

Saratoga County Public Health Services



*Resources
for
Parents and Caregivers
of
Children and Youth
with Special Health Care Needs*



Some of the most wonderful people are the ones who don't fit into boxes.

~Tori Amos

General Resources

ADDitude

<https://www.additudemag.com/>

A resourceful website for children and adults with Attention Deficit Hyperactivity Disorder (ADHD). Provides resources, free downloads and webinars, blogs and more.

Autism Society:

<https://www.autism-society.org/>

Provides reliable information for individuals on the autism spectrum, family members, and professionals.

Captain Community Human Services:

<https://captaincares.org/>

Offers family development and assistance programs as well as family support services such as respite, financial supports, advocacy and referrals.

Healthy Transitions:

www.healthytransitionsny.org/

Provides skills and tools to youth ages 14-25 years old with developmental disabilities that are transitioning from pediatric to adult healthcare.

Multiple Systems Navigator:

www.msnavigator.org/

Designed for caregivers of those with disabilities who receive supports from multiple serving systems. Gives access to information about health, education, disability resources and more.

National Down Syndrome Society:

<https://www.ndss.org/>

The NDSS supports people with Down Syndrome by providing resources such as wellness, education, and research.

Northern Rivers (Northeast Parent & Child Society, Parsons Child & Family Center):

<https://www.parsonscenter.org/>

Provides numerous resources and supports such as prevention programs, residential programs, behavioral health and special education supports for families with children with special needs.

Parent to Parent New York State:

www.parenttoparentnys.org

Parent to Parent NYS provides a support network to parents and caregivers of children with special needs.

Financial, Insurance & Assistive Technology Programs

Captain Community Human Services Free Optical Program:

518-371-1185 Ask for Free Optical Program. For Medicaid Clients only.

Dake Foundation:

<https://www.dakefoundation.org/>

Helps to provide funding for equipment and medical services to children with disabilities.

Health Economics Group, Inc.:

www.heginc.com/nysac/

Affordable dental care for families without dental insurance.

Jake's Help from Heaven:

www.jakeshelpfromheaven.org

Provides financial support for medical equipment and services and has an equipment exchange program.

Lion's Club Saratoga Springs:

<http://www.saratogaspringslions.com/our-work/>

Provides funding and support for individuals that are hearing or visually impaired.

Medicaid Health Homes:

https://www.health.ny.gov/health_care/medicaid/program/medicaid_health_homes/

A Medicaid based program in which individually assigned care managers work with health care and service providers to help individuals get the care and services they need.

Military OneSource:

<https://www.militaryonesource.mil/>

Provides various types of supports for active military families with children with special health care needs.

New York State of Health: The Official Health Plan Marketplace:

<https://nystateofhealth.ny.gov>

Search and compare potential low cost health insurance options. See if you qualify for Medicaid or Child Health Plus.

Northeastern Association of the Blind at Albany (NABA):

<https://naba-vision.org/>

Provides funding for children in need of eyeglasses or eye care. Offers recreational programs for children and teens with eye impairments.

Office for People with Developmental Disabilities (OPWDD):

<https://opwdd.ny.gov>

Provides an array of supports and services to individuals with disabilities through a network of various service providing agencies.

Southern Adirondack Independent Living (SAIL):

www.sailhelps.org

Provides assistive technology equipment loans to individuals with disabilities.

Saratoga County Economic Opportunity Council (EOC):

www.saratogaecoc.org/

Offers numerous programs for families such as the food pantry, WIC, Head Start, Energy Services, Latino Community Advocacy and more.

Saratoga Hospital Health Insurance Navigation Program:

<https://saratogahospital.org/patients-visitors/billing/financial-assistance/>

Helps individuals and families shop for and enroll in low cost health insurance.

Independent Living, Employment & Respite Services

ACCESS-VR:

www.acces.nysed.gov

Assists individuals with disabilities through training, education and rehabilitation to achieve and maintain employment and support independent living.

Center for Disability Services:

www.cfdsny.org

Offers respite services, summer camps and job skills training and more.

Community, Work & Independence, Inc.:

<http://cwinc.org/>

Provides a variety of services for families of individuals with special needs such as community, employment and family support services and more.

Southern Adirondack Independent Living (SAIL):

www.sailhelps.org

Provides medical equipment loans for families, health insurance assistance, independent living skills/life skills training and more.

Special Education & Behavioral Support Services

Center for Autism and Related Disabilities(CARD):

www.centerforautism.com

Provides assistance for families and develops strategies and skills to diminish problem behaviors.

Lives in the Balance:

<https://www.livesinthebalance.org/>

Provides resources and programs to caregivers of behaviorally challenging kids.

Parent Network of the Capital Region:

www.pncrny.org

Assists families of children with special needs in understanding their child's disability. They also provide knowledge to parents that will help to advocate for their children through the special education process.

Military Families

Military OneSource

<https://www.militaryonesource.mil/>

Provides various types of family and financial supports to active military members and their families.

Fisher House

<https://www.fisherhouse.org/about/>

Network of homes where military and veteran families can stay at no cost while a family member receives medical treatment.

Recreational Services/Camps

Camp Abilities Saratoga

<https://campabilitiesaratoga.org/>

A sports camp for children and teens who are blind, visually impaired or deafblind.

Camp Spectacular

<http://www.cloverpatchcamp.org/camp-spectacular/>

A day camp for kids age 9-16 who are on the Autism Spectrum.

Stride Adaptive Sports

www.stride.org

Provides adaptive sports and recreation lessons to individuals with disabilities.

Hi-5 Sports

<https://www.hi5sports.org/>

A sports organization for people with special needs that provides the opportunity to train, compete and learn the value of teamwork.

Phone Apps

CDC's Free Milestone Tracker

<https://www.cdc.gov/ncbddd/actearly/milestones-app.html>

Track your child's developmental milestones with helpful checklists, tips and reminders for appointments for developmental screening.

Facebook Pages

Federation for Children with Special Needs:

<https://www.facebook.com/fcsnfb>

To benefit those with special needs or disabilities, Federation for Children with Special Needs provides support and inspiration.

Parenting Special Needs Magazine:

<https://www.facebook.com/parenting.special.needs.magazine>

This Facebook page gives inspiration and support to those with special needs and their families.

Books

Explaining Special Needs to Your Child: 15 Great Children's Books:

www.friendshipcircle.org/blog/2011/11/10/explaining-special-needs-to-your-child-15-great-children%E2%80%99s-books/

Special Needs Resources lists 15 great children's books that help explain special needs to children.

Institute for Humane Education:

<https://humaneeducation.org/2014/13-childrens-picture-books-featuring-characters-disabilities/>

Characters with special needs take center stage in these children's books.

Local Resources

AIDS Council (Alliance for positive health) (518) 434-4686 www.allianceforpositivehealth.org

Alcohol Services (Saratoga County Mental Health) (518) 587-8800
<https://www.saratogacountyny.gov/departments/mental-health-center/>

Ballston Area Community Center (518) 885-3261 www.ballstonareacc.org

Big Brother's/Big Sister's of the Capital Region (518) 862-1250 www.bbbscr.org

Birthright/Crisis Pregnancy (800) 550-4900 www.birthright.org

Capital District Beginnings (518) 233-0544 www.cdbegin.com

Catholic Charities (518) 587-5000 www.ccrda.org

Child Abuse Hotline (800) 342-3720 www.ocfs.ny.gov

Child Care Coordinating Council (800) 521-5437 www.cdcccc.org

Child Health Plus (800) 698-4543 www.health.ny.gov/health_care/child_health_plus/

Captain Community Human Services (518) 371-1185 www.captaincares.org

Center for Autism & Related Disabilities (518) 442-2574 www.albany.edu/autism/

Cornell Cooperative Extension of Saratoga County (518) 885-8995 www.ccesaratoga.org/

Department of Labor (Employment & Training)-Saratoga County (518) 884-4170
<https://www.saratogacountyny.gov/departments/employment-and-training/>

Department of Social Services-Saratoga County (518) 884-4140
<https://www.saratogacountyny.gov/departments/social-services/>

Domestic Violence/Rape Crisis-Saratoga County (518) 584-8188 www.wellspringcares.org

Four Winds Psychiatric Hospital (518) 584-3600 www.fourwindshospital.com

Franklin Community Center (518) 587-9826 www.franklincommunitycenter.org

Head Start-Saratoga (518)587-2584 www.saratogaec.org/programs/head-start-2/

Helping Hands School (518) 664-5066 www.helpinghands.org

Legal Aid Society-Saratoga (518) 587-5188 www.lasny.org/location/saratoga-springs-office/

Literacy Volunteers of Capital Region (518) 583-1232 www.literacynycap.org

Medicaid-Saratoga County (518) 884-4148
www.saratogacountyny.gov/departments/social-services/medicaid/

National Association of the Deaf www.nad.org

NYS Disability Benefits (800) 353-3092 www.health.ny.gov/community/disability/

Office of Disability Employment Policy (ODEP) 1-866-633-7365 <https://www.dol.gov/odep/about/>

Planned Parenthood-Saratoga Springs (518) 584-0041 www.plannedparenthood.org/planned-parenthood-mohawk-hudson

Poison Control (800) 222-1222 www.aapcc.org

Prevention Council-Saratoga (518) 581-1230 www.preventioncouncil.org

Red Cross (800) 733-2767 www.redcross.org

Ring Around The Spectrum (518) 250-5328 <http://ringaroundthespectrum.net/>

Salvation Army-Saratoga (518) 584-1640 <https://empire.salvationarmy.org/>

Saratoga Center For the Family (518) 587-8008 www.saratogacff.org

Saratoga County Economic Opportunity Council (EOC) (518) 288-3206 www.saratogaecoc.org

Saratoga County Food Stamps (SNAP) (518) 884-4155 www.saratogacountyny.gov/departments/social-services/supplemental-nutrition-assistance-program-snap/

Saratoga County Mental Health (518) 584-9030
www.saratogacountyny.gov/departments/mental-health-center/

Saratoga County Public Health Services (518) 584-7460
www.saratogacountyny.gov/departments/publichealth

Early Intervention Program: (518) 584-7460 ext. 8390

Children and Youth with Special Health Care Needs Program: (518) 584-7460 ext. 8367

Saratoga Hospital (518) 587-3222 www.saratogahospital.org/

Saratoga Program of Catholic Charities (youth mentoring) (518) 581-1487
www.saratogamentoring.org

Social Security Administration (800) 772-1213 www.ssa.gov

Supplemental Security Income (SSI) 1-800-772-1213 <https://www.ssa.gov/ssi/>

Unemployment Insurance (888)209-8124 <https://labor.ny.gov/unemploymentassistance.shtm>

WIC (518) 288-3206 www.saratogaecoc.org/programs/supplemental-food-program-wic/

Worker's Compensation (877) 632-4996 www.wcb.ny.gov

YMCA Capital District (518) 869-3500 www.cdymca.org

Youth Bureau (518) 884-4180 www.saratogacountyny.gov/departments/youth-bureau/