

News and Resources

April 2021

for Families of Children and Youth with Special Health Needs

The OR F2F HIC helps families of children, youth, and young adults with special health needs navigate health care and other systems. This newsletter highlights up-to-date, practical information and resources for families and is published a few times per year. [Contact us](#) to be added to the mailing list.

How to get your COVID vaccine:

People with disabilities, their household members and paid caregivers were included in Oregon's Phase 1A of the COVID-19 vaccine rollout. That means that you are probably eligible to get vaccinated. But how? Try the vaccine locator tool at GetVaccinated.Oregon.gov to find a vaccination site near you or to get messages when one becomes available. County caseworkers and the hotline 2-1-1 should also be able to help.

Find help for medical bills!

The Portland-based Dollar For organization has gone viral for its ability to help with medical bills. Started as a direct charity, Dollar For has expanded its work to include advice on how to apply for fee waivers.

Many large health care systems have programs called Charity Care that forgive medical debt for people who can't afford it. Often the process is confusing and bureaucratic but Dollar For is streamlining the process.

Visit dollarfor.org/debt-forgiveness to get started. Or, search your health provider's website for "Charity Care."

- [OHSU Financial Assistance](#)
- [Providence Financial Assistance](#)
- [Legacy Financial Assistance](#)

Visit our [Facebook](#) page and [website](#).

[Speak with a Parent Partner:](#)

For more information, to schedule a free training, or to be added to our mailing list: contact@oregonfamilytofamily.org



Parent spotlight: Shasta

Q: What has surprised you the most about being a medical mom?

A: How complicated everything is! I had no idea that there was this complicated web of services, each with their own assessments and requirements and limits. It's mind-boggling and stressful. I once counted more than 70 different people I had to interact with as a result of my twins' extra needs. I don't think anyone understands how complex these systems are until they are in the center of it.

Q: What is one thing you would love the world to know about your child?

A: For my child in a wheelchair, I wish they would know how smart, funny and complex he can be. Often people see the wheelchair and put him in a box. For my child with behavior issues, I wish they would know how kind, joyous and loving he is. Most of the time, he's the happiest kid you've ever seen and he loves to help people.

OREGON FAMILY TO FAMILY HEALTH INFORMATION CENTER

Introducing “Table Talks”

Small gatherings for sharing ideas and learning from one another

Table Talks are a great way for parents and caregivers to explore topics related to raising children who experience special health needs. They are informal, informative, and supportive, but not formal “support groups” or trainings. OR F2F HIC Parent Partners facilitate the conversations and participants will receive useful resources afterwards. Each Table Talk is limited to 10 participants and you can receive a \$25 Amazon or Walmart gift card as a thank you for your time and expertise! Upcoming Table Talks are:

Planning for your youth’s independent living: Tuesday, April 27, 6:30 – 7:30 pm

[Request a spot or more information](#) by April 24

We’ll discuss: Do you want to encourage your youth’s independence but worry about their health and safety? What are your considerations? What would help you and your youth achieve your dreams?

Dealing with a child’s health emergency: Saturday, May 15, 11 am - noon

[Request a spot or more information by May 11](#)

We’ll discuss: Has your child with special health needs required an ambulance or emergency room at least once? What worked or didn’t work? What suggestions do you have for EMS professionals for working with families and kids with unique health needs?

Parents as paid, in-home care providers

In January, Oregon’s Office of Developmental Disabilities Services announced that parents of children with the highest support needs could temporarily become paid in-home care providers. This applies to parents of children in Children’s In-Home Intensive Services program or who receive more than 240 hours of attendant care through the “K-plan.”

This will last for the duration of the federal Public Health Emergency, currently set to expire April 20, 2021. Parents are required to comply with the same employment rules as hired caregivers. These include: the prohibition on caring for other family members, the prohibition on teleworking, and the requirement to clock in and out with Electronic Visit Verification.

To learn more about this program [visit the ODDS website](#) or ask your county caseworker.



Legislative session on now

The 2021 Oregon Legislative session is expected to run through the end of June.

The Oregon Council on Developmental Disabilities produces a newsletter called the Go! Bulletin on notable bills. [Sign up here.](#)

Or, simply write to your legislators on issues that are important to you and the children you care about. Find yours at:

<https://www.oregonlegislature.gov/findyourlegislator/leg-districts.html>

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