

Informing Families

Building Trust

A Partnership for Better Communication
on Developmental Disabilities Issues in Washington State

February 19, 2009

HAVE YOU HEARD?

You May Be Eligible for Additional Services

Many federal, state, local and community agencies offer assistance to help pay for telephone and utility bills, food, prescription drugs, housing, and health care. Depending on your circumstances, you may not have to look far to get the assistance you need.



Housing

Contact your local Housing Authority (HA) to apply for choice "vouchers" (Section 8). Look in the yellow pages of your phone book, under Housing Authority or visit: www.hud.gov



Telephone Assistance

If you receive any financial assistance from DSHS, the Washington Telephone Assistance Program will help you pay for telephone service. **Toll-free 1-800-562-6150**



Benefits Coordination

Work Incentive Planning and Assistance (WIPA) coordinators help you understand how working will affect your benefits. **Toll-free: 866-497-9443; 877-846-0775 (TTY)**



Basic Food Program

Basic Food is our state's food stamp program. Contact your local DSHS Community Service Office, or call: **Toll-free: 1-877-514-FOOD (3663)**



Family Food Hotline

The Washington State Family Food Hotline connects families to the Basic Food program, food banks and summer meals. **Toll-free: 1-888-4FOODWA (888-436-6392)**



Energy and Weatherization

The Low Income Home Energy Assistance Program (LIHEAP) provides money to help pay heating costs for the winter. For the LIHEAP agency nearest you, visit: www.liheap.org



Statewide Health Insurance Benefits Advisors (SHIBA)

SHIBA provides Washington residents, free health insurance education, and assistance. **Toll-free: 800-562-6900**



Prescription Drug Program

WPDP is a prescription drug discount program for those who have no prescription drug coverage, or whose coverage is not enough. **Toll-free: 800-913-4146**



Apple Health for Kids

Apple Health for Kids makes it easier for families to apply for children's **Medicaid** and **SCHIP** programs. Call for assistance. **Toll-free: 877-543-7669**



Family Health Hotline

The Family Health Hotline connects families to the Women Infants and Children (WIC) nutrition program, as well as other health resources. **Toll-free: 1-800-322-2588**

BENEFIT and RESOURCE FINDERS

Benefits Check-Up

Benefits Check-Up is an online tool to help adults find and apply for federal state and local programs based on their specific needs: www.benefitscheckup.org



Parent Help 123

A program of Within Reach, Parent Help 123 helps Washington State families apply for health and food programs online and locate local resources: www.parenthelp123.org