A Resource Guide To Raising A Child With A Disability in the Mid-Willamette Valley

2002 – 2003
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 Oregon State University’s 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 or additional copies, please contact:
Oregon State University
Movement Studies in Disability Program
123 Women’s Building
Corvallis, OR 97331
(541) 737-2176
Web site: www.hhs.oregonstate.edu/exss/graduate/msd/motor-fitness-clinic.html
Contact email: Rena.Thayer@orst.edu

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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. Over 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. The 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
1885 NW 9th Street
Corvallis, OR 97330
(541) 753-1711
Fax: (541) 758-1354
Web site: www.arcbenton.org

Arc of Linn County
PO Box 577
Lebanon, OR 97355
(541) 259-5528

The Arc serves persons with developmental disabilities and their families providing opportunities for educational programs, social activities, work programs, respite programs, and advocacy information. The Arc also provides adaptive equipment and contact information for other agencies that can help with home and transportation accessibility issues. Examples of Arc programs include Equitopia (therapeutic horseback riding program), Fun-in-the Sun (recreational programs for children ages 7 – middle school), Afternoon Socialization Program (for high school students and adults), and Socialization and Leisure Programs.
Benton County Health Department – Developmental Disabilities

PO Box 579
530 NW 27th Street
Corvallis, OR 97339-0579
(541) 766-6847
Web site: www.co.benton.or.us/health/mh/dd.htm

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
(541) 757-1909
Fax: (541) 757-7874
Web site: www.bgccorvallis.org/index_ie.html

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

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

Boys & Girls Club of Lebanon
305 S 5th Street
Lebanon, OR 97355
(541) 258-7105

The Boys & Girls Club offers recreation programs including summer camps, after school programs, sport development programs, and mentoring programs.
Call-A-Ride, Albany
(541) 917-7770
Web site:
www.ci.albany.or.us/pages/bus/bus_services.html#callaride

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
(541) 766-6918
Fax: (541) 754-1701

Albany Parks & Rec
333 Broadalbin SW
Albany, OR 97321
(541) 917-7777
Fax: (541) 917-7776

Corvallis Web site: www.ci.corvallis.or.us/pr/index.html
Albany Web site: www.ci.albany.or.us/pages/parks/parks.html

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

845 NW A Street
PO Box 400
Toledo, OR 97391-0400
(541) 336-5113
Web site: www.csc.gen.or.us/

Head Start is a program providing complete child and family services for low-income, pre-school children (ages three to five). 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
541.754.6245 ext. 138
Web site: www.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 thru 5 years old (Siblings thru Kindergarten are welcome at both sites)
Corvallis PDD/Autism Support Group
Contact: MaryJo Weaver
727 NW 32nd
Corvallis, OR 97330
(541) 757-2820
Web site: www.autismoregon.com/corvallis/

This support organization provides information for persons with PDD/Autism and their families and friends. The web site 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
(541) 752-2615
Web site: www.co.benton.or.us/pw/STFweb/getaride.html#TOP

Dial-A-Bus is wheelchair accessible, curb-to-curb transportation for Benton County persons 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
(541) 917-4897
Web site: www.lbcc.cc.or.us/familyresources/

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  
(541) 812-2600  
Web site: www.lbesd.k12.or.us/index.html  
Web site for Special Ed Department: http://special-ed.lblesd.k12.or.us/

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 five 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.
  - Benton County Early Intervention: (541) 757-6583
  - Linn County Early Intervention: (541) 924-9880
  - Lincoln County Early Intervention: (541) 547-2240

- **Education Evaluation and Consultation Center (EECC)** – 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.
  - EECC: (541) 812-2600
• **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, Orthopedic 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.
  - CRSP (541) 812-2771

**Linn County Dept. of Health Services – Developmental Disabilities**

445 3rd Avenue SW 1600 S Main
Albany, OR 97321 Lebanon, OR 97355
(541) 967-3890 (541) 451-5932
Fax: (541) 924-6905 Fax: (541) 258-5704
Web site: www.co.linn.or.us/Health/Devel_Disabil/dd.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
(541) 926-4488
Web site: www.ymca.net/index.jsp?assn=5421

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**
1100 SE Jackson Ave.
Albany, OR 97321
(541) 967-7551
Fax: (541) 967-5095

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**
4515 Country Club
Corvallis, OR 97330
(541) 757-8068
Web site: www.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
(541) 737-2516
Web site: www.hhs.oregonstate.edu/hdfs/child-development-lab/index.html

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
120 Women’s Building
Corvallis, OR 97331
(541) 737-2176
Fax: (541) 737-4230
Web site: www.hhs.oregonstate.edu/exss/graduate/msd/motor-fitness-clinic.html

The OSU College of Health and Human Sciences offer 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, on-going 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
(541) 766-7946
Web site: www.ci.corvallis.or.us/pr/osbornaquatic.html

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.

PO Box 242 PO Box 905
1925 NW Circle Blvd. 633 Waverly Dr. SE
Corvallis, OR 97339 Albany, OR 97321
(541) 757-7717 (541) 926-5432
Fax: (541) 758-1443 Fax: (541) 926-0660
Benton County Web site: www.UWBC@peak.org
Linn County Web site: www.albanychamber.com/member_pages/united_way/united_way.html

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
(541) 451-5215
Web site: www.wvdsa.myassociation.com/

The WVDSA is affiliated with the National Down Syndrome Society (www.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
1745 State St
Salem, OR 97301
(877) 581-2726
(503) 581-2726
Web site: www.open.org/~arcoforg

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 13884
Salem, OR 97309
(541) 967-8822
Web site: www.autismoregon.com

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**

707 SW Gaines Road
Portland, OR 97201
(503) 494-8364
Fax: (503) 494-6868
Web site: http://cdrc.ohsu.edu/

901 East 18th Ave.
Eugene, OR 97403
(541) 346-3575
Fax: (541) 346-5844

1005 E Main St.
Medford, OR 97504
(541) 776-6146
Fax: (541) 766-7260

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)**

999 Locust St. NE
Salem, OR 97303
(800) 505-2673
Web site: www.open.org/~orcope

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 97201
(503) 228-5108
Web site: http://easter-seals.org

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
(503) 282-3328
Web site: www.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
(503) 725-3380
Website: www.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
(800) 452-1694
Web site: www.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.

Oregon Assoc. for Children and Adults with Learning Disabilities (OACLD)
4475 SW Scholls Ferry Rd. # 170
Portland, OR 97225
(503) 203-8448
Fax: (503) 203-8509
Web site: www.oacld.org

The OACLD 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
(800) 292-4154
Web site: www.oddc.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)
1257 Ferry St SE
Salem, OR 97301-4278
(800) 358-3117
Fax: (503) 378-3599
Web site: www.odc.state.or.us/index.html

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 9731
(503) 378-3569
Fax: (503) 378-5156
Web site: www.ode.state.or.us/sped/

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)
PO Box 665
Salem, OR 97308
(800) 869-8180
Fax: (503) 362-1178
Web site: www.oregondisabilitysports.org/

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)
2954 Center Street NE
Salem, OR 97301
(800) 323-8521
Web site: www.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)
PO Box 1455
Tualatin, OR 97062
(800) 452-3610
(503) 233-0190
Web Site: www.nwrel.org/headstart/or/

The OHSA works to promote quality, comprehensive services for low-income children and families. They advocate for families and provide a forum for networking and issues information sharing.
Oregon Office of Developmental Disability Services
2575 Bittern St NE
Salem, OR 97309
(503) 945–9774
Fax: (503) 373–7274
Web site: http://oddsweb.mhd.hr.state.or.us/default.html

ODDS is a division of the Oregon Department of Human Services and provides support services to persons 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 Parents United (OPU)
18162 E Burnside
Portland, OR 97233
(503) 666–2776
Web site: http://oregonparentsunited.org/

OPU is an organization for parents of children with disabilities and is dedicated to providing appropriate education to all children. Examples of services they provide include advocacy, education, resource links, and support.
Oregon School for the Blind (OSB)
700 Church St. SE
Salem, OR 97301-3714
(503) 378-3820
Web site:  www.ode.state.or.us/sped/stschls/osb.htm

The OSB serves students with visual impairments who have educational needs beyond those that the local school district and regional program can provide.

Oregon School for the Deaf (OSD)
999 Locust Street NE
Salem, OR 97303
(503) 378-3825
Web site:  www.osd.k12.or.us

OSD is a 24-hour total communication environment for Oregon students, ages 5-21, that 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 97201-3095
(503) 221-1537
Fax:  (503) 221-3451
Web site:  www.shcc.org

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
3325 NW Yeon Ave
Portland, OR 97210-1525
(800) 452-6079
Fax: (503) 248-0603
Web site: www.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.

UCP of Oregon and Southwest Washington
7830 SE Foster Rd
Portland, OR 97206
(800) 473-4581
Fax: (503) 771-8048
Web site: www.ucp.org/ucp_local.cfm/129

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
444 N Capitol St NW, Suite 846
Washington, D.C. 20001-1512
(800) 424-3688
Fax: (202) 387-2193
Web site: www.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
1819 H Street NW, Suite 330
Washington DC, 20006
(800) 840-8844
Fax: (202) 457-0473
Web site: www.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 assure 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)
P.O. Box 3355
Gettysburg, PA 17325
(717) 334-7922
Fax: (717) 334-8808
Web site: www.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)
414 Plaza Dr., Suite 209
Westmont, IL 60559
800.IF.ANGEL
Fax: (630) 655-0391
Web site: www.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 who are also available to answer questions, and are coordinators of social gatherings and mini-conferences.

Autism Society of America
7910 Woodmont Avenue, Suite 300
Bethesda, Maryland 20814-3067
(800) 3-AUTISM
Fax: (301) 657-0869
Web site: http://www.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
401 East Stadium Boulevard
Ann Arbor, MI 48104
(734) 213-5220
Fax: (734) 213-5229
Web site: www.self-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)
205 West Randolph, Suite 1645
Chicago, IL 60606
(312) 444-9484
Fax: (312) 444-1977
Web site: www.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
(800) 344-4823
Fax: (301) 951-6378
Web site: www.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
4351 Garden City Dr.
Landover, MD 20785-7223
(800) 332-1000
Web site: www.efa.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 persons with epilepsy and
their families and friends.

International Rett Syndrome Association (IRSA)
9121 Piscataway Road
Clinton, MD 20735
(800) 818-RETT
Fax: (301) 856-3336
Web site: www.rettsynrome.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
(800) 572-1717
Web site: www.mdausa.org

The Muscular Dystrophy Association is a voluntary health agency dedicated to conquering neuromuscular diseases that affect more than a 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
(800) 331-5362
Fax: (845) 331-4569
Web site: www.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 Association of Developmental Disabilities Councils (NADDC)
1234 Massachusetts Ave NW, Suite 103
Washington, DC 20005
(202) 347-1234
Fax: (202) 347-4023
Web site: www.naddc.org

NADDC is a national organization for Developmental Disabilities Councils that advocates and works for change on behalf of people with developmental, as well as other, disabilities, and their families. NADDC’s mission is to provide support and assistance to member councils in order to promote a consumer and family centered system of services and supports for those with developmental disabilities.

National Center for the Dissemination of Disability Research (NCDDR)
Southwest Educational Development Laboratory
211 East Seventh Street, Suite 400
Austin, Texas 78701-3281
(800) 266-1832
Fax: (512) 476-2286
Web site: www.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 Coalition on Self-Determination
232 Marsalla Dr.
Folsom, CA 95630
(916) 987-1682
Fax: (775) 898-2716
Web site: http://oaksgroup.org/nconsd/

The mission of the National Coalition on Self-Determination is to partner with people with disabilities, parents, and family members in promoting federal policies that support the five principles of Self-Determination – self-advocacy, freedom, authority, responsibility, and support, regardless of the severity of their disabilities, to community living.

National Council on Independent Living (NCIL)
1916 Wilson Blvd, Suite 209
Arlington, VA 22201
(703) 525-3406
Fax: (703) 525-3409
Web site: www.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
(800) 221-4602
Fax: (212) 979–2873
Web site: www.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
111 Middle Neck Rd.
Sands Point, NY 11050
(800) 255–0411
Fax: (516) 944–7302
Web site: www.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)

PO Box 1492
Washington, DC 20013-1492
(800) 695-0285
Web site: http://www.nichcy.org/

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)

PO Box 8923
New Fairfield, CT 06812-8923
(203) 746-6518
Fax: (203) 746-6481
Web site: www.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.
Minneapolis, MN 55437
(952) 838-9000
Fax: (952) 838-0199
Web site: www.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
29 W Susquehanna Ave, Suite 210
Baltimore, MD 21204
(410) 828-8274
Fax: (410) 828-6706
Web site: www.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**
Children’s Hospital and Regional Medical Center
PO Box 5371
Seattle, WA 98105-0371
(877) 526-2500
Web site: www.seattlechildrens.org/sibsupp/default.htm

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, Washington.

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**Spina Bifida Association of America (SBAA)**
4590 MacArthur Blvd. NW, Suite 250
Washington, DC 20007-4226
(800) 621-2141
Fax: (202) 944-3295
Web site: www.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**  
PO Box 297  
Clawson, MI 48017-0297  
(248) 541-3630  
Fax: (248) 541-3631  
Web site: www.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.
## WEB SITES

**Web site suggestions by survey respondents:**

<table>
<thead>
<tr>
<th>Web Site Name/Emphasis</th>
<th>Web Site Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>• <em>General Information:</em></td>
<td></td>
</tr>
<tr>
<td>Disability Network</td>
<td><a href="http://www.disabilitynetwork.com">www.disabilitynetwork.com</a></td>
</tr>
<tr>
<td>Internet Resources for Special Children</td>
<td><a href="http://www.irsc.org">www.irsc.org</a></td>
</tr>
<tr>
<td>Family Village</td>
<td><a href="http://www.familyvillage.wisc.edu">www.familyvillage.wisc.edu</a></td>
</tr>
<tr>
<td>Our Kids</td>
<td><a href="http://www.our-kids.org">www.our-kids.org</a></td>
</tr>
<tr>
<td>Special Child</td>
<td><a href="http://www.specialchild.com">www.specialchild.com</a></td>
</tr>
<tr>
<td>International Center for Disability Resources on the Internet</td>
<td><a href="http://www.icdri.org">www.icdri.org</a></td>
</tr>
<tr>
<td>“Come Unity” Disability Listserv</td>
<td><a href="http://www.comeunity.com/disability/speclists.html">www.comeunity.com/disability/speclists.html</a></td>
</tr>
<tr>
<td>Children’s Disabilities Information</td>
<td><a href="http://www.childrensdisabilities.info">www.childrensdisabilities.info</a></td>
</tr>
<tr>
<td>Doernbecher Family Resource Center</td>
<td><a href="http://www.ohsu.edu/hosp-frc">www.ohsu.edu/hosp-frc</a></td>
</tr>
<tr>
<td>National Parent Information Network</td>
<td><a href="http://www.npin.org">www.npin.org</a></td>
</tr>
<tr>
<td>National Father’s Network</td>
<td><a href="http://www.fathersnetwork.org">www.fathersnetwork.org</a></td>
</tr>
<tr>
<td>Parents Helping Parents</td>
<td><a href="http://www.php.com">www.php.com</a></td>
</tr>
<tr>
<td>National Early Childhood Technical Assistance System</td>
<td><a href="http://www.nectas.unc.edu">www.nectas.unc.edu</a></td>
</tr>
<tr>
<td>• <em>Education &amp; Law Information:</em></td>
<td></td>
</tr>
<tr>
<td>Council for Exceptional Children</td>
<td><a href="http://www.cec.sped.org">www.cec.sped.org</a></td>
</tr>
<tr>
<td>Free Appropriate Public Education (FAPE)</td>
<td><a href="http://www.fapeonline.org">www.fapeonline.org</a></td>
</tr>
<tr>
<td>National Coalition for Students with Disabilities</td>
<td><a href="http://www.ncsd.org">www.ncsd.org</a></td>
</tr>
<tr>
<td>Network for Special Education</td>
<td><a href="http://www.geocities.com/nsped_or">www.geocities.com/nsped_or</a></td>
</tr>
<tr>
<td>Special Education Resources on the Internet (SERI)</td>
<td><a href="http://seriweb.com/">http://seriweb.com/</a></td>
</tr>
<tr>
<td>Web Site Name/Emphasis</td>
<td>Web Site Address</td>
</tr>
<tr>
<td>------------------------</td>
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</tr>
<tr>
<td>Inclusion Network</td>
<td><a href="http://www.inclusion.com">www.inclusion.com</a></td>
</tr>
<tr>
<td>Transition Coalition / Post High School</td>
<td><a href="http://www.transitioncoalition.org">www.transitioncoalition.org</a></td>
</tr>
<tr>
<td>Transitionlink / Post High School</td>
<td><a href="http://www.transitionlink.com">www.transitionlink.com</a></td>
</tr>
<tr>
<td>National Center on Secondary Education and Transition</td>
<td><a href="http://www.ici.umn.edu/ncset/">www.ici.umn.edu/ncset/</a></td>
</tr>
<tr>
<td>National Transition Alliance</td>
<td><a href="http://www.dssc.org/nta/">www.dssc.org/nta/</a></td>
</tr>
<tr>
<td>Department of Justice - Americans with Disabilities Act Homepage</td>
<td><a href="http://www.usdoj.gov/crt/ada/adahom1.htm">www.usdoj.gov/crt/ada/adahom1.htm</a></td>
</tr>
<tr>
<td>Wrightslaw – Special Education Law</td>
<td><a href="http://www.wrightslaw.com">www.wrightslaw.com</a></td>
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</tbody>
</table>

**Disability Specific Information**

<table>
<thead>
<tr>
<th>Web Site Name/Emphasis</th>
<th>Web Site Address</th>
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</thead>
<tbody>
<tr>
<td>Sensory Integration</td>
<td><a href="http://www.sinetwork.org">www.sinetwork.org</a></td>
</tr>
<tr>
<td>Children and Adults with ADHD</td>
<td><a href="http://www.chadd.com">www.chadd.com</a></td>
</tr>
<tr>
<td>National PKU News (Phenylketonuria)</td>
<td><a href="http://pkunew.org/">http://pkunew.org/</a></td>
</tr>
<tr>
<td>Autism-PDD Resources Network</td>
<td><a href="http://www.autism-pdd.net">www.autism-pdd.net</a></td>
</tr>
<tr>
<td>Online Asperger’s Syndrome Information and Support (OASIS)</td>
<td><a href="http://www.udel.edu/bkirby/asperger/frame2.html">www.udel.edu/bkirby/asperger/frame2.html</a></td>
</tr>
<tr>
<td>Tourette’s Syndrome “Plus”</td>
<td><a href="http://www.tourettesyndrome.net">www.tourettesyndrome.net</a></td>
</tr>
<tr>
<td>Support Organization for Trisomy 18, 13, and Related Disorders (SOFT)</td>
<td><a href="http://www.trisomy.org">www.trisomy.org</a></td>
</tr>
<tr>
<td>National Association for Down Syndrome</td>
<td><a href="http://www.nads.org">www.nads.org</a></td>
</tr>
<tr>
<td>Cerebral Palsy Information Central</td>
<td><a href="http://www.goecities.com/HotSprings/Suana/4441">www.goecities.com/HotSprings/Suana/4441</a></td>
</tr>
<tr>
<td><strong>Web Site Name/Emphasis</strong></td>
<td><strong>Web Site Address</strong></td>
</tr>
<tr>
<td>-----------------------------------------------------</td>
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</tr>
<tr>
<td>Retrain the Brain / ADD, ADHD, &amp; LD</td>
<td><a href="http://www.retrainthebrain.com">www.retrainthebrain.com</a></td>
</tr>
<tr>
<td>Children’s Hemiplegia and Stroke Association</td>
<td><a href="http://www.hemikids.org">www.hemikids.org</a></td>
</tr>
<tr>
<td>Epilepsy Association</td>
<td><a href="http://www.epilepsy.com.au">www.epilepsy.com.au</a></td>
</tr>
<tr>
<td>Learning Disabilities Online</td>
<td><a href="http://www.ldonline.org">www.ldonline.org</a></td>
</tr>
<tr>
<td>The Carter Centers for Brain Research</td>
<td><a href="http://www.stanford.edu/group/hpe">www.stanford.edu/group/hpe</a></td>
</tr>
<tr>
<td>Kids Move – Movement Disorders Information</td>
<td><a href="http://www.wemove.org/kidsmove/">www.wemove.org/kidsmove/</a></td>
</tr>
<tr>
<td>Kathy &amp; Calvin / OR Autism Support</td>
<td><a href="http://www.kathyandcalvin.com">www.kathyandcalvin.com</a></td>
</tr>
<tr>
<td>Bookshare / Accessible Books</td>
<td><a href="http://www.bookshare.org">www.bookshare.org</a></td>
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<tr>
<td>American Sign Language Information</td>
<td><a href="http://www.aslinfo.com">www.aslinfo.com</a></td>
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<td></td>
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<tr>
<td><strong>• Sport &amp; Recreation Information</strong></td>
<td></td>
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<tr>
<td>American Assoc. of Adapted Sports Programs</td>
<td><a href="http://www.aaasp.org">www.aaasp.org</a></td>
</tr>
<tr>
<td>Disabled Sports USA</td>
<td><a href="http://www.dsusa.org">www.dsusa.org</a></td>
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<tr>
<td>National Sports Center for the Disabled</td>
<td><a href="http://www.nscd.org">www.nscd.org</a></td>
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<tr>
<td>America’s Athletes with Disabilities</td>
<td><a href="http://www.americasathletes.org">www.americasathletes.org</a></td>
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<td>Wheelchair Sports USA</td>
<td><a href="http://www.wsusa.org">www.wsusa.org</a></td>
</tr>
<tr>
<td>PE Central – Adapted Physical Education</td>
<td><a href="http://www.pecentral.com/adapted/adaptedmenu.html">www.pecentral.com/adapted/adaptedmenu.html</a></td>
</tr>
<tr>
<td>National Center on Physical Activity and Disability</td>
<td><a href="http://www.ncpad.org">www.ncpad.org</a></td>
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<tr>
<td>All About Summer Camps</td>
<td><a href="http://www.summercamps.com">www.summercamps.com</a></td>
</tr>
<tr>
<td>Camp Channel</td>
<td><a href="http://www.campchannel.com">www.campchannel.com</a></td>
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<tr>
<td>Kids Camps</td>
<td><a href="http://www.kidscamps.com">www.kidscamps.com</a></td>
</tr>
<tr>
<td>Arc of Benton Co. Therapeutic Riding Program</td>
<td><a href="http://www.equitopia.peak.org">www.equitopia.peak.org</a></td>
</tr>
</tbody>
</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>OR Dept. of Education</td>
<td><a href="http://www.ode.state.or.us/sped/newsletters/">http://www.ode.state.or.us/sped/newsletters/</a></td>
</tr>
<tr>
<td>ALL-Kids / Acute Lymphoblastic Leukemia</td>
<td><a href="http://childhood-all.ca/all_kids/members/main.html">http://childhood-all.ca/all_kids/members/main.html</a></td>
</tr>
<tr>
<td>CDLS – Kids (Cornelia de Lange Syndrome)</td>
<td><a href="http://scout.cs.wisc.edu/addserv/NH/97-09/97-09-24/0021.html">http://scout.cs.wisc.edu/addserv/NH/97-09/97-09-24/0021.html</a></td>
</tr>
<tr>
<td>Down Syndrome</td>
<td><a href="http://www.nas.com/downsyn/d">http://www.nas.com/downsyn/d</a> listserv.html</td>
</tr>
<tr>
<td>FEAT / Autism</td>
<td><a href="http://www.feat.org/listserv/">http://www.feat.org/listserv/</a></td>
</tr>
<tr>
<td>FEAT of OR / Autism</td>
<td><a href="http://groups.yahoo.com/group/feator/">http://groups.yahoo.com/group/feator/</a></td>
</tr>
<tr>
<td>Me-list / Autism</td>
<td><a href="http://php.iupui.edu/~rallen/mlfaq.html">http://php.iupui.edu/~rallen/mlfaq.html</a></td>
</tr>
<tr>
<td>NSPED/ Special Ed in OR</td>
<td><a href="http://groups.yahoo.com/group/nsped/">http://groups.yahoo.com/group/nsped/</a></td>
</tr>
<tr>
<td>OR Autism Support</td>
<td><a href="http://groups.yahoo.com/group/ORAutismSupport/">http://groups.yahoo.com/group/ORAutismSupport/</a></td>
</tr>
<tr>
<td>PARENTDEAF - HH / Hearing Impairments</td>
<td><a href="http://www.deafchildren.org/asdc2k/services/listserv.shtml">http://www.deafchildren.org/asdc2k/services/listserv.shtml</a></td>
</tr>
<tr>
<td>Trisomy 9</td>
<td><a href="http://www.geocities.com/Heartland/Acres/5287/whatshnew.html">http://www.geocities.com/Heartland/Acres/5287/whatshnew.html</a></td>
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<tr>
<td>Verbal Behavior</td>
<td><a href="http://psyc.csustan.edu/verbalbehavior/discussion.htm">http://psyc.csustan.edu/verbalbehavior/discussion.htm</a></td>
</tr>
<tr>
<td>Williams Syndrome</td>
<td><a href="http://www.specialchild.com/archives/dz-004.html">http://www.specialchild.com/archives/dz-004.html</a></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 persons. 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:
(www.ci.corvallis.or.us/library/index.html)

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

Alsea Library
120 N 2nd Street
Alsea, OR 97324
(541) 487-5061

Monroe Library
658 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:
www.ci.corvallis.or.us/library/bookmobile/bkmschedule.html
Albany Public Libraries:
(http://library.ci.albany.or.us/)

<table>
<thead>
<tr>
<th>Main Branch</th>
<th>Downtown Library</th>
</tr>
</thead>
<tbody>
<tr>
<td>1390 Waverly Dr. SE</td>
<td>302 Ferry SW</td>
</tr>
<tr>
<td>Albany, OR 97321</td>
<td>Albany, OR 97321</td>
</tr>
<tr>
<td>(541) 917-7581</td>
<td>(541) 917-7585</td>
</tr>
</tbody>
</table>

Coalition in Oregon for Parent Education
(COPE) Lending Library:
Library has many disability-related books, videos, and tapes.
For more information:
(888) 505-2673
Web site: www.open.org/~orcope/pubs.htm

Child Development and Rehabilitation Center
(CDRC) Library
707 SW Gaines St, Room 1272
Portland, OR 97201
(503) 494-2762
Web site: www.ohsu.edu/library/cdrc.shtml

The CDRC Library maintains a collection of books and journals for
the health and education programs of the CDRC. They also have 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

Powell’s Books
Web site: www.powells.com/

Publishers of Books With A Disability Emphasis:

Paul H. Brookes Publishing Company, Inc.
PO Box 10624
Baltimore, MD 21285-0624
1-800-638-3775
Fax: (410) 337-8539
Web site: www.pbrookes.com/index.htm

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. Their website has a listing of all published titles.

Woodbine House Publishing Company
6510 Bells Mill Rd.
Bethesda, MD 20817
1-800-843-7323
Fax: (301) 897-5838
Web site: http://www.woodbinehouse.com/

Woodbine House publishes The Special-Needs Collection, sixty 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. Their 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*
  

*Children with Visual Impairments: 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 ADDed: 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 Persons:

*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 10655
Costa Mesa, CA  92627
(949) 854-8700
Web site:  www.abilitymagazine.com

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

Arc Advocate Newsletter
1885 NW 9th Street
Corvallis, OR 97330
(541) 753-1711
Web site:  www.arcbenton.org/newsletter/index.html

The Arc Advocate Newsletter provides information for the community with regard to current activities, available resources, and programs of interest.

Autism Research Review International (ARRI)
4182 Adams Ave.
San Diego, CA 92116
Web site:  www.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
555 Kinderkamack Rd.
Oradell, NJ 07649-1517
Phone: (877) 372-7368
Web site: www.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)
Web site: www.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.

Journal of the Assoc. for Persons with Severe Handicaps (JASH)
29 W Susquehanna Ave, Suite 210
Baltimore, MD 21204
(410) 828-8274
Web site: www.tash.org/publications

JASH is a quarterly journal published by TASH. It emphasizes original research, authoritative and comprehensive reviews, conceptual and practical position papers that offer new directions, and effective assessment and intervention methodologies and service delivery model program descriptions.
Mouth -- The Voice of Disability Rights
61 Brighton St.
Rochester, NY 14607
(716) 473-6761
Web site: www.mouthmag.com

Mouth is a bi-monthly magazine dedicated to disability rights and discrimination.

The Net (Autism Society of Oregon) & The Advocate (Autism Society of America)
PO Box 13884
Salem, OR 97309
(541) 967-8822
Web site: www.autismoregon.com/membership.html

The Net and the Advocate offer families, friends, and professionals the latest information on state and national research and legislative issues on autism.

Palaestra Magazine
PO Box 508
Malcomb, IL 61455
309/833-1902
Web site: www.palaestra.com

Palaestra is a quarterly publication for families, friends, professionals, and persons with disabilities focusing on adapted physical activity and related educational issues.
TASH Connections
29 W Susquehanna Ave, Suite 210
Baltimore, MD 21204
(410) 828-8274
Web site: www.tash.org/publications

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

The Oregon Clarion (Oregon Council on Developmental Disabilities)
540 24th Place NE
Salem, OR 97301-4517
(800) 292-4154
Web site: www.oddc.org/clarion.htm

The Clarion is a quarterly newspaper for Oregonians with developmental disabilities, their families, friends, and professionals. OCDD uses this newspaper as their primary communication to the DD community regarding public policy.
The table below provides information on the ratings given by the survey participants in response to certain questions. Fifty-seven families participated in the project by completing the survey. Sample questions follow the table to give a clearer idea of how the ratings were determined. Participants were asked to respond to the questions based on whether or not they had ever used a specifically named agency or resource as support for their family when dealing with issues surrounding having a child with unique needs. The average perceived usefulness of the agencies and resources are listed below.

<table>
<thead>
<tr>
<th>Agency or Resource</th>
<th>Percentage of respondents who have used or currently use</th>
<th>Range of respondents ratings (Scale of 1-5)</th>
<th>Average of respondents ratings (Scale of 1-5)</th>
<th>Star Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>The Arc</em></td>
<td>64%</td>
<td>1-5</td>
<td>3.92</td>
<td>**</td>
</tr>
<tr>
<td>Books</td>
<td>84%</td>
<td>1-5</td>
<td>3.93</td>
<td>**</td>
</tr>
<tr>
<td><em>Boys &amp; Girls Club</em></td>
<td>32%</td>
<td>1-5</td>
<td>2.83</td>
<td>*</td>
</tr>
<tr>
<td>COPE</td>
<td>33%</td>
<td>1-5</td>
<td>3.60</td>
<td>**</td>
</tr>
<tr>
<td>LBL-ESD</td>
<td>86%</td>
<td>1-5</td>
<td>4.25</td>
<td>***</td>
</tr>
<tr>
<td>Listservs</td>
<td>26%</td>
<td>2-5</td>
<td>3.67</td>
<td>**</td>
</tr>
</tbody>
</table>

* = Neutral (Avg. of 1-3.00)  
** = Good (Avg. of 3.01-4.00)  
*** = Great! (Avg. of 4.04-5.00)
<table>
<thead>
<tr>
<th>Agency or Resource</th>
<th>Percentage of respondents who have used or currently use</th>
<th>Range of respondents ratings (Scale of 1-5)</th>
<th>Average of respondents ratings (Scale of 1-5)</th>
<th>Star Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Magazines</td>
<td>16%</td>
<td>1-5</td>
<td>3.54</td>
<td>**</td>
</tr>
<tr>
<td>Mighty Oaks</td>
<td>32%</td>
<td>1-5</td>
<td>4.29</td>
<td>***</td>
</tr>
<tr>
<td>OSU Child Development Center</td>
<td>18%</td>
<td>1-5</td>
<td>4.00</td>
<td>**</td>
</tr>
<tr>
<td>OSU Motor Fitness Clinic</td>
<td>100%</td>
<td>1-5</td>
<td>4.66</td>
<td>***</td>
</tr>
<tr>
<td>OHSU</td>
<td>62%</td>
<td>1-5</td>
<td>4.09</td>
<td>***</td>
</tr>
<tr>
<td>Old Mill Center</td>
<td>40%</td>
<td>1-5</td>
<td>4.13</td>
<td>***</td>
</tr>
<tr>
<td>Oregon Disability Sports</td>
<td>11%</td>
<td>3-4</td>
<td>3.83</td>
<td>**</td>
</tr>
<tr>
<td>Osborn Aquatics</td>
<td>42%</td>
<td>1-5</td>
<td>4.08</td>
<td>***</td>
</tr>
<tr>
<td>Other Families</td>
<td>86%</td>
<td>1-5</td>
<td>4.34</td>
<td>***</td>
</tr>
<tr>
<td>Parks &amp; Rec.</td>
<td>44%</td>
<td>1-5</td>
<td>2.80</td>
<td>*</td>
</tr>
<tr>
<td>Physicians</td>
<td>77%</td>
<td>1-5</td>
<td>3.89</td>
<td>**</td>
</tr>
<tr>
<td>Seminar/Workshops</td>
<td>69%</td>
<td>1-5</td>
<td>3.90</td>
<td>**</td>
</tr>
<tr>
<td>Special Olympics</td>
<td>28%</td>
<td>1-5</td>
<td>4.36</td>
<td>***</td>
</tr>
<tr>
<td>Support Groups</td>
<td>62%</td>
<td>1-5</td>
<td>4.09</td>
<td>***</td>
</tr>
<tr>
<td>Web sites</td>
<td>63%</td>
<td>1-5</td>
<td>3.67</td>
<td>**</td>
</tr>
</tbody>
</table>
### Sample Survey Questions:

1. Have you used any of the following resources to gain knowledge and/or greater understanding of raising your child(ren)?
   - Listservs
     - 1. (Circle one)
       - A. Currently use listserv that focuses on disability.
       - B. Have previously used listserv focused on disability, but do not currently use one.
       - C. Have never used a listserv focusing on disability.
       - D. Do not know what a listserv is.

2. If you circled A or B, what best describes your experience using this resource?

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not Useful</td>
<td>Slightly Useful</td>
<td>Neutral</td>
<td>Mostly Useful</td>
<td>Very Useful</td>
</tr>
</tbody>
</table>

3. What listservs, if any, did/do you find most useful?

2. Has your child participated in any of the following recreational programs?
   - Oregon State University Special Physical and Motor Fitness Clinic
     - 1. (Circle one)
       - A. Currently participate in OSU Motor Fitness Clinic.
       - B. Have previously participated in OSU Motor Fitness Clinic, but do not currently participate.
       - C. Have never participated in OSU Motor Fitness Clinic.
       - D. Do not know about OSU Motor Fitness Clinic.

2. If you circled A or B, what best describes your experience using this resource?

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
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<th>5</th>
</tr>
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<td>Not Useful</td>
<td>Slightly Useful</td>
<td>Neutral</td>
<td>Mostly Useful</td>
<td>Very Useful</td>
</tr>
</tbody>
</table>

3. What aspect of OSU Motor Fitness Clinic, if any, did/do you find most useful?
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:______________________________________________________
Web site 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