

News and Resources

June 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.

It's summer! What to do and see while staying safe from COVID

This summer will still be a bit unusual, especially if your children are under 12 or otherwise unvaccinated. Fortunately, there's still a lot of fun things to do. [Experts say](#) outdoor activities are safe, even without a mask — as long as you can maintain social distance or stick with a pod of safe people. If you can't, keep the mask on.

- Oregon State Parks' website shows 50 parks with accessible features. Filter [the list of all state parks](#) by clicking on the features button and selecting "ADA Facilities."
- The U.S. National Parks offers [a free lifetime pass](#) to anyone with a lifetime disability. The pass requires some effort and a \$10 fee but allows free access to federal lands including Crater Lake National Park.
- Portland-based Harper's Playground maintains [a list of playgrounds](#) around the region that have been built for all-abilities play. Bring sanitizer and consider going at low-traffic times.
- Don't forget about your local (city or county) parks and recreation facilities.

Check out our website for more recreation ideas for those ages [0-5](#), [6-12](#), [teens](#), and [adults](#).

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: Jenny

Q: Was getting a diagnosis important or helpful to you or your child?

A: The diagnosis was helpful with services, because being undiagnosed doesn't get you very far... But for us, it gave us a way to finally connect with other parents who we could relate to, which has been amazing.

Q: What is one thing you wish you knew when you first got the diagnosis?

A: I wish someone had taken all the resources and pamphlets that we were being handed, pulled out the DD services one and said: "Start here." Had I known that the respite/caregiver help and Medicaid insurance would come from that, I wouldn't have let that application sit on my pile of 'overwhelming stuff' for a year.

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

A: That the world is a better place with Winnie in it, and that nothing about her is a burden or should be hidden away.

LEND Family Fellowship Applications Now Open

Parents and guardians of children with neurodevelopmental disabilities may now apply to serve as the 2021-22 Family Trainee through OHSU's Leadership Education in Neurodevelopmental & related Disabilities (LEND) Family Trainee Fellowship. Family trainees will work 16 hours a week, providing a "family

voice." They will work closely with clinicians at the Child Development and Rehabilitation Center (CDRC) on the OHSU campus in Portland. The program includes weekly seminars and leadership opportunities, and the trainee will receive a minimum stipend of \$600 per month. The fellowship runs from September

2021 to June 2022.

Applications are due June 25 and must include a letter of interest, a current resume and one letter of reference. Due to the ongoing COVID-19 pandemic, some activities may be virtual. Read more at ohsu.edu/lend and get application instructions [here](#).

In brief...

Free series to help build advocacy in parents of blind children or those with vision loss

Does your child experience vision loss? Would you like to learn more about helping others advocate for their children with vision loss? Prevent Blindness is offering a free 8-week educational series for parents to build advocacy skills. To learn more, [visit their website](#).



Medicaid member? Off-set your broadband bill by up to \$75 per month

Applications are now open for the Emergency Broadband Benefit. The federal program will provide a discount of \$50 per month towards broadband service for eligible households and \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price. Read more at the [FCC official site](#) or at <https://getemergencybroadband.org/>



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