

# ***Patient Education***

---

*Western Multiple Sclerosis Center at UWMC*



## **Resources of Interest to Multiple Sclerosis Patients**

*More resources for persons with multiple sclerosis*

**This handout lists organizations that might serve as resources for patients with multiple sclerosis (MS).**

- **General information on community resources**
- **Government agencies**
- **Housing/home care**
- **Insurance issues**
- **Legal advice for those with disabilities**
- **Meals**
- **Recreation opportunities**
- **Transportation, public transit, seniors and others**

### **General Information on Community Resources**

#### *Access Seattle*

Access Seattle is a booklet listing accessibility of local businesses, recreational facilities and government agencies. Published by:

Easter Seal Society of Washington  
521 2nd Ave. W  
Seattle, WA 98119  
Phone: 206-281-5700

#### *Canine Companions for Independence*

Provides highly trained assistance dogs to people with disabilities and to professional caregivers.

Box 446  
Santa Rosa, CA 95402-0446  
Phone: 1-800-572-2275  
Fax: 707-577-1711 or  
Web site: [www.caninecompanions.org](http://www.caninecompanions.org)  
E-mail: [info@caninecompanions.org](mailto:info@caninecompanions.org)

***Catholic Community Services***

Provides direct, caring services to children, families, individuals and the elderly.

Seattle: 206-323 6336  
Kent: 253-854-0077  
Snohomish: 206-622-8905

***Easter Seal Assistance and Information for the Disabled (A.I.D.) Program***

Maintains a comprehensive listing of social and health resources available to persons with disabilities. Assists persons in choosing appropriate resources and serves as an advocate when necessary to facilitate service delivery. Assists persons with disabilities to locate physically accessible housing. Loans and/or purchases rehabilitative equipment and services.

521 2<sup>nd</sup> Ave. W  
Seattle, WA 98119  
Phone: 206-281-5700

***Easter Seal Society of Washington***

Assists people with disabilities in a wide range of services including assistive technology, camping, respite care, vocational rehabilitation, housing assistance, and access assistance.

521 2<sup>nd</sup> Ave. W  
Seattle, WA 98119  
Phone: 206-281-5700 or 1-800-678-5708  
Fax: 206-284-0938  
Web site: **[www.seals.org](http://www.seals.org)**  
E-mail: [essw@seals.org](mailto:essw@seals.org)

***Independence Dogs, Inc.***

Provides highly trained service dogs for children and adults with mobility impairments.

146 State Line Rd.  
Chadds Ford, PA 19317  
Phone: 610-358-2723  
Web site: **www.independencedogs.org**  
E-mail: [idi@independencedogs.org](mailto:idi@independencedogs.org)

***Northwest Aide Dog Foundation***

This is a non-profit corporation helping people obtain aide dogs.

Phone: 206-767-6442  
Web site: **www.clams.org/dogs.html**

***Paralyzed Veterans of America, Northwest Chapter***

A major advocacy group for those with MS. Provides information/referral, recreation, sports, advocacy, and hospital liaison.

616 SW 152<sup>nd</sup> St., Ste. B  
Seattle, WA 98166  
Phone: 1-800-336-9782, or 206-241-1843  
Fax: 206-433-0749  
Web site: **www.pva.org**  
E-mail: [pvachnw@mindspring.com](mailto:pvachnw@mindspring.com)

***Pets and People, Companions in Therapy and Service***

P.O. Box 604  
Citronelle, AZ 36522  
Phone: 334-866-9026  
Fax: 503-905-8679  
E-mail: [pandp@bigfoot.com](mailto:pandp@bigfoot.com)

***Senior Information***

Contact them for referral and other resources, including their publication *Senior Source*.

Phone: 425-513-1900 or 1-800-422-2024

***Senior Services and Centers***

To provide for King County persons 55 and older such direct services as advocacy and referral to other community resources for all other needs. Referral concerning economic needs, health, transportation, housing, employment, legal problems, recreation, and education. Direct referral to nutrition sites, Meals on Wheels, transportation to and from medical and dental appointments, and for shopping and recreational activities, minor home repair and upkeep.

1601 2<sup>nd</sup> Ave., Ste. 800  
Seattle, WA 98101  
Phone: 206-448-3110, 1-800-972-9990  
Fax: 206-448-5748  
Web site: [www.seniorservices.org](http://www.seniorservices.org)

***United Way Information and Referral Service***

Provides prompt, confidential, free, up-to-date information on social resources and services in King County to the general public.

107 Cherry  
Seattle, WA 98104  
Phone: 206-461-3700  
24-hour crisis intervention service for persons in emotional crisis: 206-461-3222  
Web site: [www.uwkc.org](http://www.uwkc.org)

***“The Creative Spirit” Very Special Art – Newsletter***

Ideas, photographs, artwork and resource information are welcome. Newsletter is dedicated to increasing international awareness of the benefits of arts programs for individuals with disabilities.

Very Special Arts, Education Office  
The John F. Kennedy Center for the Performing Arts  
1300 Connecticut Ave NW, Suite 700  
Washington, DC 20036  
Phone: 1-800-933-8721

### ***Washington Talking Book and Braille Library***

Provides books, reference services, radio reading service and reading aids to those with visual impairment (cannot easily read conventional size print), physical handicaps (cannot comfortably hold books or turn pages), or learning disabilities due to organic dysfunction.

2021 9<sup>th</sup> Ave.

Seattle, WA 98129

Phone: 206-615-0400 or 1-800-542-0866

Web site: [www.spl.org/wtbbl/wtbbl.html](http://www.spl.org/wtbbl/wtbbl.html)

### **Government Agencies**

#### ***COPES***

COPES is a chore worker service that provides help in your home. Check your insurance regarding coverage for this service. Talk with your UWMC Social Worker for information about this service.

Phone: 1-800-780-7094 or  
(Washington) 1-800-422-3263  
TDD 1-800-737-7931

#### ***Curb Cuts***

For installation of curb cuts in Seattle, call Seattle City Engineering Department at 206-684-7623.

#### ***Dental Care***

Dental Education for Care of the Disabled (DECOD) provides comprehensive dental care services, as well as mobile van service for homebound patients, through University of Washington Dental School at about 50% of the costs charged by private dentists.

Phone: 206-543-1546 or 206-543-5830  
Clinic Phone: 206-543-4619 or 206-543-5297  
Web site: [www.dental.washington.edu/decod/](http://www.dental.washington.edu/decod/)

***Department of Social and Health Services (DSHS)***

Provides Medicaid (Medical Coupons), chore service to disabled, financial assistance and food stamps to people with low income who meet specific eligibility requirements.

Community Services Division  
1009 College St. SE  
Lacey, WA 98504  
Web site: [www.wa.gov/dshs](http://www.wa.gov/dshs)

A partial listing of local offices includes:

- Ballard – 206-789-5200
- South Snohomish/Alderwood – 425-673-3000
- Everett – 425-339-4000
- Mount Vernon – 360-416-7444
- Bellevue – 425-649-4000
- Burien – 206-439-5300
- Capitol Hill – 206-568-5500
- Kent – 253-872-2145
- Federal Way – 253-835-2800
- Rainier – 206-760-2000
- West Seattle – 206-923-4800
- Seattle (Lake City) – 206-368-7200

***Discrimination***

For information about discrimination because of physical handicap, call the City of Seattle, Human Rights Department.

Phone: 206-684-4500

***Division of Disability Determination Services***

This is the place to start for social security disability applications.

Box 9303  
Olympia, WA 98507-9303  
Phone: 360-664-0771 or 1-800-772-1213

### ***Washington State Health Insurance Pool***

For information about medication insurance for people on Medicare in Washington State OASYS.

Phone: 1-800-877-5187

For general information about your health care program:

Web site: **[www.onlinehealthplan.com](http://www.onlinehealthplan.com)**

### ***Tax Reduction***

For tax relief for people with disabilities in King County, ask for DOA form 66.

King County Department of Assessments, Exemptions Unit

500 Fourth Ave., Room 709F

Seattle, WA 98104-2384

Phone: 206-296-3920 or 1-800-325-6165

To download forms: **[www.metrokc.gov/assessor/](http://www.metrokc.gov/assessor/)**

## **Housing/Home Care**

### ***Adult Day Care Facilities***

Day programs for adults. *See* Senior Services and Centers.

Phone: 206-448-3110 or 1-800-972-9990

### ***Best Sitters***

Provides private aides, companions or homemakers.

Requires a four-hour minimum or a full day. Charges, including transportation, apply.

Seattle: 206-682-2556

Bellevue: 425-455-5533

***DSHS Home and Community Services Community Resource Line***

Phone: 1-800-372-0186 or 1-800-737-0617

Web site: [www.aasa.dshs.wa.gov/](http://www.aasa.dshs.wa.gov/)

- **Adult family homes** – These are homes in the community providing lodging and care 24 hours a day to small numbers of people living in the home.
- **Group homes** – These are homes caring for a group of people with similar needs.
- **Nursing homes** – These provide skilled nursing care 24 hours a day.
- **Respite care** – These provide care 24 hours a day for people for 1 to 2 weeks when regular caregiver is away.

***Easter Seal Housing Assistance Project***

Design consultation for accessible homes.

521 2<sup>nd</sup> Ave. W  
Seattle, WA 98119  
Phone: 206-281-5700

***Energy Assistance Program***

Financial assistance program for elderly, disabled and families with children. Aids in cost of fuel and winter heating bills to eligible residents. Call community information line for referral to local office.

Phone: 206-461-3200

***Homemakers, Inc.***

Full time and live-in housekeepers and companions.

Phone: 1-800-297-3738



### ***Housing Assistance Project***

Assists disabled persons in the Seattle area in locating accessible, affordable housing. Offers support services if needed. Provides advocacy on behalf of disabled clients. Offers information and referral to anyone about housing of disabled. Transportation arranged for clients to look for housing.

Phone: 206-281-5700

### ***Housing and Urban Development (HUD)***

Provides information and lists of HUD subsidized housing for those over 62 or disabled and of low income. Application is made directly at each privately owned apartment project.

Phone: 206-220-5205

### ***Minor Home Repair***

Repair service for Seattle homeowners, age 60 and over. Can build wheelchair ramps, etc. No labor charge, and materials are available at reduced fee scale. Call Union Retirees Program/Labor Program.

Phone: 206-448-9277

### ***Spokane County Community Services Dept.***

Design consultation for accessible homes.

North 721 Jefferson, Ste. 403

Spokane, WA 99260

Phone: 509-477-5722

### ***TACID Housing Assistance Project***

Design consultation for accessible homes.

6135 S 19<sup>th</sup>

Tacoma, WA 98466

Phone: 253-565-9000

***Washington Adult Day Services Association***

Adult day services give frail or physically or cognitively disabled adults the opportunity to meet new friends and immerse themselves in challenging activities. Supportive staff members and volunteers are on hand to oversee a variety of specially designed activities.

107 Cherry, Floor 5  
Seattle, WA 98104  
Phone: 1-888-60WADSA or 1-888-609-2372

***Washington State Legislative Hotline***

Call to leave a message for your state legislators. If the hotline staff are available, you may request an email address. You may also call your county Auditor's office to find out who represents you in the State and Federal Legislatures and how to reach them.

Phone: 1-800-562-6000

**Insurance Issues**

***Medicaid and Healthy Options Programs with DSHS***

Call for assistance with these programs.

Phone: 1-800-562-3022 (Medicaid)

Web site: [www2.wa.gov.dshs/maa](http://www2.wa.gov.dshs/maa)

***Medicare***

- **Claims questions:** 1-800-444-4606
- **Medicare Hotline:** 1-800-MEDICAR
- **Customer Service with Health Care Financing Administration (HCFA)** (which administers the Medicare program): 206-615-2354
- **Managed Care Cluster with HCFA:** 206-615-2351

***Office of the Washington State Insurance Commissioner***

Provides assistance toward prompt resolution of insurance problems (health, life, annuity, long-term care, etc.). Ask for the form titled "Request for Consumer Assistance."

P.O. Box 40256  
Olympia, WA 98504-0256  
Phone: 360-753-3613 or 1-800-562-6900  
Fax: 360-407-0186

***Statewide Health Insurance Benefits Advisors Program***

Advises people about their insurance options.

Phone: 1-800-397-4422  
Web site: [www.insurance.wa.gov](http://www.insurance.wa.gov)

***US Department of Labor  
Office of Pension and Welfare Benefits***

Call for assistance with self-insured plans including labor unions, trusts, and large employers. Also call for COBRA benefits coverage.

Phone: 206-553-4244  
Phone: 1-800-998-7543 (for DOL publications)  
Fax: 206-553-0913  
Web site: [www.dol.gov/dol/pwba](http://www.dol.gov/dol/pwba)

***Washington State Health Care Authority***

For people experiencing problems with the state's Basic Health Plan.

Phone: 360-923-2600 or 1-800-700-1555  
Web site: [www.wa.gov/hca](http://www.wa.gov/hca)

**Legal Advice for Those with Disabilities**

***Adult Protective Services***

Call for explanation of the specific scope of their services.

Phone: 206-341-7660

***Disabilities Law Project***

Washington Coalition of Citizens with Disabilities handles disability law cases involving civil rights, housing, transportation, government services and public accommodations. Focus is on system change issues.

4649 Sunnyside Ave N, Ste. 100  
Seattle, WA 98103-6900  
Phone: 206-633-6637  
Fax: 206-545-7059  
E-mail: [wccd@premier1.net](mailto:wccd@premier1.net)

***Columbia Legal Services***

Provides specialized legal help for disabled persons, especially those who are low income.

101 Yesler Way, Suite 300  
Seattle, WA 98104  
Phone: 206-464-5911

***Lifetime Advocacy Plus***

Guardianship; protective services; financial management; durable power of attorney; other services/arrangements for seniors, mentally ill, other disabilities.

11000 Lake City Way NE, Ste. 401  
Seattle, WA 98125-6748  
Phone: 1-800-364-9755 or 206-367-8055  
Fax: 206-367-8353  
Web site: [www.laplus.org](http://www.laplus.org)  
E-mail: [laplus@laplus.org](mailto:laplus@laplus.org)

***Northwest Justice Project***

Information advice/referral system called CLEAR (Comprehensive Legal Advice Education and Referral), which is a toll-free advice system operating in 25 of Washington's counties. Advocates are attorneys or highly experienced paralegals. Provides referrals for representation in disability, family, housing/home, legal, medical/dental, senior, victim and miscellaneous issues.

Main/Administrative Office  
401 2<sup>nd</sup> Ave. South, Suite 407  
Seattle, WA 98104  
Phone: 1-888-201-1012 or 1-888-201-1014  
New client intake line: 206-464-1519

***Washington Assistive Technology Alliance – WATA***

Assistive Technology Resource Center – Information and referral on high-tech – low-tech devices, communication, education, work, and recreation. Legal advocacy, policy development/legislation, electronic information/networking, training; consultation; information/referral; bulletins; brochures; resource lists.

606 W Sharp Ave.  
Spokane, WA 99201  
Phone: 1-800-214-8731 or 509-328-9350  
Fax: 509-326-2261  
Web site: [www.wata.org](http://www.wata.org)  
E-mail: [ginettep@seals.org](mailto:ginettep@seals.org)

***Washington Coalition of Citizens with Disabilities***

4649 Sunnyside N, Ste. 100  
Seattle, WA 98103  
Phone: 206-545-7055

## **Meals**

### ***Chicken Soup Brigade***

Provides meals to people with MS who live in King County, are unable to cook for themselves, are low income and are not eligible for Meals on Wheels.

1002 E Seneca  
Seattle, WA 98122  
Phone: 206-328-8979  
Web site: [www.csbrigade.org](http://www.csbrigade.org)

### ***Meals on Wheels***

Not based on income, takes 7 to 10 days to set up. Provides up to 14 meals per week. Free to those 60 or older. Persons under 60 years old charged \$3.45 per meal.

Phone: 206-448-5767  
Fax: 206-448-5756  
Web site: [www.seniorservices.org](http://www.seniorservices.org)

### ***Senior Services and Centers***

Direct referral to nutrition sites for seniors. Some sites accept non-seniors with disabilities. Also refers to Meals on Wheels and to transportation for shopping.

1601 2<sup>nd</sup> Ave., Ste. 800  
Seattle, WA 98101  
Phone: 206-448-3110, 1-800-972-9990  
Fax: 206-448-5748  
Web site: [www.seniorservices.org](http://www.seniorservices.org)

## **Medical Equipment Suppliers**

### ***National Institute on Disability and Rehabilitation Research (NIDRR)***

A Web site by the NIDRR listing over 25,000 devices to help people with disabilities function better. You may search for medical devices, manufacturers and visit a chat room to discuss the devices.

Web site: [www.abledata.com](http://www.abledata.com)

### ***Care Medical Equipment***

Will rent or sell medical equipment at competitive cost and gives a 15% discount to persons with MS paying in cash.

4135 Stone Way N  
Seattle, WA 98103  
Phone: 206-547-2200 or 1-800-869-7172  
Fax: 206-971-3883  
Web site: **www.caremedical.com**

### ***Choice Medical Supplies***

Source for medical supplies: call in order and it can be shipped to your home, or purchase in person at store.

1215 E. Union  
Seattle, WA 98122  
Phone: 206-329-1668 or 1-800-456-3500

### ***I.D.E.A***

Innovator of Disability Equipment and Adaptations. Contact for catalog.

1393 Meadowcreek Dr., Ste. 2  
Milwaukee, WI 53072

### ***Multiple Sclerosis Helping Hands***

Donor closets filled with equipment that insurance doesn't cover. Accepts equipment from donors who no longer need it.

Bill Brayer  
9792 Edmonds Way #229  
Edmonds, WA 98020  
Web site: **www.wbrayer@mshelp.org**

## **Recreation Opportunities**

### ***Treasure House Travel***

Specially arranged tours for disabled persons to various sites.

12038 SE 250<sup>th</sup> Pl.  
Kent, WA 98031  
Phone: 206-246-1350

***Airport Terminal Guides***

Airport terminal guides for the handicapped are available.

Airport Operators Council International  
1700 "K" St. NW  
Washington, DC 20006

***Ballroom Dancing***

Classes are periodically offered by the MS Association of King County. The class is open to people with mild to moderate levels of disability. A dance partner with or without MS is needed.

Phone: 206-633-2606

***Communication Aids for Children and Adults***

Specially adapted toys for switch operation. Contact for catalog.

Crestwood Communication Aids, Inc.  
6625 N. Sidney Place  
Milwaukee, WI 53209  
Phone: 414-352-5678  
Web site: [www.communicationaids.com](http://www.communicationaids.com)  
E-mail: [Crestcomm@aol.com](mailto:Crestcomm@aol.com)

***Disabled Sports USA***

A national non-profit organization providing sports and recreation services to children and adults with physical or mobility related disabilities. DS/USA serves over 60,000 people annually.

451 Hungerford Dr., Ste. 100  
Rockville, MD 20850  
Phone: 301-217-0960  
TDD: 301-217-0963  
Fax: 301-217-0968  
E-mail: [information@dsusa.org](mailto:information@dsusa.org)



***Hydrotherapy Classes (water exercise)***

Offered at a variety of locations by both the MS Association of King County and the MS Society.

Phone: 206-633-2606 or 206-284-4236

***Interagency Committee for Outdoor Recreation (IAC)***

Provides for recreational opportunities and protection of fish and wildlife.

Phone: 360-902-3000

Web site: [www.wa.gov/-iac](http://www.wa.gov/-iac)

***King County Parks Department***

A recreation specialist can provide information on sports and activities for physically disabled persons, including basketball, bowling, back-packing, canoeing, wheelchair games, and the Washington Games for Physically Disabled Citizens. Contact any district office.

Phone: 360-902-3000

***Little Bit Therapeutic-Riding Center***

Provides therapeutic horseback riding for children, youth and adults with mental and/or physical disabilities.

19802 NE 148<sup>th</sup>

Woodinville, WA 98072

Phone: 425-8082-1554

Web site: [www.littlebit.org](http://www.littlebit.org)

E-mail: [littlebittrc@juno.com](mailto:littlebittrc@juno.com)

***National Park Service – Outdoor Recreation Information Center***

Provides a guide called “Wheelchair Accessible Recreational Opportunities and Facilities for National Forests and Parks in Washington.”

222 Yale Ave. N

Seattle, WA 98109

Phone: 206-470-4060

Web site: [www.fs.fed.us/r6/mbs](http://www.fs.fed.us/r6/mbs)

***National Sports Center for the Disabled (NSCD)***

The National Sports Center for the Disabled is an innovative non-profit organization that provides recreation for children and adults with disabilities. Summer recreation opportunities include biking, hiking, in-line skating, sailing, therapeutic horseback riding, white water rafting, baseball, fishing, rock climbing for the blind, and camping.

P.O. Box 1290  
Winter Park, Colorado 80482  
Phone: 970-726-1540 or 303-316-1540  
Fax: 970-726-4112  
Web site: [www.nscd.org](http://www.nscd.org)  
E-mail: [info@nscd.org](mailto:info@nscd.org)

***Project Recreation (Resource Center for the Handicapped)***

Wheelchair sports and recreation for youths and adults.

20150 45<sup>th</sup> NE  
Seattle, WA 98155

***Seattle Parks and Recreation Department***

A recreation specialist can provide information on wheelchair games and swimming for the disabled. Ask for Special Populations division.

100 Dexter Ave. N  
Seattle, WA 98109  
Phone: 206-684-4075

***Skiforall***

Ski school for persons with disabilities.

1621 114<sup>th</sup> SE, Suite 132  
Bellevue, WA 98004-6905  
Phone: 425-462-0978  
Web site: [www.skiforall.org](http://www.skiforall.org)

***SOAR (Shared Outdoor Adventure Recreation)***

Outdoor adventures for people with disabilities.

Box 14583  
Portland, OR 97214

### ***Washington State Parks Department***

Provides a supplement to the state park guide showing accessible facilities at the state parks.

Washington State Parks and Recreation Commission  
7150 Clean Water Lane  
P.O. Box 42650  
Olympia, WA 98504  
To make reservations call: 1-800-233-0321  
Web site: [www.parks.wa.gov/ada-rec/](http://www.parks.wa.gov/ada-rec/)

### ***Wheelchair Journeys***

This division of Redmond Travel will organize accessible travel for individuals or groups.

16979 Redmond Way  
Redmond, WA 98502  
Phone: 425-828-4220 or 1-800-313-4751

### ***Yoga Classes***

Contact the MS Association of King County. You must be able to get on and off the floor with minimal assistance.

Phone: 206-633-2606

## **Transportation – Public Transit**

***ACCESS (Americans with Disabilities ACCESS van)***  
***(see Para-Transit Services below)***

### ***Bus Service***

Reduced fares are available for patients with disabilities served by Community Transit, Everett Transit, Intercity Transit, Jefferson Transit, Kitsap Transit, Metro Transit, Pierce Transit, Seattle Waterfront Streetcar, Seattle Monorail, and the Washington State Ferries. Permits are available through the customer service offices of the transit authorities at the number below. The Streetcar, Monorail and Ferry systems do not issue permits, but honor those issued by the transit authorities.

Phone: 206-447-4824

***Para-Transit Services***

Van services are available to those who have a disability that prevents them from using a lift-equipped bus. This program is called the ACCESS program, or the ADA ACCESS van. The service will pick you up at your home and take you to your appointment or other site for 75 cents a trip. The application must be signed by a health care professional. It can take up to 21 days to process your application.

Application forms are available at the following agencies:

In King County, contact:

**Metro Accessible Services:**

Phone: 206-689-3113

In Everett (inside city transportation only), contact:

**Everett Para-Transit:**

Phone: 425-257-8801

***Transportation Broker***

For those with medical coupons. Call at least 24 hours before your appointment. In King County, call:

Phone: 1-800-923-7433

**Transportation – Senior**

***Volunteer Transportation for Seniors***

Volunteer transportation for seniors is available to those 60 years of age or older, of lower income and residing in King County. You need to be able to transfer yourself in and out of the car. Some drivers are able to handle wheelchairs.

Phone: 206-488-5740

### ***Dial-a-Ride Transportation (DART)***

This is for transportation outside Everett city limits. Call for fee schedule.

Phone: 425-347-5912

Or contact:

#### **Senior Services of Snohomish County:**

North County: 425-355-1112

South County: 425-745-1112

Or contact:

#### **Senior Information:**

Phone: 425-513-1900 or 1-800-422-2024

### ***Para-Transit Services***

Van services are available to those who have a disability that prevents them from using a lift-equipped bus. This program is called the ACCESS program or ADA ACCESS van. The service will pick you up at your home and take you to your appointment or other site. The application for this service must be signed by a health care professional. It can take up to 21 days to process your application. Application forms are available at the following agencies:

In King County, contact:

#### **Metro Accessible Services:**

Phone: 206-689-3113

In Everett (inside city transportation only), contact:

#### **Everett Para-Transit:**

Phone: 425-257-8801

### **Transportation – Other**

#### ***American Automobile Association***

Provides the “AAA Disabled Drivers’ Mobility Guide.”

Traffic Safety and Engineering

1000 AAA Dr.

Heathrow, FL 21746

## Questions?

Call 206-598-3344

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC Clinic staff are available to help during regular business hours.

**Western Multiple Sclerosis Center at UWMC**  
**206-598-3344**

---

---

---

---

### ***Amtrak – Access Amtrak***

Handicapped room on trains with bathroom, rails, easy access, etc.

King St. Station  
303 S. Jackson St.  
Seattle, WA 98104  
Phone: 206-382-4125

### ***Disabled Parking Permits***

The State of Washington issues disabled parking permits to those with disabilities. Applications are available in the MS clinic or through the Department of Licensing (where you get your driver's license). Overtime parking at parking meters permits are available. Contact Department of Motor Vehicles.

### ***Discount Taxi Fares***

For the disabled. Contact the Metro Customer Assistance Office.

Phone: 206-553-3000

### ***Greyhound Lines, Inc.***

Offers special fares to companions of disabled people that allow them to travel for free.

811 Stewart  
Seattle, WA 98101  
Phone: 206-628-5508

### ***Rental Cars***

Many rental car companies will install hand controls in a car to be rented by a person who needs them. Most require one week advance reservation. Some car rental companies also have wheelchair accessible vans that may require reservations a month or more in advance.

UNIVERSITY OF WASHINGTON  
**MEDICAL CENTER**  
UW Medicine

**Western Multiple Sclerosis Center at UWMC**

Box 356157  
1959 N.E. Pacific St. Seattle, WA 98195  
206-598-3344