



Washington State Resources for the Huntington's Disease Community

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Introduction

This document contains a listing of Washington State Huntington's disease (HD) resources gathered by Chris Wick, MSW, LICSW, social worker with the Huntington's Disease Society of America (HDSA), Northwest Chapter. Though many items on this list are not specific to HD, they should be useful to patients, families, caregivers and partners. This resource listing is for informational purposes only, and does not constitute endorsement by HDSA.

Feedback

If you have resources that have been helpful to you or someone you know in the HD community that you would like included for others to utilize, or if you have any corrections, questions, or concerns please e-mail Chris Wick, MSW, LICSW at cwick@hdsa.org.

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Adult Day Health Care

These are daytime programs and services usually provided for a fee. Please contact the center directly for specific services and payment options.

Location	Name	Contact	Website
Statewide	Area Agency on Aging (AAA)	On-line 360-485-9761	www.agingwashington.org/ local_aaas.asp
Statewide	Adult Day Care; info from Senior Resource.com	On-line	www.seniorresource.com/ wa.htm#sradc
Statewide	Adult Day Services in the Northwest	On-line	www.adultday.org/

Basic Needs Services

This resource is for immediate needs such as emergency services, homelessness prevention, food banks, life skills, and more.

Location	Name	Contact	Website
Western Washington	Volunteers of America - Basic Needs Services	On-line 425-259-3191	www.voaww.org/Get-Help/Basic-Needs

Body and Brain Donation

If you are interested and considering body or brain donation, contact the agencies below to start the consent and registration process. You may always change your mind, even after registering. Donation of this kind is very difficult to do after someone has died; pre-planning will allow you to fulfill your donation wishes.

Location	Name	Contact	Website
Whole Body Donation and Brain Donation			
Statewide Body Donation	Program in Basic Medical Sciences (WWAMI Program)	Washington State University Pullman, WA (509)335-2602	public.wsu.edu/~wwami/ body_donor/index.htm
	Department of Biological Structure	University of Washington Seattle, WA 206) 543-1860	wbp.biostr.washington.edu/ GeneralInfo/generalinfo.html
Statewide	Department of Biological Structure	University of Washington SM-20 Seattle, WA 98195 (206) 543-1860	
Nationwide Brain Donations	Harvard Brain Tissue Resource Center	McLean Hospital 115 Mill Street, Belmont, MA 02478-9896 800-272-4622	www.brainbank.mclean.org

Caregiver Information and Support

Caregiver resources listed below offer an array of support services for free or at low cost: Family Consultations and Care Planning, Respite Care, Short-Term Counseling, Support Groups, Professional Training, Legal and Financial Consultation and Education.

Support and Information for Family Caregivers

Location	Name	Contact	Website
National	Caring Today Magazine	On-line 203 542 7200	www.caringtoday.com/
National	Caring Voice Coalition	On-line 888-267-1440	www.caringvoice.org/2011/09/hd-huntington-s-disease/
National	Family Care Navigator: state-by-state list from Family Caregiver Alliance	On-line	www.caregiver.org/caregiver/jsp/fcn_content_node.jsp?nodeid=2083
Statewide	Area Agency on Aging (AAA)	On-line 360-485-9761	www.agingwashington.org/local_aaas.asp
Statewide	Family Caregiver Alliance	On-line	www.caregiver.org/caregiver/jsp/fcn_content_node.jsp?nodeid=2149
Statewide	Federal and State Laws About Caregiving	On-line	www.lni.wa.gov/WorkplaceRights/LeaveBenefits/FamilyCare/LawsPolicies/default.asp
Statewide	Family Caregiver Support Program (brochure)	On-line 800-422-3263	bit.ly/zWRqL7
Statewide	Family Caregiver Resource Kit	On-line 800-422-3263	www.adsa.dshs.wa.gov/caregiving/resourcekit.htm
Statewide	Caregiver Resources	On-line	www.aasa.dshs.wa.gov/caregiving/
Statewide	ADSA info on Becoming a Paid In-Home Caregiver	On-line	www.adsa.dshs.wa.gov/caregiving/inHomeCaregiver.htm
Statewide	Family Caregiver Support Program Locator (County) Services to unpaid caregivers	On-line	www.adsa.dshs.wa.gov/Resources/clickmap.htm

Counseling

Participation in therapy and counseling can be very beneficial and assist with coping, problem solving, communication, grief/loss, stress management and other life issues. There are many types of counselors/therapists (LICSW, MFT, Psychologist, etc.) and it is important to choose a provider that you trust and are comfortable with.

Please contact your insurance provider's behavioral health services for a listing of counselors/therapists that accept your insurance. Some counselors/therapists will also offer the options of private pay or a sliding fee scale; please contact the therapist directly for their rates.

Location	Name	Contact	Website
Anywhere	HD Internet Support Groups	On-line	huntingtondisease.tripod.com/internetsupportgroups/
US & Canada	Psychology Today's directory of Therapists, Psychiatrists, Group Therapy, Treatment Centers, and more	On-line	therapists.psychologytoday.com/rms/prof_search.php * click on the menu choices to navigate to your preferred resource
National	Find Counseling.com	On-line	www.findcounseling.com/help/hotlines/index.html
Statewide	Counseling Washington: Counselor Locator Service	On-line	www.counselingseattle.com/counselor.htm
Statewide	Alcohol and Drug Abuse Treatment and Support Act (ADATSA)	On-line	www.counselingseattle.com/acronyms/ADATSA.htm
Statewide	County listing for Mental Health Crisis lines	On-line	www.findcounseling.com/help/hotlines/washington.html
King County	Crisis Clinic	On-line 866-427-4747	www.crisisclinic.org/
Snohomish County	Bridgeways - Sparrow House and Clinical Services	On-line 425-355-8668	www.bridgeways.org/
Local: Bellevue, Marysville, South Snohomish County	New Hope Counseling and Services	On-line 425-330-3898	newhopecounselingandservices.com/

Financial Benefits

Applying for financial benefits can be a frustrating and cumbersome process. Resources below may be able to assist with obtaining application information and forms as well as answering frequently asked questions about the specific programs.

Location	Name	Contact	Website
Nationwide	Social Security Disability	On-line 800-772-1213	www.ssa.gov/applyfordisability/
Nationwide	Social Security Disability Help	On-line	www.socialsecurity-disability.org/
Statewide	Social Security Disability Legal Help	On-line	www.social-security-disability.net/state/washington/top-social-security-disability.html
Statewide	TANF (Temporary Assistance for Needy Families) and Support Services; WA State DSHS	On-line	www.dshs.wa.gov/onlinecso/TANF_Support_Services.shtml
Statewide	List of Money Matters self-Help Info Sheets; from Disability Rights Washington	On-line	www.disabilityrightswa.org/2009-publication-pdf/list-of-money-matters-self-help-information-sheets
Statewide	Benefits Finder; info by Parent Help 123	On-line	www.parenthelp123.org/benefit-finder

Genetic Counseling Washington State

Location	Name	Contact	Website
Pullman	Pullman Regional Hospital	509-332-5106	www.pullmanregional.org/web/summit-therapy/genetic-counseling
Seattle	Group Health	206-326-2525	
Seattle	University of Washington	206-598-4030	
Spokane	Providence Sacred Heart Medical Center	509-474-3810	
Yakima	Children's Village	509-574-6260	
Yakima	Yakima Memorial Hospital	509-575-8160	

HD Specific Medical Care Washington State

HD clinics can offer health and medical support for patients with HD. For specific services offered or to schedule an appointment please contact the clinics directly. Please note: your insurance may not contract with all HD clinics; therefore, to avoid out of pocket costs, contact your health insurance to identify if the following are contracted providers under your plan. For a list of physicians and locations go to the Northwest Chapter website: <http://www.hdsa.org/nw-chapter/hd-physicians.html>

Location	Name	Contact	Website
King County Seattle	University of Washington Center of Excellence	206-598-4030	depts.washington.edu/neurogen/clinics.html
	Dr. Veatch at Everett Clinic	360-563-8600	www.everettclinic.com/Locations/Snohomish.ashx
	Neuroscience Institute Movement Disorders Center	425-899-3123	www.evergreenhealth.com/for_patients/medical_services/neuroscience_institute/booth_gardner_parkinsons_care_center

HD Research On-Line Information

The following websites will provide the most current information about HD research being done in the United States and around the world.

<i>Name</i>	<i>Website</i>
HDSA	www.hdsa.org/research/index.html
European Huntington's Disease Network	www.euro-hd.net
CHDI Foundation, Inc.	www.chdi-inc.org
HD Trials	www.hdtrials.org
HD Buzz	hdbuzz.net
Huntington Study Group	www.huntington-study-group.org
National Institute of Neurological Disorders and Strokes	www.ninds.nih.gov/disorders/huntington/huntington.htm
HD Drug Works	hddrugworks.org
HD: Hope Through Research: National Institute of Neurological Disorders & Strokes	www.ninds.nih.gov/disorders/huntington/detail_huntington.htm

HD Research/Studies/Clinical Trial Sites in Washington

If you are interested in participating in HD research, studies or clinical trials, go to the Northwest HDSA website: <http://www.hdsa.org/nw-chapter/nw-clinicaltrials-update.html> or contact the individual clinics for current trials/studies being conducted, eligibility and enrollment process.

<i>City</i>	<i>Name</i>	<i>Contact Person(s)</i>	<i>Phone</i>	<i>Current Studies/Trials</i>
Kirkland	Evergreen Neuroscience Institute	Marsha Merrick		CREST-E Enroll-HD (coming)
Seattle	University of Washington	Alma Macaraeg		Predict HD Enroll HD (coming)

HD Specific Resources

The following resources are dedicated to outreach, education and advocacy for HD patients, families and community. You may find information about HD symptoms, treatment and care, genetics, coping with HD, where to find support, research, etc.

Name	Contact	Website
Huntington Disease Society of America (HDSA)	505 Eighth Ave, Suite 902 New York, NY 10018 800-345-4372	www.hdsa.org
Mayo Clinic Huntington's information	On-line	www.mayoclinic.com/health/huntingtons-disease/DS00401
HD Advocacy Center	On-line	Message board site www.hdac.org
HD Lighthouse	On-line	www.hdlighthouse.org
Huntington's Dance	On-line	www.huntingtonsdance.org
Huntington's Outreach Project for Education at Stanford (HOPES)	On-line	hopes.stanford.edu
We Are HD	On-line	www.wearehd.org
HD Centers of Excellence - HDTeam.org	On-line	www.hdteam.org/coe.shtml
HSG: Huntington Study Group	On-line	www.huntington-study-group.org
HD Buzz	On-line	hdbuzz.net
HD Drug Works	On-line	hddrugworks.org
HdYo	On-line	en.hdyo.org

Home Health

Home health care services provide a wide range of medical services in a home setting such as physical therapy, speech therapy, occupational therapy, medication assistance, nursing services, etc. Home health is short term and is covered by most health insurances as ordered by a physician. Please contact your insurance provider for a list of Home Health Agencies contracted by your insurance.

Location	Name	Contact	Website
Nationwide	National Association for Home Care & Hospice	On-line 202-547-7424	Search for Home Care and Hospice Agencies in your area. www.nahcagencylocator.com
Nationwide	U.S. Department of Health & Human Services, Centers for Medicare & Medicaid Services	7500 Security Blvd. Baltimore, MD 21244-1850 800-633-4227	Information and resources regarding Medicare eligibility and providers. Visit the website, and choose the Resource Locator tab, then select Home Health Agencies to start the search. www.medicare.gov
Statewide	ADSA - Hiring Skilled Nursing Care	On-line	www.aasa.dshs.wa.gov/pubinfo/services/servicetypes.htm * scroll down to find this listing
Puget Sound	Home Care Seattle	On-line 800-361-0138	home-care-seattle.com/index.html

Hospice and Palliative Care

Hospice and Palliative care offers services and therapies to patients who are in later stages of disease. Hospice and palliative care services strive to improve the quality of life, dignity and comfort of the patient and family when dealing with late stage HD. Teams consist of nurses, social workers, chaplains, and volunteers. Palliative care is offered through medical clinics and is associated with Hospice. Hospice is covered by most health insurances; however, it does not provide 24 hour direct caregiving to patients.

Location	Name	Contact	Website
Nationwide	Hospice Directory	On-line 800-854-3402	Search for local hospice agencies in your area. www.hospicedirectory.org
Statewide	National Association for Home Care & Hospice	On-line 202-547-7424	www.nahcagencylocator.com/SearchResult.asp?rad=ALL&rad3=&city=&state=WA&ftype=&map=yes
Statewide	ADSA info on Hospice Care and Respite Care	On-line	www.aasa.dshs.wa.gov/pubinfo/services/servicetypes.htm * scroll down to the bottom of the page
Statewide	Washington State Hospice & Palliative Care Organization	On-line 866-661-3739	www.wshpco.org * note the menu option "Find a Provider"

Housing: Placement Agencies/Locating Facilities in Your Area

Placement agencies can assist in locating facilities in your local area that will meet your caregiving needs. The process usually includes an intake and assessment to determine care needs and financial considerations. Some placement agencies offer the services free of charge; others charge an hourly rate. Therefore, it is best to ask if a cost is associated with the services.

Location	Name	Contact	Website
Nationwide	U.S. Dept of Health & Human Services, Centers for Medicare & Medicaid Services	7500 Security Blvd. Baltimore, MD 21244-1850 800-633-4227	Information and resources regarding Medicare eligibility and providers. You can search for local nursing homes, view their Medicare rating, and compare local facilities to identify how they rate among other local facilities www.medicare.gov/navigation/resource-locator/resource-locator-overview.aspx
Statewide	Adult Family Home Locator - DSHS website for WA State	Online	fortress.wa.gov/dshs/adsaapps/lookup/AFHPubLookup.aspx * Search for licensed adult family homes by geographic location; also indicates those that have had complaints lodged and been found lacking on State review.
Statewide	A Place For Mom	877-666-3239	A free referral service helping families find nursing homes, assisted living, Alzheimer's care, retirement communities, home care, and other senior care options. www.aplaceformom.com
Western WA	Volunteers of America - Housing for Seniors and Veterans	206-523-3565	www.voaww.org/Get-Help/Housing-for-Seniors-and-Veterans
Puget Sound area	Choice Advisory Services	800-361-0138	www.choiceadvisory.com * huge searchable database for housing, care, products & services
King, So. Snohomish No. Pierce	Silver Age Housing & Care Referral	On-line 425-295-2205 866-930-6925	www.silveragecare.com
Seattle, Tacoma, Bellevue, Everett	Fedelta Care Solutions Placement and care management 24/7	On-line 206-362-2366 877-333-3582	www.fedeltahomecare.com
Seattle-Eastside	Aging Safely	On-line 425-402-9118	www.agingsafely.com Adult Family Home placement services and locator (Medicaid)
Shoreline Seattle Eastside	Sound Transitions Adult Family Home Placement services	On-line 206-285-3835	www.soundtransitions.net
Thurston County	Eldercare Resources of Olympia	360-789-8364	olympiaeldercare.com

Housing: Assisted Living Facilities

Assisted Living Facilities are for individuals who are fairly independent but require some daily supervision and assistance with house chores and personal care. Assisted living facilities may offer rooms or apartment-style accommodations and, often, social activities. Meals are provided. Staff is also available to assist with different care needs, such as bathing, grooming, eating or using the toilet, and care is arranged as needed by the individual. The monthly charge for assisted living is determined by how much care the individual requires.

Location	Name	Contact	Website
Statewide	ADSA info on Assisted Living Options	On-line	www.aasa.dshs.wa.gov/pubinfo/housing/other/#AFH
Statewide	VirtualCIL Directory of Independent Living Centers	On-line	www.virtualcil.net/cils/query-iandr.php?state=wa
Statewide	Assisted Senior Living Options	On-line	www.assistedseniorliving.net/services/washington

Housing: Residential Care Facilities/Board and Care Homes

Residential Care Facilities, often called Board and Care or Adult Family Homes (AFH), are small group homes that provide constant supervision, meals, and provide care for people who cannot be left alone, but do not require skilled nursing care from a registered nurse. Residential care facilities provide assistance with bathing, grooming, eating, using the toilet and walking, and they also provide socialization and may provide recreational activities. Monthly costs for these homes vary and are usually negotiable.

Location	Name	Contact	Website
Nationwide	Senior Care at UCompare Health Care	On-line	www.ucomparehealthcare.com/nursinghome_start.html
Statewide	ADSA info on Assisted Living Options	On-line	www.aasa.dshs.wa.gov/pubinfo/housing/other/#AFH
Statewide	ADSA Info for Adult Family Home Providers	On-line	www.aasa.dshs.wa.gov/professional/afh.htm
Statewide	Adult Family Home Locator	On-line	fortress.wa.gov/dshs/adsaapps/lookup/AFHAdvLookup.aspx

Sites with HD Experience

The facilities listed below were provided as possibly having some experience with HD. Inclusion in this list does not constitute endorsement.

Location	Name	Contact	Website
Marysville	Quilceda Creek Manor	877-311-6099	fortress.wa.gov/dshs/adsaapps/lookup/NHAdvLookup.aspx
Mukilteo	Mukilteo Sunset	425-355-8870	mukilteosunset.com
Everett	Princess Care AFH	425-514-8319	
Shoreline	Broadview Home	206-542-7094	
Lynnwood	Good Faith AFH	206-579-5584	
Lynnwood	Alpha Services LLC	425-361-7695	almadimapolis@aol.com
Lynnwood	Care Plus AFH	425-582-2080	
Puyallup	Country Living AFH	253-848-4842	annamareke@yahoo.com

In-Home Assistance

In-home assistance consists of companionship, housekeeping, cooking, personal care (dressing, grooming, bathing, etc.), and grocery shopping. This service is usually provided on an hourly basis and is not covered by most health insurances. Most in home assistance agencies will charge by the hour; rates range between \$20--\$25 per hour and may have a 3-4 hour minimum. However, the rate and minimum number of hours varies by agency. For additional in home assistance providers, look in the yellow pages of your local phone book usually under Eldercare Home Health Services.

Location	Name	Contact	Website
Nationwide	Comfort Keepers	800-387-2415	National website for office nearest you. www.comfortkeepers.com
Statewide	Area Agency on Aging (AAA)	360-485-9761	www.agingwashington.org/local_aaas.asp
Statewide	ADSA Services to help an adult remain at home	On-line	www.aasa.dshs.wa.gov/pubinfo/services/servicetypes.htm * Scroll down for additional resources
Statewide	COPES Services Info & County offices	On-line	www.choiceadvisory.com/about_entitlements_Medicaid_and_COPES.aspx
Sno, Skagit, King & Island Counties	Cascade Companion Care	888-390-6068 On-line	www.cascadecompanioncare.com

Insurance Benefits

Applying for insurance benefits can be a frustrating and slow process. Resources below may be able to assist with obtaining application information and forms as well as answering frequently asked questions about the specific programs.

Location	Name	Contact	Website
Nationwide	Medicare	800-772-1213	www.medicare.gov
Nationwide	Family Medical Leave Act (FMLA)	866-487-9243	www.dol.gov/whd/fmla
Nationwide	Patient Advocate Foundation	On-line	www.patientadvocate.org/index.php
Nationwide	About SSI - Social Security Disability Help	On-line	www.socialsecurity-disability.org/content/about-ssi
Nationwide	Social Security disability vs. SSI disability	On-line	ssa-custhelp.ssa.gov/app/answers/detail/a_id/245/session/L3RpbWUvMTMwNzY0ODUwNy9zaWQvRU5VX3k1d2s%3D
Statewide	Family and Medical Leave Insurance	On-line	www.eoionline.org/work_and_family/family_leave_insurance.htm
Statewide	Long-term Care Insurance - WA State Office of Ins. Commissioner	On-line	www.insurance.wa.gov/consumers/longterm_care/index.shtml
Statewide	Washington Law Help - Disability Insurance search results	On-line	www.washingtonlawhelp.org/wa/searchresults.cfm/language/1?q=disability+insurance
Statewide / County by county listing	WA State Office of Insurance Commissioner: Health Insurance Benefits Advisors	On-line	www.insurance.wa.gov/shiba/shiba_map_ns.shtml

Legal Assistance and Forms

Legal assistance can include: Living wills, conservatorship, advocacy, criminal, elder law, disability, housing, and health and government benefits.

Location	Name	Contact	Website
Nationwide	Patient Advocate Foundation	On-line	www.patientadvocate.org/index.php
Nationwide	Washington Power of Attorney & Health Care Forms	On-line	www.uslegalforms.com/powerofattorney/washingtonpoa.htm
Nationwide	Five Wishes - Aging with Dignity	On-line	www.agingwithdignity.org/index.php
Statewide	Columbia Legal Services	On-line	www.columbialegal.org/index.php
Statewide	Area Agency on Aging (AAA)	On-line 360-485-9761	www.agingwashington.org/local_aaas.asp
Statewide	Washington Law Help	On-line	www.washingtonlawhelp.org/WA/index.cfm
Statewide	Disability Rights Washington; assistance and legal advocates	On-line	www.disabilityrightswa.org/tools-to-help-you/more-tools
Statewide	Washington Disability Attorney - disability Insurance Lawyers	On-line	www.diattorney.com/washington-disability-attorney-insurance-lawyers
Western Washington	Volunteers of America - Dispute Resolution Services	On-line 425-259-3191	www.voaww.org/Get-Help/Dispute-Resolution-Services
King, Pierce, Snohomish, Spokane, Yakima Counties	Team Child Agency upholding the legal rights of youth to ensure that they have opportunities to succeed.	On-line	teamchild.org/index.php/counties
Statewide	N.W. Justice Project Clearinghouse of legal self-help materials, advice and referral hotline, limited assistance	On-line	www.nwjustice.org

Medical/Safety Equipment

When seeking medical equipment, remember to consult your doctor for appropriateness and safety. Some medical equipment may be available through your health insurance and prescription from your doctor. Equipment that is not covered by your health insurance can always be purchased privately; costs will vary. Additional recommendations for medical equipment can be local consignment stores, Wal-Mart, Target, and local churches. Please make sure that you inspect all medical equipment for proper maintenance and safety before using and/or purchasing. For a listing of local medical equipment providers in your area, please look in the yellow pages under Medical Equipment.

Location	Name	Contact	Website
Nationwide	Apria Health Care	800-277-4288	www.apria.com
Nationwide	Broda Seating	800-668-0637	www.seatingisbelieving.com * click on menu for a variety of top quality seating, chairs, and mobility systems
Nationwide	In Step Mobility Products Inc.	800-558-7837	www.ustep.com
Nationwide	Philips Lifeline	800-380-3111	www.lifelinesys.com
Nationwide	U.S. Dept. of Health & Human Services, Centers for Medicare & Medicaid Services	7500 Security Blvd. Baltimore, MD 21244-1850 800-633-4227	Information and resources regarding Medicare eligibility and providers. Once on the website, go to Resource Locator tab and select Medical Equipment Suppliers to start the search. www.medicare.gov
Nationwide	HDSA	505 Eighth Ave, Suite 902 New York, NY 10018 800-345-4372	Online Equipment Exchange Board facilitates sharing of durable medical equipment such as Broda chairs and beds, wheelchairs, walkers, hospital bed accessories, and assistive mobility devices. To post your used equipment, or to see what is available, just go to the Living with HD section of the HDSA website, www.hdsa.org . Please note that Donation receipts cannot be issued for posted equipment. HDSA does not participate in any equipment transaction, nor can it take possession of posted equipment or offer advice about the suitability of equipment for your loved one.
Nationwide	Headgear - Martial Arts supply	On-line	www.karatedepot.com/controller.aspx?type=view&info=search&a=ft&v=helmets
Nationwide	AbleData	8630 Fenton St, Suite 930 Silver Spring, MD 20910 800-227-0216	AbleData provides objective information about assistive technology products and rehabilitation equipment. abledata.com
Statewide	Medic Alert Foundation	888-633-4298	www.medicalert.org

Nationwide	Assistive Tech		Provides access to information on AT devices and services as well as other community resources for people with disabilities and the general public. assistivetech.net
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Medication Assistance

Organizations may offer medication payment assistance, discounted medication and/or free clinics. Certain drugs may be obtained free from the manufacturer with a prescription from your doctor accompanied by an application which verifies your income.

Location	Name	Contact	Website
Nationwide	Lundbeck, XenaZine USA	888-882-6013	Medication Assistance for Xenazine: The REACH (Resources, Education and Access for patients with Chorea associated with Huntington's disease) program is designed specifically to help ensure that qualified patients who may benefit from Xenazine therapy gain access to this therapy as quickly as possible without administrative and financial barriers. To learn more visit: www.xenazineusa.com/MedicationAssistance/Medication-Assistance-REACH.aspx
Nationwide	Medicare Plans at Medicare.gov	On-line	www.medicare.gov/default.aspx
Nationwide	Needy Meds	On-line	Website offers Patient Assistance with medications, discount cards and free clinics. Please visit the website for information about eligibility and prescriptions covered. www.needymeds.org
Nationwide	Partnership for Prescription Assistance	888-477-2669	Website offers Medication Assistance please visit the website for eligibility and prescriptions covered. www.pparx.org
Nationwide	Rx Assist		Patient assistance program center. www.rxassist.org
Nationwide	Pharmacy Checker.com	On-line	Compare Rx prices for medications; see pharmacy ratings and shipping fees. www.pharmacychecker.com
Nationwide	NAMI Rx Assist	On-line	www.nami.org/helpline/freemed.htm
Nationwide	AstraZeneca Help pay for Rx by this manufacturer	On-line 800-236-9933	www.astrazeneca-us.com

Mental/Behavioral Health

In a mental health emergency please call 911 or take the person in crisis to the nearest emergency room. Each county will vary on the amount of Mental/Behavioral Health resources available. Check to see if there is a County Mental Health Department that may also provide additional resources in your area.

Location	Name	Contact	Website
Statewide	Network of Care	On-line	Website offers a list of resources that include: adult and child psychiatric outpatient & inpatients facilities www.networkofcare.org
Statewide	Mental Health Information: info from WA State DSHS	On-line	www.dshs.wa.gov/dbhr/mh_information.shtml
Statewide; county by county lists	Mental Health Action: Regional Support Networks (RSN)	Online	www.mentalhealthaction.org/Resources/RegionalSupportNetworksRSN.aspx
Western Washington	Volunteers of America - Emergency Mental Health Services	425-259-3191	www.voaww.org/Get-Help/Emergency-Mental-Health-Services
Snohomish County	Bridgeways - Clinical Services	On-line; or call toll free: 877-355-8668	www.bridgeways.org/mentalhealth.html
Island, San Juan, Skagit, Snohomish Counties	Compass Health Wide range of behavioral health services for clients of all ages	On-line	www.compasshealth.org/services/our-services

Nutrition/Food

Nutrition & food resources include community center meals, home delivered meals, recipes, etc.

Location	Name	Contact	Website
Nationwide	Nutrition for People with Huntington's Disease	On-line	www.renettedavis.com/nutritn.html
Statewide	Area Agency on Aging (AAA)	360-485-9761	www.agingwashington.org/community_services.htm
King County & Seattle	Food Banks - directory	206-694-6756	www.scn.org/crisis/food.html
Seattle	Emergency Food; info from Seattle.gov Human Services Department	On-line	www.seattle.gov/humanservices/emergencyservices/emergencyfood.htm
North Seattle	North Helpline: Emergency Services and Food Bank	On-line: or Food Bank 206-367-3477; Emergency: 206-365-8043	www.northhelpline.org/index.html
Statewide	Food Bank Locator By County	On-line	www.commerce.wa.gov/maps

Nationwide	Meals on Wheels Locator by Zip Code	On-line	www.mowaa.org/page
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Respite

Community respite programs are limited; however, many Assisted Living or Memory Care Facilities will offer respite services for a daily fee. This is not covered by health insurance. Please contact the resources below and/or any local Assisted Living/Memory Care Facilities in your area for costs and eligibility.

Location	Name	Contact	Website
National	Arch Respite Locator	On-line	archrespite.org
National	Eldercare Caregiver info & resource, database, respite locator	On-line 1.800.677.1116	www.eldercare.gov/Eldercare.NET/Public/Resources/Factsheets/Respite_Care.aspx

Senior/Disabled Adult Services

The resources listed below will offer a wide range of services to seniors (60 or older) and disabled adults. Resources/Services include: linking you with local senior/disabled services, case management, respite, food services, information & assistance, senior centers & activities, legal services, friendly visitor/telephone reassurance, in-home assistance, etc.

Location	Name	Contact	Website
Statewide	Area Agency on Aging (AAA)	360-485-9761	www.agingwashington.org/local_aaas.asp
Statewide	ADSA - Adult/Senior Services & Information	On-line	www.aasa.dshs.wa.gov/pubinfo/
Statewide	ADSA Headquarters Phone Number Directory	On-line	fortress.wa.gov/dshs/adsaapps/contact/phonenumbers.aspx
Clallam & Jefferson Counties	Senior Resources	On-line	nwseniors.com/Olympic.html
Western Washington	Volunteers of America - Disability Services	425-259-3191	www.voaww.org/Get-Help/Developmentally-Disabled-Services
N.W. Region	Senior Care Guide Senior Center locator, meals, placement	On-line	www.theseniorcareguide.com
Statewide	Senior Resource Locator for wide range of resources	On-line	www.seniorresource.com

Support Groups in Washington State

You are not alone. Support groups can be a great way to meet with and connect with other individuals in your community that are in a similar situation as yourself.

Location	Name	Contact	Website
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Clark Co./ Vancouver area	HD Caregiver Support Group 3rd Thurs. of month 6:30 p.m.	Russ Kastberg (360) 430-5541 rkastberg@cni.net	Northlake Baptist Church 5201 NE Minnehaha St. (63d) Vancouver, WA
Skagit and Whatcom counties/ Mt. Vernon, Bellingham	HD Support Group 2nd Tues. of month 6:30 p.m.	Cindy Crossman (425) 327-6887 cindycrossman@gmail.com	Skagit Valley Hospital Mt. Baker Room 1415 E Kincaid Mt. Vernon, WA
Thurston Co./Olympia	HD Support Group 1st Mon. of month 5:30-7:00 p.m.	Denise Berglund (360) 426-7274	Providence St. Peter Hospital 413 Lilly Road, NE Olympia, WA
Kitsap co./ Poulsbo	HD Support Group	Mary Ann Pence (360) 271-5589 Contact for information	
King Co./ Renton	HD Support Group for Caregivers Only 2nd Sat. of month 10:00 a.m. to Noon	Donna Ross, M.S.W. (206) 257-1780	Valley Medical Center Medical Arts Center Building Room MAC "C" Northwest corner of campus Renton, WA
King Co./ Seattle	HD Support Group 2nd Mon. of month 6:30 to 8:00 p.m.	Rev. Jim Bridges (360) 403-0909 revjimbridges@gmail.com	HDSA Northwest Chapter offices 4131 11th Av. NE, Penthouse 1 Seattle, WA
Snohomish Co./ Everett	HD Support Group 4th Tues. of month 6:30 p.m.	LaVonne Goodman (206) 362-2907 lavonne@hddrugworks.org	Everett Clinic Conference Center Pilchuck Room 3830 Hoyt Ave. Everett, WA
Global	HD Internet Support Groups Multitude of groups for all ages, addressing many issues and needs.	On-line	huntingtondisease.tripod.com/ internetsupportgroups

Top 12 Major Resources and Websites

The following resources are major sources of information, providing comprehensive listings of agencies, services, organizations, and other provisions.

Location	Name	Contact	Website
National	Medicare.gov	On-line	www.medicare.gov/default.aspx
National	Social Security - US Social Security Administration Website	On-line	www.ssa.gov
National	Huntington's Disease Advocacy Center	On-line	www.hdac.org * information for HD Families compiled by HD Families
National	National Association of Area Agencies on Aging	On-line	www.n4a.org
Statewide	Washington Information Network 211	On-line or dial 211	www.resourcehouse.info/Win211
Statewide	Aging & Disability Services Administration (ADSA)	On-line	www.adsa.dshs.wa.gov
Statewide	WA State Department of Health	On-line	www.doh.wa.gov
Statewide	Washington State Department of Social and Health Services (DSHS)	On-line	www.dshs.wa.gov * Vast information; get started by clicking on "New to Medicare"
Statewide; also by county	Washington Association of Area Agencies on Aging	On-line	www.agingwashington.org/default.htm
Statewide	Access Washington	On-line	access.wa.gov/Home.aspx * click on Agencies or Services for a comprehensive list.
King County	Area Agency on Aging for Seattle and King County	On-line	www.agingkingcounty.org
King County	King County Community Services Division	On-line	www.kingcounty.gov/socialservices/CSD.aspx * Navigate for housing, veterans' program, and more.
Note	Major Additional Resources For additional resources not listed, look in the Yellow Pages and/or visit United Way 2-1-1 Information and Referral.		

Transportation

Transportation resources vary widely between cities and counties. You may also find additional transportation resources in your county/city by looking in the phonebook. Transportation ranges from public (bus, train, Para-Transit, Dial-a-Ride, etc.) to private (taxi, wheelchair van, cabulance, gurney van, etc.). If you are in need of taxi, wheelchair or gurney transportation, look in your local phonebook for companies in your area.

Location	Name	Contact	Website
Statewide	Accessible Travel - info from WA State Dept. of Transportation	On-line	www.wsdot.wa.gov/choices/accessible.cfm
Statewide	Area Agency on Aging (AAA)	360-485-9761	www.agingwashington.org
Statewide	Disabled Parking - info from WA State Dept. of Licensing	On-line	www.dol.wa.gov/vehicleregistration/parking.html
King County	Metro Paratransit/ACCESS Disability Transportation	206-263-3113 (866)205-5001	metro.kingcounty.gov/tops/accessible/paratransit.html
Snohomish County	Dial-a Ride (DART) Disability Transportation	On-line (800)562-1381	www.dialaride.org
Pierce County	Pierce Shuttle	Online; or call 253-984-8216	www.piercetransit.org/shuttle/htm
Central Puget Sound region	Find A Ride Transportation locator for persons with disabilities	On-line	www.findaride.org