



## STateXperts

***Oregon is a big state, and I am trying to gather all the resources that I can, but I am based in the Portland area. If you live in an area that feels underrepresented here and know of some resources that should be added to this list, please let me know. Also, if you need help finding something that isn't listed here, feel free to contact me and I will see what I can find for you.***

### **New Family Process for State Services**

#### **County Developmental Disability Program (CDDPs)**

Start by contacting your county developmental disability program. They will help with applying for the Oregon Health Plan (Medicaid), which will give you access to extra programs and services, like more funding for medical equipment, home modifications, and respite care. You will be assigned a social worker through your county who will help navigate the program and be a primary contact for you.

Oregon state list of County Developmental Disability Programs (CDDPs)

<https://www.oregon.gov/odhs/idd/Pages/cddp.aspx>

#### **Early Intervention/Early Childhood Special Education Services (EI/ECSE)**

Next contact your county Early Intervention/Early Childhood Special Education Service

<https://www.oregon.gov/ode/students-and-family/SpecialEducation/earlyintervention/Documents/dyhcfinalenglish.pdf>

The EI/ECSE programs cover children from birth to age 5 with developmental delays and disabilities. The program will screen for disabilities and provide services and support, including in-home therapy and specially designed preschool, as well as assist with the transition to school.

If your child is older than 5 and hasn't started receiving special education services, contact your local school district and ask for a special education services evaluation.

If you are thinking of moving to Oregon and want to know more about how things work here, check out the [Oregon Family-to-Family Health Information Center](#) A good resource center with information about supporting kids with special healthcare needs. This website has a section about finding services when [Moving To/From Oregon](#).



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### Medical Services & Resources

*Tip: I have had a lot of success with asking my son's pediatrician or specialists for help when we need a new kind of medical care. Most of the time we are referred to someone at Doernbecher.*

[Doernbecher Children's Hospital](#) Doernbecher is the children's side of Oregon Health Science University. They have many different medical specialists and are an important resource. If you live far from Portland, ask your specialist if they have satellite clinics near you. My son has accessed many different specialists here including: neurology, neurosurgery, child developmental rehabilitation services, vision specialists, dental, gastroenterology, nutrition, and more.

[OHSU](#) Oregon Health Science University is our major teaching and research hospital for the state of Oregon. Also includes: [Casey Eye Institute](#) providing vision care, including the [Elks Children's Eye Clinic](#).

[Shriners Children's Hospital - Portland](#) Shriners provides pediatric orthopedic care from birth to age 18. It is an excellent resource. Start by requesting an appointment. My son has received a wide variety of care here including: Speech Therapy, Occupational Therapy, Physical Therapy, medical equipment support (wheelchair purchasing, maintenance, and fitting, standers, gait trainers, bath chairs, hoier lifts, etc.), Orthotics, Child Life Activities (accessible video gaming, swimming, summer camps, etc.) and monitoring by an Orthopedic Surgeon.

Other Children's Hospitals in PDX that may be helpful: [Providence Children's Health](#), [Randall Children's Hospital](#)

[St. Charles Health System](#) in Bend, including the [PEDAL](#) program

[Ronald McDonald House Charities of Oregon/SW Washington](#) Not a medical facility, but a charity offering temporary housing for families who need to travel a long distance for medical care with locations in Portland, Bend and Springfield.

### Medical Supply Services/Resources

[Numotion](#) For wheelchairs, standers, gait trainers.

[Wheel To Walk Foundation](#) A non-profit helping cover the cost of mobility devices not covered by insurance.



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### Disability Services & Resources

[FACT Oregon](#) An excellent resource for questions about navigating disability in our state. Fact provides experts, tools and trainings for people with disabilities and their families from birth to adulthood. They cover education, life transitions, emergency planning, and thinking about the future. Be sure to check out their resources on [One Page Profiles](#), which are really helpful when introducing your child to a new school team.

[Swindells Resource Center](#) Part of the Providence Child Center with locations in Portland and Medford, Swindells supports families of children with special needs through events, online tools and a resource library. Check out their Care Notebook for organizing your child's health care information.

[Epilepsy Foundation Oregon](#) Provides support for people experiencing epilepsy in Oregon, including support groups, training, and a summer camp in Rockaway.

[United Cerebral Palsy of Oregon and SW Washington](#) UCP has a wide range of support available, check out their [Family Support](#) page, and consider attending their conference that takes place every other year.

[Autism Society of Oregon](#) ASO is another great resource for support groups and training statewide.

[Central Oregon Disability Support Network](#) Providing disability support, resources, and connection to Central and Eastern Oregon.

[Disability Rights Oregon](#) Disability related legal resource.

[Oregon ABLE Savings Plan](#) All about the Oregon ABLE Account.

[Abeona Group](#) Special Needs Financial Planning

[Palladio Planning](#) Special Needs Financial Planning



## **STateXperts**

### **Fun Activities**

[Adventures Without Limits](#) Helping both children and adults with disabilities get out and experience nature and the outdoors.

[Oregon Adaptive Sports](#) Outdoor recreation for people with disabilities.

[CHAP](#) Children's Healing Art Project provides art opportunities to children and teens with disabilities and medical challenges.

[Harper's Playground](#) Creating playgrounds for everyone.

[Access Trails](#) A special project from Access Recreation that provides detailed reviews of parks and trails around the greater Portland area.

[PDXAmbucs](#) provides adaptive tricycles to children with disabilities.

[Camp Yakety Yak](#) Special needs summer day camp in the Portland area.

[David's Chair](#) provides access to motorized trackchairs throughout the state helping wheelchair users explore nature. ([Travel Oregon article about David's Chair](#))

[Oregon Coast Visitors Association Travelability Resources](#) Including Beach Wheelchair rentals, accessible trails, and mobi-mats. And a similar article from [Travel Oregon](#) with additional resources on the coast.

[Travel Oregon](#) Accessible travel resources.

[Accessible Outdoor Recreation Travel Guide](#)