

Medical Equipment Companies

Apria Home Medical

*Serving Virginia and Maryland
Providers of oxygen and other related services*

703 642 3141 Virginia
301 210 0505 Maryland

Mid Atlantic Home Health

*Serving Virginia and DC
Providers of Home Health and Durable Medical Equipment*

800 989 0055

Roberts Home Medical

*Serving Northern Virginia and Maryland
Providers of Durable Medical Equipment and Oxygen*

800 807 7290

Insurance

Independent state agencies can provide citizens with assistance with questions or problems regarding health insurance issues.

Virginia Bureau of Insurance

1 800 552 7945
<http://www.scc.virginia.gov/division/boi/>

Maryland Insurance Administration

1 800 492 6116
www.mdinsurance.state.md.us

District of Columbia Department of Insurance, Securities and Banking

202 727 8000
<http://disr.washingtondc.gov/dist/site/default.asp>

Other Non-Profit Organizations

March of Dimes National Capital Area Chapter

The mission of the March of Dimes is to improve the health of babies by the prevention of birth defects, premature birth and infant mortality.

703 824 0111
<http://www.marchofdimes.com/metrodc>

SIDS Mid-Atlantic

SIDS Mid Atlantic provides support to families who have experienced the loss of an infant.

<http://www.sidsma.org/>
info@sidsma.org

Preemies Today

Mission

Preemies Today is a 501(c)(3) nonprofit organization whose mission is to reach out and provide support to families of infants born prematurely beginning at birth and throughout childhood.

Vision

We will reduce the stress of caring for a child born prematurely by creating a network of families who offer help, comfort, and understanding to one another.

What We Do

We offer support to families of preemies in the extended DC metropolitan area. Preemies Today is made up mostly of parents of children born prematurely. These are some of the programs we currently offer:

- * Preemies Today Newsletter
- * Family Outings
- * Parent Support Groups
- * Online Support
- * A Friend to Talk to
- * Premie Care Packages for NICU Families

Contact

Local: 703 552 0163 Toll free: 888 712 3208
info@premiestoday.org
www.premiestoday.org

This publication was paid for by a March of Dimes Community Grant. This material is for informational purposes only and does not constitute medical advice. The opinions expressed in this material are that of the author(s) and do not necessarily reflect the views of the March of Dimes.

The Premie Parents' Guide
to Local Resources
in Northern Virginia, Maryland,
and Washington DC

PREEMIES TODAY

Families Helping Families

*We strive to promote
compassion, inclusiveness,
understanding and patience.*



Members of *Preemies Today* have compiled this list of local resources. It is meant to be a starting point for your own research. You can also visit our website, www.preemiestoday.org, for more local resources.

Early Intervention Programs

Early Intervention Programs provide services to children from birth through age three who have a developmental delay or a medical condition that affects normal development. If you are concerned about your child's development you can schedule a free evaluation to see if your child qualifies for services in your local area. Each state is required by law to have an early intervention program.

Virginia Infant and Toddler Connection

Alexandria City 703 838 5067
Arlington 703 228 1630
Fairfax/Falls Church 703 246 7121
Loudoun County 703 777 0561
Prince William 703 792 7879

DC Infants and Toddlers with Disabilities Office (DC ITDO)

Washington DC 202 727 8300

Maryland Infant and Toddlers Program

Montgomery County 240 777 3997
Prince George's County 301 265 8415

Central Points of Entry

800 234 1448 Virginia
800 535 0182 Maryland

Services provided by early intervention offices as described in the Individuals with Disabilities Education Act (IDEA) are defined by the Individual Family Service Plan IFSP team and may include one or more of the following:

- * Physical Therapy
- * Occupational Therapy

- * Speech Language Therapy
- * Nutrition Services
- * Parent Support
- * Social Work Services
- * Special Education Services
- * Psychological Services
- * Services for Visually Impaired
- * Services for Deaf or Hard of Hearing
- * Assistive Technology Services

Resources for Children who are Blind or Visually Impaired

If you suspect your child may have a visual impairment or is blind, he or she is entitled to services from a teacher of the visually impaired TVI and an Orientation & Mobility Specialist. Services for the blind and visually impaired are an important part of your child's early intervention and education.

For further resources and to receive low vision aids and adaptive equipment for your child contact:

Virginia Department of the Blind and Vision Impaired (VDBVI) Fairfax Office 703-359-1100

Vision Services Early Childhood Learning Center
301 929 2006 Maryland

Columbia Lighthouse 202 454 6400 DC

Resources for the Deaf and Hard of Hearing

VA Department for the Deaf and Hard of Hearing
800 552 7917 TTY
804 662 9502

Northern Virginia Resource Center for Deaf and Hard of Hearing

703 352 9055
703 352 9056 TTY
www.nvrc.org

Maryland Office for Deaf and Hard of Hearing

410 767 6290
www.odhh.md.gov

National Information Center for Deafness Gallaudet University

202 651 5051 voice
202 651 5052 TTY

Health Center Follow Along Programs

If your child does not qualify for early intervention services in Fairfax County, your child's development can be evaluated at your local health care center and monitored for developmental delay. Evaluations are performed by a therapist, pediatrician, or public health nurse.

Fairfax County Infant Development Program

Falls Church 703 534 8343
Herndon 703 481 4242
Springfield 703-569-1031
Mount Vernon District 703 704 5203

Lactation Consultants

Northern Virginia Lactation Center

703 425 2229 BABY
www.northernvirginalactation.com
nvlcinc@verizon.net

The Breastfeeding Center for Greater Washington

202 293 5182
www.breastfeedingcenter.org
BCGW@aol.com

Child Care

Family Infant Child Care Center (FICC)

Rockville, Maryland. Provides child care to medically fragile infants from 6 weeks to 5 years of age.
301 279 2165

