Oregon Office on Disability and Health Creates Tools to Navigate Health Care Resources

October 2026

Challenge:

Finding and using resources to navigate the complex health care system is a challenge for many Oregonians with disabilities, their family members, caregivers, case managers, and other service providers. Many directories exist, but comprehensive directories can be overwhelming, and the information can become quickly outdated.



Preventive Healthcare

Resource Navigation Guide

Oregon Office on Disability and Health

Approach:

To address this need, the Oregon Office on Disability and Health (OODH) created a series of Resource Navigation Guides. Rather than provide a comprehensive list of resources, these guides help people find and use existing information and resources.

- Guides cover five topics: Recreation and Wellness, Preventive Healthcare, Primary Care, Mental Health Care, and Oral Health Care.
- They are designed for people with disabilities, family members, caregivers, case managers, and other service providers.
- The Guides build upon information gained from the OODH Linkage Project, a service that helps people with disabilities connect to needed health services.
- The digital guides can be downloaded or printed from the OODH Navigating Resources webpage. On-demand training on how to use the guides is also available on the webpage.

Partnerships informed and enhanced the approach:
Colleagues from the Michigan State Disability and Health program had published navigation guides and advised us on the project. 181 intellectual / developmental disability services case managers completed a survey that included resource nominations. The OODH Advisory Council and community members with disabilities across the state provided input on the guides, resulting in use of accessibility features of interest to the community. These include icons throughout the guide, and use of both links and QR codes to access resources. Partners also reviewed the guides for accuracy and ease of use. Additional funding from the state of Oregon Office of Developmental Disability Services expanded the project. Community members requested a webinar describing how to use the guides, and funding from Trillium Community Health Coordinated Care Organization funded a training webinar.

Results:

These navigation tools are useful to people with disabilities and their supports, as shown by their usage numbers.

- As of July 2026, the five OODH Navigation Guides combined for over **890 downloads.**
- A July 2026 training webinar had **40 attendees**, including community members and partners from organizations in **11 counties.**
- To meet ongoing interest, a video version of the training webinar is available on-demand.

Access the Resource Navigation Guides by using the QR code below.

OHSU

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