

News and Resources

December 2021

for Families of Children and Youth with Special Health Needs

Who ya gonna call? Parent partners!

In every state and U.S. territory, there is a health information center like OR F2F HIC. Their mission is to cut through the health care confusion and connect families to the resources they need.

While [our website](#) has hundreds of resources, sometimes you need the insight and expertise of a flesh-and-blood person. Families who call 1-855-323-6744 can speak to someone in English or make an appointment for a translator. Or, call 503-931-8930 for Spanish.

The call will be returned within two days by a Parent Partner, someone who also knows what it's like to raise young people with special health needs.

According to longtime Parent Partner Lydia Dennehy, most callers are looking to access services, need help with insurance denials or simply need emotional support.

ORF2FHIC helps families of children, youth, and young adults with special health needs navigate health care and other systems. This newsletter offers up-to-date, practical information and resources. [Contact us](#) to be added to the mailing list.

Visit our [Facebook page](#) and [website](#). Get more information, talk to a [Parent Partner](#) or schedule a free training: contact@oregonfamilytofamily.org



Parent spotlight: Myles

Q: What is one thing you are proud of your child for being or accomplishing?

A: There are so many things that I am proud of my son for, he has certainly exceeded all expectations. I'm proud of his resiliency. He continues to adapt and grow, try new things, and take risks.

Q: Finish this sentence: The biggest myth about this lifestyle is...

A: The biggest myth about this lifestyle is that having a child with disabilities takes away from your other children. This has not at all been true for us as a family. We all help one another and as parents we ensure that all our children each get the support and attention they desire.

Q. What is the biggest blessing your child gave you?

A. My son has helped us all learn and grow as a family. He has taught us to slow down and to find greater joy in the simple things in life.

January Table Talk: Let's all get moving again!

Does your child struggle to be fit or manage weight? Do you worry about missed opportunities for sports or socialization? Do you need help getting your child to move?

Join us at our next virtual Table Talk, Tuesday Jan. 25 from 6-7 p.m. The cost is free and the first 10 households that register and participate will receive a \$25 Amazon or Target gift card.

[Register here](#) and receive the Zoom link by email.

Attendees will hear from other parents, learn what has worked others, and get new ideas.

Learn the value of online adaptive yoga, dance class, martial arts (our parent partner Chuck is an inclusive martial arts instructor), playing music in the morning, indoor pool time, mini trampoline.

K-plan funds can sometimes help pay for these activities or equipment.



We would also love to hear your experiences and suggestions for creating a good health and fitness for your child, family, and community.

Questions? Email us at:
contact@oregonfamilytofamily.org

Get help moving to Oregon (or away)

Moving with a child with special health needs means more than just renting a moving truck. Families leaving their county or state will need to sign up for services again.

If you are moving within Oregon or to Oregon, give OR F2F HIC a call for a toolkit and personalized support from a parent partner. (1-855-323-6744 for English or 503-931-8930 for Spanish.)

We can coach on how to get

established with insurance or providers. We can explain how services work. And, we can connect families directly to the offices they need, rather than having them go on a goose chase.

We also have tips on [our webpages](#).

By the way, if you are moving out of state, there's a health information center where you are going! Check out [this website](#) to find the one for your new state.

Insurance help:

Need to appeal a health insurance decision for your child? [This guidebook](#) from the state of Oregon's Division of Financial Regulation can help. Or, call their Consumer Advocacy Unit at 503-947-7984 or toll-free at 888-877-4894.

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