

# Moving to Oregon

Information and Resources for Families of Children with  
Special Health Needs

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Questions? Contact us.  
We're here to help.  
1-855-323-6744  
[www.oregonfamilytofamily.org](http://www.oregonfamilytofamily.org)



This document lists most of the key agencies that work with children and youth with special health or developmental needs. Your child may not need or be eligible for every service on this list, but these are a good place to start. A few tips:

- It's unlikely that the services you have in your current state will be delivered in the same way in Oregon. Depending on where you move from, you may receive more or fewer services.
- Refer to this [checklist](#) that was put together by other families of children with special needs.
- Each county in Oregon may have slightly different procedures and limitations on services. For example, some counties have waiting lists for services while others do not. Not sure of the name of your new county? This website can help: <http://bluebook.state.or.us/local/cities/ad/index.htm>
- If you are flexible about what county you can live in, you can call more than one county and compare services and systems. Depending on where you live in the Portland metropolitan area, you could be either Washington, Multnomah, or Clackamas County. This [map](#) will help you learn which county you are in.
- Before you move, contact the agencies you may need and ask to talk with a supervisor or manager from that program. Tell them about your child's diagnosis and support needs. Ask all of the questions you have, and [use this form](#) to take good notes and write down the name of the person you talked to. With this information, it will be easier to hit the ground running when you arrive.
- Unlike some states, Oregon does not have "one-stop" or centralized care coordination services. Your child may have a care coordinator through your doctor's office, one through the health department, one through the insurance plan, and one through the developmental disabilities system. It sounds complicated, but we can help you navigate the new system!

## Finding your child's health care

### Doctors - Primary Care and Specialty

To find a pediatrician or other health provider before your move, try searching these websites. Bear in mind that some Oregon counties do not have any pediatricians or pediatric specialty clinics.

[Oregon Medical Board Licensee Search by county/specialty](#)

[Oregon Medical Association Physician Finder](#)

[American Medical Association Doctor Finder](#)

### Children's Hospitals

Oregon has three children's hospitals, all located in the Portland Metropolitan area.

[Doernbecher Children's Hospital](#)

[Shriners Hospital](#)

[Randall Children's Hospital](#)

## Other Oregon Hospitals

[Rural Hospitals](#)

[Critical Access Hospitals](#)

## Health Clinics

These clinics may be available to your entire family while you get connected to health care and insurance.

[Rural Health Clinics](#)

[Federally Qualified Health Centers](#)

The Federally Qualified Health Center in your community is: [Virginia Garcia Memorial Health Center](#)

## Pediatric Rehabilitation and Specialty Clinics

This is a partial list. Other pediatric rehabilitation and specialty clinics exist in other communities.

[OHSU Child Development and Rehabilitation Centers](#) (Eugene/Portland)

[Providence](#) (Portland, Oregon City, Newberg)

[PEDAL Clinic, St Charles Hospital](#) (Bend)

[Shriners Hospital](#) (Portland)

[Salem Health](#) (Willamette Valley)

[Legacy Health](#) (Portland Metro – Oregon’s sole pediatric physiatry center)

## Speech, Physical, Behavioral, and Occupational Therapists

Licensed therapists with pediatric experience work in all parts of Oregon, although residents of some communities may have to travel outside of their hometown. These websites list licensed therapists:

[Speech Language Pathology and Audiology](#) (search by city name)

[Physical Therapists](#) (search by “Oregon” to see all cities in alpha order)

[Occupational Therapists](#) (search by city name)

[Behavior Analysts](#) (search by Behavior Analysis Board/Licensee Name)

## Dental Clinics

There are two dental clinics co-located in hospitals that specifically serve children with special health care needs. Of course, there are qualified dentists in many other Oregon communities who also have experience with special needs.

[Providence Specialty Pediatric Dental Clinic](#)

[OHSU Pediatric Dental Program at Doernbecher Hospital](#)

## Insurance: Public (Oregon Health Plan/Medicaid) or Privately Paid

Oregon is a great state for kids’ health insurance! It has a “one stop shop” to find out what kind of insurance your child qualifies for, and to buy a private policy if you need to. If you want to find someone in your county to help you with the application, or to learn more about eligibility for the Oregon Health Plan, go to <http://healthcare.oregon.gov/Pages/find-help.aspx> Read more about the Oregon Health Plan [here](#).

## Coordinated Care Organizations (CCOs)

If your child is eligible for OHP (Medicaid) he or she will be enrolled in one of the Oregon's 16 Coordinated Care Organizations. CCOs provide health, mental health, and dental care.

Each CCO is required to have an Intensive Care Manager (sometimes called an Exceptional Needs Care Coordinator) to help families of kids with complex conditions coordinate their care. If your child is frequently hospitalized, has many specialists, or takes multiple medications, you will want to talk to your CCO to find out more about getting an ICM.

The CCO for your community is: Health Share <http://www.healthshareoregon.org/for-members>

## Disability-related services

### Respite Care

Some children will qualify for respite care through mental health or developmental disability Oregon programs, but parents generally have to find their own providers and manage the paperwork. *If respite care is vital to your family*, be sure to mention it early on to the programs you talk to. Families may also hire their own qualified respite providers through the [Oregon Home Care Commission](#).

### Respite Care for Medically Fragile Children and Youth up to age 21

Respite care for children who require around-the-clock nursing-level care may be cared for at the [Center for Medically Fragile Children](#).

### Community Developmental Disabilities Programs

In Oregon, parents call this program “DD Services” for short. Your child may be eligible to receive assistance through DD Services if they are significantly impaired in daily functioning. Most likely, if your child is eligible for developmental disability services in your home state, they will be eligible in Oregon, *but you must still go through the eligibility process*. This process can take a few weeks, so be sure you have all of your records handy. Ask your current case manager to work with you and your new Oregon CDDP through the transition process. Call the number below and ask to speak with someone in “Intake” or “Eligibility”. [Read more here](#).

Clackamas County 503-557-2824

Multnomah County 503.988.6258

Washington County 503-846-4737

## Children's Intensive In-Home Services: Medically Fragile/Medically Involved/Intensive Behavior Programs

971-673-3096 <http://www.oregon.gov/dhs/DD/pages/children/in-home.aspx>

Your child may qualify for services such as home nursing or respite in one of these three “Medicaid Waiver” programs. CIIS is Oregon’s version of the Katie Beckett waiver you may be familiar with in your state. There may be a waiting list for the **Medically Involved Program**, *usually you are referred by your case manager* from the Community Developmental Disabilities Program (above). You can self-refer if you have documentation from another state.

If your child is **technology-dependent**, he or she will probably qualify for the **Medically Fragile** program, and *there is no waiting list*. You may contact the CIIS program before you arrive in Oregon, but be prepared that you may have to wait for a few weeks to determine eligibility.

If your child has intensive **behavioral needs** and you have problems keeping him or her or other members of the family safe, he may qualify for the **Behavior Program**. Your child must be receiving services through the Community Developmental Disabilities Program in order to be considered for this program. There will likely be a waiting list for these services.

For more information about these three programs, call 971-673-3096 or visit <http://www.oregon.gov/dhs/DD/pages/children/in-home.aspx>

*TIP: Ask your current health plan or case manager in your home state to help you in the eligibility process for these Intensive In-home Services.*

## Schools and Special Education Services

### Early Intervention for aged birth to 5

In Oregon, the Early Intervention (ages 0-3) and Early Childhood Special Education (ages 3—5) programs are managed together. According to Federal Education Law, children with developmental delays or disabilities may be eligible for home visiting or center-based teaching by a trained interventionist. If your child is under the age of five, contact the [EI/ECSE program](#) for your county.

### Special Education: Kindergarten through 12th Grade

Special Education in Oregon is coordinated through one of 19 Education Service Districts (ESDs). The ESDs publish Special Education “report cards” for many districts. They are available to view at <http://www.ode.state.or.us/data/reportcard/sped/default.aspx?Type=D&Language>

If you do not know the name of the school district you are moving to, contact the State Office of Education at 503-947-5600.

The ESD serving Washington County is: [Northwest Regional Education Service District](#)



# Support for Families

## Parent Support (Health systems, insurance, etc.)

[Oregon Family to Family Health Information Center](#)

503-494-0865 (outside of Oregon) 855-323-6744 (in Oregon)

Our Parent Partners are available to help you find what you need for your child with special health needs. Call and leave a message, and someone will get back to you within two days. They can provide resource information about your child's diagnosis and helpful toolkits too.

## Parent Support (Educational rights)

[FACT Oregon \(Parent Training and Information Center\)](#) 1-888-988-3228

Talk with a trained parent about IEPs, 504 plans, and all things special education. Also offers community activities for families, free workshops and more.

## Parent Support (Recreation, Community Events, etc.)

[United Cerebral Palsy of Oregon](#) serves families of kids who experience CP or similar conditions, such as genetic syndromes. They offer support and recreation for the whole family, a [conference](#) every other year, a facebook page, and lots more.

[Northwest Disability Support](#) promotes advocacy and education for all in an inclusive community. Offers the All Born (in) conference, which is the state's only cross-disability, best-practices in educational inclusion event.

Lots more information can be found at the [Oregon Family to Family Health Information website](#).

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