97330
Phone: (541) 753-1711
Fax: (541) 758-1354
Website: arcbenton.org

**Arc of Linn County**
PO Box 1982
Albany, OR 97321
Phone: (541) 258-2412
email: carclew@comcast.net
**Benton County Health Department – Developmental Disabilities**

PO Box 579  
530 NW 27th Street  
Corvallis, OR 97339-0579  
Phone: (541) 766-6847  
Website: co.benton.or.us/health/developmental_disabilities/index.php

The DD division of BCHD serves persons with developmental disabilities and their families. Their services include referrals, consultations, crisis interventions, family therapy, psychiatric information, supported living opportunities and case management.

**Boys & Girls Club of Corvallis**  
1112 NW Circle Blvd  
Corvallis, OR 97330  
Phone: (541) 757-1909  
Fax: (541) 757-7874  
Corvallis Web: bgccorvallis.org/index_ie.html

**Boys & Girls Club of Albany**  
1215 Hill St. SE  
Albany, OR 97321  
Phone: (541) 926-6666  
Fax: (541) 926-0531

Corvallis Web: bgccorvallis.org/index_ie.html  
Albany Web: bgc-albany.org

**Boys & Girls Club of East Linn County**  
38761 Main Street N  
Scio, OR 97374  
Phone: (503) 394-3910  
Fax: (503) 394-7058

**Boys & Girls Club of Lebanon**  
305 S 5th Street  
Lebanon, OR 97355  
Phone: (541) 258-7105  
Fax: (541) 451-2694

The Boys & Girls Club offers recreation programs including summer camps, after school programs, sport development programs and mentoring programs.
Call-A-Ride, Albany
Phone: (541) 917-7770
Website: cityofalbany.net/departments/public-works/transit/call-a-ride-services

The Albany Call-A-Ride program is a citywide public transportation service for citizens who are disabled and unable to use the conventional transit services. Call-A-Ride provides curb-to-curb transportation.

Corvallis Parks & Rec
1310 SW Avery Park Dr.
Corvallis, OR 97333
Phone: (541) 766-6918
Fax: (541) 754-1701
Corvallis Website: corvallisoregon.gov/index.aspx?page=261

Albany Parks & Rec
333 Broadalbin SW
Albany, OR 97321
Phone: (541) 917-7777
Fax: (541) 917-7776
Albany Website: cityofalbany.net/departments/parks-and-recreation

The recreation divisions publish an activities brochure that is direct-mailed to Corvallis and Albany citizens. The brochure has information on activities and programs offered. Corvallis Parks & Rec also offers summer day programs and after-school programs.
Community Services Consortium –
Head Start Program

2130 SE Lee Ave.
PO Box G
Lincoln City, OR 97367
Phone: (541) 996-3028
Fax: (541) 996-3094
Email: smiller@communityservices.us
Website: communityservices.us/education/detail/category/head-start/

Head Start is a program providing complete child and family services for low-income, pre-school children (ages 3-5). Children with disabilities are included in Head Start’s education programs. Head Start agencies will coordinate with local services to ensure that the child and family receive support.

Corvallis Indoor Park Inc. (CIP)

PO Box 1286
Corvallis, OR 97339-1286
Phone: (541) 740-1600
Email: info@indoor-parks.org
Website: indoor-parks.org/

Corvallis Indoor Park Inc. (CIP) is an organization that provides indoor, unstructured play areas for all children, infants through kindergarten-age under the supervision of their parents. CIP offers two sites for children of varying ages:

- Tunison Site - for children under 4 years old
- Circle Site - for children over 18 months through 5 years old
  (Siblings through kindergarten are welcome at both sites.)
Corvallis PDD/Autism Support Group
Contact: MaryJo Weaver
727 NW 32nd
Corvallis, OR 97330
Phone: (541) 757-2820
Email: watatown@yahoo.com
Website: oregonautism.com/corvallis/

This support organization provides information for people with PDD/Autism and their families and friends. The website offers information on the support groups monthly meetings, legislation, the group’s newsletter, books and magazines, and other organizations for information about PDD/Autism.

Dial-A-Bus Benton County
Phone: (541) 752-2615
Website: co.benton.or.us/pw/stf/rides.php

Dial-A-Bus is wheelchair accessible, curb-to-curb transportation for Benton County people with disabilities who are unable to access fixed route bus service.
Linn-Benton Community College – Family Resources and Education Dept.
6500 Pacific Blvd. SW
Albany, Oregon 97321
Phone: (541) 917-4899
Website: linnbenton.edu/go/family-resources-and-education-division/family-connections

The LBCC Family Resources program provides parent education through classes and interactive groups. Topics include “Live and Learn with Your Child With Special Needs,” “Effective Parenting of Teens,” “Foster/Adoptive Parenting” and “Avenues to Adoption.” Class locations vary throughout Linn and Benton counties.

Linn-Benton-Lincoln Educational Service District
905 4th Ave. SE
Albany, OR 97321
Phone: (541) 812-2600
Fax: (541) 926-6047
Email: webmaster@lblesd.k12.or.us
Website: lblesd.k12.or.us
Website for Special Ed Department:
lblesd.k12.or.us/prog_serv/special_education/index.php

The LBL ESD provides support for education in 12 school districts in the tri-county area. A Special Education Department helps schools better serve children with special needs. The Special Education Department also provides student assessment and training in legal and practical issues related to special education. Important services include:

- **Early Intervention (EI)**– This program provides special education services in Linn, Benton and Lincoln counties to children under the age of 5 experiencing delays in their development. Referrals can come directly from the child's family or by others involved with the child. Early intervention offices in Linn, Benton and Lincoln counties
respond to local referrals by visiting individual families and answering their questions.
  o  Benton/Linn County Early Intervention: (541) 753-1202
  o  Lincoln County Early Intervention: (541) 547-2240

- **Special Education Evaluation and Consultation Center (SEECC)** – This program assesses school-age children and provides consultation when there are concerns regarding language communication, learning and behavior. The staff includes a consultant for students with severe disabilities who provides consultative services to districts with eligible students.
  o  SEECC: (541) 812-2720

- **Cascade Regional Services Program (CRSP)** – This program provides assistance to school districts and early intervention programs to meet the needs of children with autism, hearing impairments, visual impairments, orthopaedic impairments, or children who are Deafblind. The CRSP staff includes autism consultants, teachers of the deaf and hard of hearing, teachers of the visually impaired, occupational therapists and physical therapists, and augmentative communication specialists. Regional Services are accessed through the local early intervention unit or educational agency where the child attends school.
  o  CRSP (541) 812-2770
Linn County Dept. of Health Services – Developmental Disabilities

445 3rd Avenue SW 1600 S Main
Albany, OR 97321 Lebanon, OR 97355
Phone: (541) 967-3890 Phone: (541) 451-5932
Fax: (541) 924-6905 Fax: (541) 258-5704
Email: LinnCDDP@co.linn.or.us
Website: co.linn.or.us/health/devel_disabil/support.htm

The DD division of BCHD serves persons with developmental disabilities and their families. Support programs are available to help determine individual needs, coordinate community integration, refer for residential placement, and evaluate and refer for employment.

Mid-Willamette Family YMCA

3311 Pacific Blvd. SW
Albany, OR 97321
Phone: (541) 926-4488
Website: ymcaalbany.org

The Mid-Willamette Family YMCA offers a variety of recreational programs for all persons. Swimming classes for persons with disabilities are offered. Other examples of YMCA programs include sport teams, childcare programs, day camps, and teen programs.
**Mighty Oaks Children’s Therapy Center**  
3615 Spicer Rd SE  
Albany, OR 97322  
Phone: (541) 967-7551  
Fax: (541) 967-5095  
Email: mightyoaks1@comcast.net  
Website: mightyoakschildren.com

Mighty Oaks serves children (ages 0-22 years) with disabilities. Programs include occupational therapy, physical therapy and speech language therapy. Mighty Oaks also has summer programs.

**Old Mill Center**  
1650 SW 45th Place  
Corvallis, OR 97333  
Phone: (541) 757-8068  
Fax: (541) 758-1030  
Email: contact@oldmillcenter.org  
Website: omill.org

Old Mill Center provides early childhood care and preschool programs for all persons. They also have specialized services that include occupational and physical therapy, sensory integration, counseling for children and families, day treatment services and special topic support groups.
Oregon State University Child Development Center
Bates Hall Family Study Center
Corvallis, OR 97331
Phone: (541) 737-2516
Email: joanne.sorte@oregonstate.edu
Website: health.oregonstate.edu/child-development-laboratory

The Bates Child Development Center is a part of the College of Health and Human Sciences at Oregon State University. The Center provides programming for preschool children and their families. Services provided include parent seminars, family gatherings, and monthly newsletters.

Oregon State University Special Physical and Motor Fitness Clinic
123 Women’s Building
Corvallis, OR 97331-6802
Phone: (541) 737-2176
Fax: (541) 737-4230
Website: health.oregonstate.edu/IMPACT

The OSU College of Public Health and Human Sciences offers the Special Physical and Motor Fitness Clinic each term of the academic year for children with disabilities. Participants in the clinic receive individualized educational programs, which emphasize physical fitness, gross motor development and aquatic skills. These individualized physical activity programs are developed for each participant, based on initial screening, ongoing motor assessment and consultation with parents, physician, teachers and therapists. Instruction is provided by qualified clinicians in a variety of settings, including a gymnasium, a weight room, an indoor climbing wall, and a swimming pool.
**Osborn Aquatics Center**
1940 NW Highland Dr.
Corvallis, OR 97330
Phone: (541) 766-7946
Fax: (541) 758-5883
Website: corvallisoregon.gov/index.aspx?page=57

The Osborn Aquatics Center is operated by the City of Corvallis. Facilities include Otter Beach (an outdoor water play center), indoor and outdoor pools, heated pools, and wheelchair lifts for all pools. Osborn programs include group and semi-private swim lessons, swim exercise classes, and water babies.

**United Way Benton Co.**
PO Box 2499
1925 NW Circle Blvd.
Corvallis, OR 97339
Phone: (541) 757-7717
Fax: (541) 758-1443
Email: jennifer@unitedwayblc.org
Benton County Website: unitedwayblc.org

**United Way Linn Co.**
PO Box 905
1127 Hill St SE
Albany, OR 97321
Phone: (541) 926-5432
Fax: (541) 926-0660

The United Way is a national organization that provides funding for various community programs. In Linn and Benton counties the United Way funds programs that provide support for families of children with disabilities. Examples of the programs include:

- The Oregon State University Motor Fitness Clinic
- Mighty Oaks Children’s Therapy Center
- Old Mill Center
- UCP of Oregon and Southwest Washington
- Oregon Association for Children and Adults with Learning Disabilities
Willamette Valley Down Syndrome Association
Contact: Gretchen Davey
PO Box 8099
Salem, OR 97303
Phone: (541) 451-5215
Website: wvdsa.org

The WVDSA is affiliated with the National Down Syndrome Society (ndss.com) whose mission is to provide nationwide education, research and advocacy for Down syndrome. The association provides quarterly family activities, monthly discussion groups, a monthly newsletter, educational opportunities, and assistance accessing programs for persons with Down Syndrome.
State of Oregon Resources

Arc of Oregon
2405 Front Street NE
Suite 120
Salem, OR 97301
Phone: (877) 581-2726
Phone: (503) 581-2726
Fax: (503) 363-7168
Website: arcoregon.org

The ARC is a statewide membership organization of more than 2000 individuals who are working together for individuals with mental retardation and other developmental disabilities and their families. Arc organizations in Linn and Benton counties are addressed in the Mid-Willamette Valley Resources section of this guide.

Autism Society of Oregon
PO Box 396
Marylhurst, OR 97036-0396
Phone: (888) 288-4761
Website: autismsoiregon.org

The Autism Society of Oregon is the state chapter of the Autism Society of America. This organization provides education and support services for families of children with Autism.

Child Development and Rehabilitation Center (CDRC) and Oregon Health & Science University
700 SW Campus Drive
Portland, OR 97239
Phone: (503) 494-8362
Fax: (503) 494-6868
Website: ohsu.edu/xd/health/child-development-and-rehabilitation-center/index.cfm

901 East 18th Ave.
Eugene, OR 97403
Phone: (541) 346-3575
Fax: (541) 346-5844
The CDRC – OHSU serves children with special health needs. CDRC has offices in Portland (Doernbecher Children’s Hospital), Eugene (University of Oregon), and Medford (Jackson County Health Department). Examples of CDRC services are the Child Development Program, Family Resource Center, Genetics and Birth Defects Clinic, Neurodevelopmental Program, and an Orthopedic Program.

**Coalition in Oregon for Parent Education (COPE)**
255 Capitol St. NE  
Salem, OR 97301  
Phone: (800) 505-2673  
Email: copekaren@aol.com

COPE’s mission is to educate and support parents, families, and professionals to meet the needs of children and youth with disabilities. COPE provides programs and services throughout the state. An example of a program is the Wagonwheel Conference, an annual conference on children with disabilities designed to bring together parents, educators, and health professionals. Another program, “Avoiding Future Shock” is designed to help build bridges from high school to adult life for students with disabilities. COPE also offers a variety of workshops on topics of interest to families, parents, and professionals in the disability community.

**Easter Seals Oregon**
5757 SW Macadam Ave.  
Portland, OR 97239  
Phone: (503) 228-5108  
Fax: 503-228-1352  
Website: or.easterseals.com

Easter Seals of Oregon provides information for summer camp opportunities, financial support for assistive technology and respite care, and medical rehabilitation programs.
FEAT of Oregon (Families for Early Autism Treatment)
PO Box 69064
Portland, OR 97201
Phone: (503) 282-3328
Email: feator@feator.org

FEAT of Oregon was founded in February of 1995 by a small group of parents seeking to improve early intervention services in the State of Oregon. Their purpose is to provide information and support for families with children with Autism. Examples of programs include support groups, a lending library, and information about education and law.

Mt. Hood Kiwanis Camp
Special Education Program
Portland State University
Portland, OR 97207-0751
Phone: (503) 725-3380
Website: ed.pdx.edu/project/kiwanis

The primary goal of Kiwanis Camp is to provide individuals with varying disabilities the opportunity to engage in an exciting array of recreational activities in an outdoor setting.

Oregon Advocacy Center (OAC)
310 SW Fourth Ave.
Portland, OR 97204
Phone: (800) 452-1694
Website: oradvocacy.org/

OAC is an independent non-profit organization that provides legal advocacy services for people with disabilities anywhere in Oregon. OAC has attorneys and advocates who assist people with disabilities.
Learning Disabilities Association of Oregon
10175 SW Barbur Blvd
Suite 214B
Portland, OR 97219
Phone: (503) 997-3181
Fax: (503) 203-8509
Website: ldaor.org

The OACLID is an organization to advance the education and well-being of persons with learning disabilities. Representatives of the agency work on various advisory boards and committees of the Department of Education to encourage public advocacy and awareness of learning disabilities. Benefits of membership include updated research on learning disabilities; practical advice for parents; professionally staffed information and referral line; current legal educational rights of students; calendar of upcoming events; quarterly state newsletters; discounts on conferences.

Oregon Council on Developmental Disabilities
540 24th Place NE
Salem, OR 97301-4517
Phone: (800) 292-4154
Email: ocdd@ocdd.org
Website: ocdd.org

The mission of the OCDD is to partner with Oregonians with developmental disabilities and their families to help promote change. Special programs include the Inclusive Child Care Project, Advocacy in Action, Community Partnerships, and the Clarion Newspaper.

Oregon Disability Commission (ODC)
500 Summer Street NE
Salem, OR 97301
Phone: (800) 282-8096
Phone: (503) 373-7823
Fax: (503) 373-7823
Email: info.odc@state.or.us
Website: oregon.gov/dhs/spd/pages/adv/odc/index.aspx

ODC is designed to advocate on behalf of Oregonians with disabilities. The web site has information on services, programs, legislation, and upcoming public meetings.

**Oregon Department of Education – Office of Special Education**
Public Service Building
255 Capitol Street NE
Salem, OR 97301
Phone: (503) 947-5782
Fax: (503) 378-5156
Email: robbi.perry@state.or.us
Website: ode.state.or.us/search/results/?id=40

The ODE Office of Special Education serves the state in many capacities. Support staff is available to give information on state programs, services, and publications. The OSE also has a bi-weekly internet newsletter and a listserv for current information.

**Oregon Disability Sports (ODS)**
2125 N Flint Ave
Portland, OR 97227
Phone: (800) 869-8180
Phone: (503) 241-0850
Fax: (503) 362-1178
Email: trisha@oregondisabilitysports.net
Website: oregondisabilitysports.net
The mission of ODS is to provide and promote sports, recreation and fitness activities for youth and adults with physical disabilities. Sports offered include basketball, rugby, cycling, swimming, equestrian, tennis, track and field, road racing, and various winter sports. Programs are offered for children and adults with physical disabilities. Other ODS programs include Oregon Challenge Games, designed for school-aged children, and equipment loan programs.

**Oregon Family Support Network (OFSN)**

PO BOX 17848
Salem, OR 97305
Phone: (800) 323-8521
Fax: (503) 390-0161
Email: ofsn@ofsn.org
Website: ofsn.org

OFSN is a network of families in Oregon that work to fully support other families who have children and youth with mental, emotional, and behavioral disorders. The web site gives further information on Linn and Benton County contacts.

**Oregon Head Start Association (OHSA)**

805 Liberty Street NE
Suite 2
Salem, OR 97301
Phone: (800) 452-3610
Phone: (503) 779-2556
Website: ohsa.net

OHSA works to promote quality, comprehensive services for low-income children and families. It advocates for families and provide a forum for networking and issues information sharing.
Oregon Office of Developmental Disability Services
500 Summer Street NE
Salem, OR 97301-1073
Phone: (503) 945-5811
Phone: (800) 282-8096
Fax: (503) 373-7274
Email: ODDS.INFO@state.or.us
Website: oregon.gov/DHS/dd/Pages/index.aspx

ODDS is a division of the Oregon Department of Human Services and provides support services to people with developmental disabilities and their families. Examples of services include help finding other information and resources, case management help, residential care for children who are medically fragile, self-directed supports and employment services.

Oregon School for the Deaf (OSD)
999 Locust Street NE
Salem, OR 97301-0954
Phone: (503) 378-3825
Fax: (503) 378-4701
Website: osd.k12.or.us

OSD is a 24-hour total communication environment for Oregon students, ages 5-21, which provides access to language, optimum educational programs and nurtures growth and development.
Shriners Hospital – Portland Research Center
3101 SW Sam Jackson Park Road
Portland, OR 97239
Phone: (503) 241-5090
Fax: (503) 221-3701
Website:
shrinershospitalsforchildren.org/Hospitals/Locations/Portland.aspx

Shriners Hospital provides treatment for orthopedic conditions for children under 18 years of age at no cost. Applications and more program information are available on the web site or by calling.

Special Olympics Oregon
5901 SW Macadam Avenue
Suite 200
Portland, OR 97239
Phone: (503) 248-0600
Phone: (800) 452-6079
Fax: (503) 248-0603
Email: info@soor.org
Website: soor.org

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with cognitive impairments. Sports offered include basketball, skiing, snowboarding, snow shoeing, track and field, golf, gymnastics, power lifting, softball, swimming, bowling, soccer, and volleyball.
The UCP (United Cerebral Palsy) of Oregon and SW Washington is dedicated to advance the independence, productivity and full citizenship of people with cerebral palsy and other disabilities. More than 60% of persons served by this organization have disabilities other than cerebral palsy. Services geared towards families include support groups for both parents of children with any disability and parents of newly diagnosed children with CP and family social events.
National Resources

AAMR
501 3rd Street NW
Suite 200
Washington, D.C. 20001
Phone: (202) 387-1968
Fax: (202) 387-2193
Website: aamr.org

AAMR promotes progressive policies, sound research, effective practices, and universal human rights for people with intellectual disabilities.

American Association of People with Disabilities
2013 H Street NW
Washington DC, 20006
Phone: (800) 840-8844
Fax: (866) 536-4461
Website: aapd.org

The purpose of the AAPD is to further the productivity, independence, full citizenship and total integration of people with disabilities into all aspects of society and the natural environment. The organization focuses on fostering leadership among people with disabilities, supporting the full implementation and enforcement of disability nondiscrimination laws, particularly the Americans with Disabilities Act of 1990 and the Rehabilitation Act of 1973, and conducting programs to enhance the lives of people with disabilities, including programs to reduce poverty and unemployment, to ensure that every disabled person has the right to his or her own living arrangement, and to assure that every child or adult with a disability has access to and funding for assistive technology.
American Society for Deaf Children (ASDC)
800 Florida Avenue NE
#2047
Washington D.C., 20002-3695
Phone: (800) 942-2732
Email: asdc@deafchildren.org
Website: deafchildren.org

The ASDC supports children who are deaf or hard of hearing and their families through services including a lending library, resource information, parent support groups and biennial conventions.

Angelman Syndrome Foundation Inc. (ASF)
4255 Westbrook Drive
Suite 219
Aurora, IL 60504
Phone: 800.IF.ANGEL
Fax: (630) 978-7408
Email: info@angelman.org
Website: angelman.org

ASF’s mission is to advance the awareness and treatment of Angelman Syndrome through education, information exchange and research. The foundation can put you in touch with local contacts within your region that are also available to answer questions, and are coordinators of social gatherings and mini-conferences.
**Autism Society of America**
4340 East-West Hwy
Suite 350
Bethesda, Maryland 20814
Phone: (800) 3-AUTISM
Website: autism-society.org/

The Autism Society of America was founded in 1965 by a small group of parents working on a volunteer basis out of their homes. Over the last 30 years, the Society has developed into the leading source of information and referral on autism.

**Center For Self-Determination**
35425 Michigan Ave W
Wayne, MI 48184
Phone: (734) 722-7029
Fax: (734) 467-7639
Website: centerforself-determination.com

The purpose of The Center for Self-Determination is to change the nature of the support and service system for individuals with disabilities, using the principles of self-determination to help all persons create the lives they want, connected to and with their communities.

**Council for Disability Rights (CDR)**
Email: jeholzer@gmail.com
Website: disabilityrights.org

CDR provides public education, information, referrals, counseling, job training, and many other services to the disabled community. Their mission is to advance rights and enhance lives of all people with disabilities.
**Cystic Fibrosis Foundation**
6931 Arlington Rd.
Bethesda, MD 20814
Phone: (800) 344-4823
Fax: (301) 951-6378
Email: info@cff.org
Website: cff.org

The mission of the Cystic Fibrosis Foundation is to assure the development of the means to cure and control cystic fibrosis and to improve the quality of life for those with the disease. For more information on the Oregon chapter call (800) 448-8404.

**Epilepsy Foundation**
8301 Professional Place
Landover, MD 20785
Phone: (800) 332-1000
Español: (866) 748-8008
Fax: (301) 577-2684
Email: ContactUs@efa.org
Website: epilepsyfoundation.org

The Epilepsy Foundation works to ensure that people with seizures are able to participate in all life experiences. Examples of services provided include research, education and advocacy for people with epilepsy and their families and friends.

**International Rett Syndrome Association (IRSA)**
4600 Devitt Drive
Cincinnati, OH 45246
Phone: (800) 818-7388
Fax: (301) 856-3336
Email: admin@rettsyndrome.org
Website: rettsyndrome.org
IRSA provides timely, accurate, objective information on Rett syndrome throughout the world to people who need information and resources and to researchers who can make a difference.

**Muscular Dystrophy Association USA (MDA)**
3300 E Sunrise Drive
Tucson, AZ 85718
Phone: (800) 572-1717
Email: mda@mdausa.org
Website: mdausa.org

The Muscular Dystrophy Association is a voluntary health agency dedicated to conquering neuromuscular diseases that affect more than 1 million Americans. The MDA serves people with neuromuscular diseases and their families through services including clinics, research, education and funding.

**National Association for the Dually Diagnosed**
132 Fair St.
Kingston, NY 12401
Phone: (800) 331-5362
Fax: (845) 331-4569
Email: info@thenadd.org
Website: thenadd.org

The purpose of NADD is to advance mental wellness for persons with developmental disabilities through the promotion of excellence in mental health care. NADD provides services and support to professionals, care providers, parents, concerned citizens and organizations.
National Center for the Dissemination of Disability Research (NCDDR)
4700 Mueller Blvd.
Austin, Texas 78723
Phone: (800) 266-1832
Fax: (512) 476-2286
Email: NCDDR@sedl.org
Website: ncddr.org

NCDDR is an organization that provides concrete supports to centralize access and focus on knowledge surrounding major areas of the National Institute on Disability and Rehabilitation Research studies and related activities in the disability field.

National Council on Independent Living (NCIL)
1710 Rhode Island Ave. NW
Washington D.C. 20036
Phone: (877) 525-3400
Fax: (202) 207-0341
Email: ncil@ncil.org
Website: ncil.org

The National Council on Independent Living is a membership organization that advances the independent living philosophy and advocates for the human rights of, and services for, people with disabilities to further their full integration and participation in society.
National Down Syndrome Society (NDSS)
666 Broadway
New York, NY 10012
Phone: (800) 221-4602
Fax: (212) 979-2873
Email: info@ndss.org
Website: ndss.org

The National Down Syndrome Society was established in 1979 to ensure that all people with Down syndrome have the opportunity to achieve their full potential in community life. The NDSS serves the community through information dissemination, education, research and advocacy.

National Family Association for Deaf-Blind
141 Middle Neck Rd.
Sands Point, NY 11050
Phone: (800) 255-0411
Fax: (516) 883-9060
Email: NFADB@aol.com
Website: nfadb.org

The (NFADB) is an association that promotes and supports individuals who are deaf-blind in becoming valued members of society, allowing them the same opportunities and choices as other members of the community.

National Information Center for Children for Children and Youth with Disabilities (NICHCY)
1825 Connecticut Ave NW
Washington, DC 20009
Phone: (800) 695-0285
Fax: (202) 884-8441
Email: nichcy@fhi360.org
Website: nichcy.org/
Website in Español: nichcy.org/espanol
NICHCY is the national information and referral center that provides information on disabilities and disability-related issues for families, educators, and other professionals with a special emphasis on children and youth (birth to age 22).

**National Organization for Rare Disorders (NORD)**
55 Kenosia Avenue
Danbury, CT 06810
Phone: (203) 744-0100
Fax: (203) 798-2291
Website: rarediseases.org

NORD is a health organization dedicated to helping people with rare diseases (diseases affecting fewer than 200,000 people) and assisting the organizations that serve them. Examples of NORD’s services include education, advocacy and research.

**Parent Advocacy Coalition for Educational Rights (PACER)**
8161 Normandale Blvd.
Bloomington, MN 55437
Phone: (800) 537-2237
Fax: (952) 838-0199
Website: pacer.org

The mission of PACER is to expand opportunities and enhance the quality of life of children and young adults with disabilities and their families, based on the concept of parents helping parents. Services include helping families identify the resources and services available to help their child learn and grow, programs specific to development and growth, and other educational materials for families and professionals.
TASH
1001 Connecticut Ave NW
Suite 235
Washington, D.C. 20036
Phone: (202) 540-9020
Fax: (202) 540-9019
Email: info@TASH.org
Website: tash.org

TASH is an international association of people with disabilities, their family members, other advocates and professionals fighting for a society in which inclusion of all people in all aspects of society is the norm. TASH's focus is on those people with disabilities who are most likely to be at risk for living, working, playing and/or learning in segregated environments. Examples of services provided by TASH include community advocacy, research and collaboration among families, self-advocates, professionals, policymakers and other advocates.

Sibling Support Project
6512 23rd Ave NW
#213
Seattle, WA 98117
Phone: (206) 297-6368
Fax: (509) 752-6789
Email: donmeyer@siblingsupport.org
Website: siblingsupport.org

The Sibling Support Project is a national program dedicated to the interests of brothers and sisters of people with special health and developmental needs. The project is based at Children's Hospital and Regional Medical Center in Seattle, Wash.
Spina Bifida Association of America (SBAA)
4590 MacArthur Blvd. NW, Suite 250
Washington, DC 20007-4226
Phone: (800) 621-3141
Fax: (202) 944-3295
Email: sbaa@sbaa.org
Website: sbaa.org

The Mission of the Spina Bifida Association of America is to promote the prevention of spina bifida and to enhance the lives of all affected. SBAA provides services such as a referral services, newsletters, individual and systems advocacy, and research.

Williams Syndrome Association
570 Kirts Boulevard
Suite 223
Troy, MI 48084-4156
Phone: (800) 806-1871
Fax: (248) 244-2230
Email: info@williams-syndrome.org
Website: williams-syndrome.org

The Williams Syndrome Association provides information and emotional support to individuals with characteristics of Williams syndrome, their families and the professionals who work with them. Services also include programs to help build strengths and meet challenges from early childhood through adulthood, public awareness and understanding, and research support.
# Websites

*Website suggestions by survey respondents:*

<table>
<thead>
<tr>
<th>Website Name/Emphasis</th>
<th>Website Address</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General Information:</strong></td>
<td></td>
</tr>
<tr>
<td>Disability Network</td>
<td>disabilitynetwork.com</td>
</tr>
<tr>
<td>Internet Resources for Special Children</td>
<td>orsaminore.dreamhosters.com/Handy/links/uk_various.html</td>
</tr>
<tr>
<td>Family Village</td>
<td>familyvillage.wisc.edu</td>
</tr>
<tr>
<td>Our Kids</td>
<td>our-kids.org</td>
</tr>
<tr>
<td>Special Child</td>
<td>specialchild.com</td>
</tr>
<tr>
<td>International Center for Disability Resources on the Internet</td>
<td>icdri.org</td>
</tr>
<tr>
<td>“Come Unity” Disability Listservs</td>
<td>comeunity.com/disability/speclists.html</td>
</tr>
<tr>
<td>Children’s Disabilities Information</td>
<td>childrensdisabilities.info</td>
</tr>
<tr>
<td>Doernbecher Family Resource Center</td>
<td>ohsu.edu/xd/health/services/doernbecher/patiets-families/family-resources/</td>
</tr>
<tr>
<td>National Father’s Network</td>
<td>fathersnetwork.org</td>
</tr>
<tr>
<td>Parents Helping Parents</td>
<td>php.com</td>
</tr>
<tr>
<td>National Early Childhood Technical Assistance System</td>
<td>ectacenter.org</td>
</tr>
<tr>
<td><strong>Education &amp; Law Information</strong></td>
<td></td>
</tr>
<tr>
<td>Council for Exceptional Children</td>
<td>cec.sped.org</td>
</tr>
<tr>
<td>Network for Special Education</td>
<td>specialednet.com</td>
</tr>
<tr>
<td>Special Education Resources on the Internet (SERI)</td>
<td>seriweb.com/</td>
</tr>
<tr>
<td>Inclusion Network</td>
<td>inclusion.com</td>
</tr>
<tr>
<td>Transition Coalition / Post High School</td>
<td>transitioncoalition.org</td>
</tr>
<tr>
<td>National Center on Secondary</td>
<td>ncset.org</td>
</tr>
</tbody>
</table>
### Education and Transition

<table>
<thead>
<tr>
<th>Resource</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Transition Alliance</td>
<td>dssc.org/</td>
</tr>
<tr>
<td>Department of Justice - Americans with Disabilities Act Homepage</td>
<td>ada.gov</td>
</tr>
<tr>
<td>IDEA Practices – IDEA Law</td>
<td>ideapractices.org</td>
</tr>
<tr>
<td>Wrightslaw – Special Education Law</td>
<td>wrightslaw.com</td>
</tr>
<tr>
<td>Social Security – Disability Information</td>
<td>ssa.gov/disability/</td>
</tr>
</tbody>
</table>

### Disability Specific Information

<table>
<thead>
<tr>
<th>Condition</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sensory Integration</td>
<td>sinetwork.org</td>
</tr>
<tr>
<td>Children and Adults with ADHD</td>
<td>chadd.com</td>
</tr>
<tr>
<td>National PKU News (Phenylketonuria)</td>
<td>pkunews.org/</td>
</tr>
<tr>
<td>Autism-PDD Resources Network</td>
<td>autism-pdd.net</td>
</tr>
<tr>
<td>Online Asperger’s Syndrome Information and Support (OASIS)</td>
<td>aspergerssyndrome.org</td>
</tr>
<tr>
<td>Tourette’s Syndrome “Plus”</td>
<td>tourettesyndrome.net</td>
</tr>
<tr>
<td>Support Organization for Trisomy 18, 13, and Related Disorders (SOFT)</td>
<td>trisomy.org</td>
</tr>
<tr>
<td>Parent Resources for Children with Spina Bifida</td>
<td>waisman.wisc.edu/~rowley/sb-kids/index.htmlx.</td>
</tr>
<tr>
<td>National Association for Down Syndrome</td>
<td>nads.org</td>
</tr>
<tr>
<td>Cerebral Palsy Information Central</td>
<td>cerebralpalsy.org</td>
</tr>
<tr>
<td>Retrain the Brain / ADD, ADHD, &amp; LD</td>
<td>retrainthebrain.com</td>
</tr>
<tr>
<td>Children’s Hemiplegia and Stroke Association</td>
<td>hemikids.org</td>
</tr>
<tr>
<td>Epilepsy Association</td>
<td>epilepsy.com</td>
</tr>
<tr>
<td>Learning Disabilities Online</td>
<td>ldonline.org</td>
</tr>
<tr>
<td>The Carter Centers for Brain Research</td>
<td>carterdatabase.org/hpe</td>
</tr>
<tr>
<td>Kids Move – Movement Disorders Information</td>
<td>wemove.org</td>
</tr>
<tr>
<td>Kathy &amp; Calvin / OR Autism Support</td>
<td>kathyandcalvin.com</td>
</tr>
<tr>
<td>Bookshare / Accessible Books</td>
<td>bookshare.org</td>
</tr>
<tr>
<td>American Sign Language Information</td>
<td>aslinfo.com</td>
</tr>
</tbody>
</table>

### Sport & Recreation Information

<table>
<thead>
<tr>
<th>Sport &amp; Recreation</th>
<th>Website</th>
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<tbody>
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</table>
### Listservs

A listserv, also known as an internet mailing list, is a virtual discussion group. To join a list, you send commands to a mailing list server, also called “subscribing,” and the server adds your email address to a database of email addresses that are also subscribed to that list. Whenever you or anyone else who is subscribed to that list sends a message to the list address, everyone in that database gets a copy of the message. Listservs are useful for creating a network of information.

**Listserv suggestions by survey respondents:**

<table>
<thead>
<tr>
<th>Listserv Title / Emphasis</th>
<th>Listserv Subscription Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>CDLS – Kids (Cornelia de Lange Syndrome)</td>
<td>cdlwsusa.org/support/index.htm</td>
</tr>
<tr>
<td>Down Syndrome</td>
<td>listserv.down-syndrome.net/scripts/wa-DOWNS.exe?INDEX</td>
</tr>
<tr>
<td>DTT-NET / Autism</td>
<td>feat.org/NewsEmailLists/tabid/135/Default.aspx</td>
</tr>
<tr>
<td>Me-list / Autism</td>
<td>health.groups.yahoo.com/group/me-list/</td>
</tr>
</tbody>
</table>


Books

The following books have provided information, ideas or inspiration and have been recommended by the survey participants. There are two sections of titles. The first section is for parents, families and professionals, and the second section of titles are books for children and young people. Both sections are in alphabetical order to emphasize the community of disability and finding support from many different areas. Helpful places to locate these books are given before the list of titles.

Public Libraries

Benton County Libraries
(ci.corvallis.or.us/library/index.html)

**Main Library**
645 NW Monroe
Corvallis, OR 97330
(541) 766-6926

**Alsea Library**
19192 Alsea Hwy
Alsea, OR 97324
(541) 487-5061

**Monroe Library**
668 Commercial St
Monroe, OR 97456
(541) 847-5174

**Philomath Library**
1050 Applegate
Philomath, OR 97370
(541) 929-3016

**Bookmobile**
(541) 766-6792
Web site with daily schedule:
ci.corvallis.or.us/library/bookmobile/bkmschedule.html

Albany Public Libraries: (library.ci.albany.or.us/)

**Main Branch**
2540 14th Avenue SE
Albany, OR 97322

**Downtown Library**
302 Ferry SW
Albany, OR 97321
Child Development and Rehabilitation Center (CDRC) Library
3181 SW Sam Jackson Park Rd
Portland, OR 97239-3098
Phone: (503) 494-3460
Email: library@ohsu.edu
Website: ohsu.edu/xd/education/library

The CDRC Library maintains a collection of books and journals for the health and education programs of the CDRC. It also has a special collection for families, friends and teachers of children with disabilities. There are both adult and children’s books available.

Popular Internet Locations for Books
Borders Books & Amazon
Web site: amazon.com
Powell’s Books
Web site: powells.com

Publishers of Books With A Disability Emphasis

Paul H. Brookes Publishing Company Inc.
PO Box 10624
Baltimore, MD 21285-0624
Phone: (800) 638-3775
Fax: (410) 337-8539
Website: brookespublishing.com

Brookes Publishing focuses on research-based resources in developmental and learning disabilities, early intervention, child development, language and literacy, special and inclusive education, community supports and
services, mental health and behavior. Its website has a listing of all published titles.

**Woodbine House Publishing Company**  
6510 Bells Mill Rd.  
Bethesda, MD 20817  
Phone: (800) 843-7323  
Fax: (301) 897-5838  
Email: info@woodbinehouse.com  
Website: woodbinehouse.com

Woodbine House publishes *The Special-Needs Collection*, 60 books on disabilities and related topics including AD/HD, autism, celiac disease, cerebral palsy, Down syndrome, fragile X syndrome, learning disabilities, spina bifida, traumatic brain injury, early intervention, inclusion, special education, communication skills and more. Its website has a listing of all published titles.
Recommended Books for Adults

After The Tears: Parents Talk About Raising A Child With A Disability

Asperger’s Syndrome: A Guide for Parents and Professionals

Babies with Down Syndrome: A New Parent’s Guide

Behavioral Intervention for young Children With Autism: A Manual for Parents and Professionals

Broken Cord

Caring for Children With Cerebral Palsy: A Teambased Approach

Changed By A Child

Children with Cerebral Palsy: A Parent’s Guide

Children with Spina Bifida: A Parent’s Guide

Communication Skills In Children With Down Syndrome:
A Guide For Parents

Elijah’s Cup: A Family’s Journey Into the Community and Culture of High-Functioning Autism And Asperger’s Syndrome

Fetal Alcohol Syndrome: A Guide For Families and Communities

Fine Motor Skills in Children with Down Syndrome

Gross Motor Skills in Children with Down Syndrome

Handling the Young Child With Cerebral Palsy At Home

Hearing Impaired Infants: Support in the First Eighteen Months

Incorporating Social Goals in the Classroom: A Guide for Teachers and Parents of Children With High-Functioning Autism and Asperger’s Syndrome

Just Being Sharon

Keys To Parenting A Child With Cerebral Palsy

Let Me Hear Your Voice: A Family’s Triumph Over Autism
Living With A Brother or Sister With Special Needs  

Negotiating the Special Education Maze: A Guide for Parents and Teachers  

Nobody’s Perfect: Living and Growing with Children Who Have Special Needs  

No Pity  

Out Of Sync: Recognizing & Coping With Sensory Integration Dysfunction  

‘Ritalin is Not the Answer’ Action Guide  

Seizures and Epilepsy In Childhood: A Guide for Parents  

Sexuality: Your Sons and Daughters With Intellectual Disabilities  

Sibshops: Workshops for Siblings of Children with Special Needs  

Smart But Feeling Dumb: The Challenging New Research on Dyslexia  

Socially ADDept: A Manual For Parents of Children With ADHD and/or Learning Disabilities  
**Somebody, Somewhere: Breaking Free From the World of Autism**

**Special Diets for Special Kids**

**Targeting Autism**

**Teaching Reading to Children with Down Syndrome**

**Teaching Self-Determination to Students With Disabilities**

**The Challenging Child**

**The Child with Special Needs: Encouraging Intellectual and Emotional Growth**

**There’s A Boy In Here**

**Thinking In Pictures: And Other Reports From My Life With Autism**

**Toilet Training for Individuals with Autism and Related Disorders**

**Uncommon Fathers: Reflections on Raising A Child With A Disability**

**Yoga for the Special Child: A Therapeutic Approach for Infants and Children with Down Syndrome, Cerebral Palsy and Learning Disabilities**
Recommended Books for Children and Young People

*Extraordinary Friends*

*Harry and Willy and Carrothead*

*My Brother Sammy*

*My Sister is Special*

*Petey*

*Princess Pooh*

*Rolling Along With Goldilocks and the Three Bears*

*Russ and The Firehouse*

*Someone Special, Just Like You*

*Special People, Special Ways*

*Spinabilities: A Young Person’s Guide to Spina Bifida*
Views From Our Shoes: Growing Up With A Brother or Sister With Special Needs

Where’s Chimpy?
Magazines and Newsletters

ABILITY Magazine
PO Box 10878
Costa Mesa, CA  92627
Phone: (949) 854-8700
Website: abilitymagazine.com

ABILITY magazine focuses on disabilities and mainstream America reporting on current issues in the disability community.

Autism Research Review International (ARRI)
4182 Adams Ave.
San Diego, CA 92116
Phone: (866) 366-3361
Website: autism.com/ari/newslet.html

The Autism Research Institute publishes this quarterly newsletter. The ARRI contains information about the current developments in biomedical and educational research.

Exceptional Parent Magazine
285 Ben Franklin Road
Indiana, PA 15701
Phone: (800) 372-7368
Website: eparent.com

Exceptional Parent provides information, support, ideas, encouragement and outreach for parents and families of children with disabilities and the professionals who work with them.
Heart-to-Heart (Williams Syndrome Association)
570 Kirts Boulevard
Suite 223
Troy, MI 48084
Phone: (800) 806-1871
Email: info@williams-syndrome.org
Website: williams-syndrome.org/programs.htm

This publication of the WSA contains the latest information regarding medical and educational interventions for WS, as well as profiles of WS individuals, association news, parent networking and strategies for adults and with WS and their parents and regional updates.

Autism Asperger’s Digest
PO Box 2257
Burlington, NC 27216
Phone: (800) 489-0727
Website: autismdigest.com

The Autism Asperger’s Digest, a division of Future Horizons Inc. was created to meet the needs of teachers, therapists and family members who face the challenge of autism. Their books, videos and conferences are geared to bring you the most current information possible to assist in that challenge.

Palaestra Magazine
1807 N Federal Dr
Urbana, IL 61801
Phone: (800) 327-5557
Website: http://palaestra.com

Palaestra is a quarterly publication for families, friends, professionals and people with disabilities focusing on adapted physical activity and related educational issues.
TASH Connections
1001 Connecticut Ave NW
Suite 235
Washington, D.C 20036
Phone: (202) 540-9020
Email: info@TASH.org
Website: http://tash.org/about/publications/

TASH’s monthly news magazine, Connections, reports on best practices, family concerns, events and opportunities in a changing political environment.
Resource Information Form

Help us make this directory complete! Send information about programs and services that may benefit families of children with disabilities living in the Mid-Willamette Valley. Your input is appreciated!

Name of resource:__________________________________________
Address:____________________________________________________

__________________________________________________________________________
Telephone number:______________________________________________
Fax:__________________________________________________________
Website address:_______________________________________________
Description of services:__________________________________________________________________________

__________________________________________________________________________
Your name:______________________________________________________
Phone number:___________________________________________________
Email address:___________________________________________________

Please send this completed form to
OSU Movement Studies in Disability Program
Mid-Willamette Family Resource Guide
123 Women’s Building
Corvallis, OR 97331