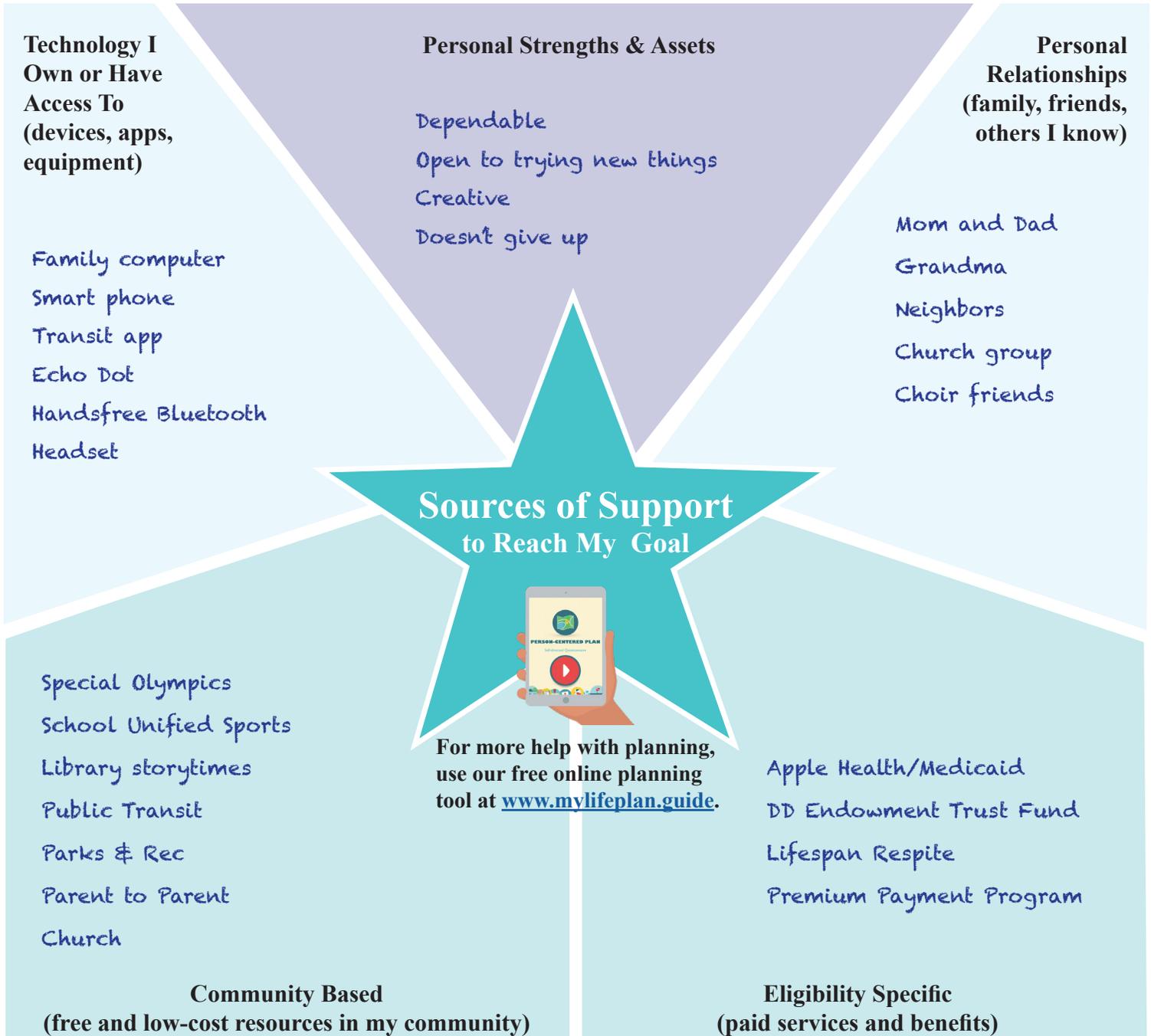




Free and Low Cost Support

If you are a client of the Developmental Disabilities Administration, but not receiving a paid DDA service, this toolkit provides an overview of resources available in most communities. To make the most of this toolkit, download and print a **STAR FORM** (example below) to identify supports in your community to reach any goal. The **STAR FORM** is available at informingfamilies.org/star.



Informing Families

Today and Tomorrow

Informing Families is a collaboration between the Washington State Developmental Disabilities Council (DDC), Developmental Disabilities Administration (DDA) and other partners throughout the state. We offer trusted news and information that empowers individuals and families to be active participants in planning and creating opportunities to live a full, inclusive life. Sign up here: informingfamilies.org/news.



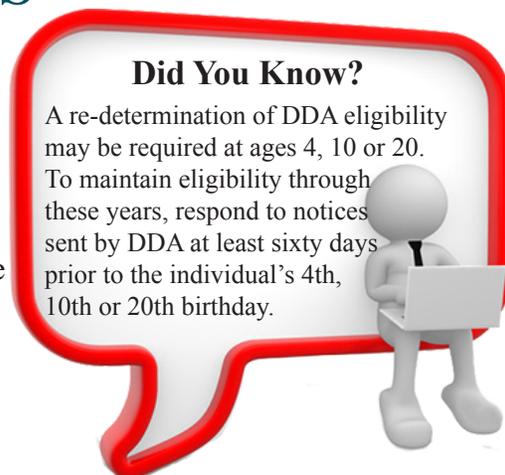
SERVICES and PROGRAMS

NOW THAT YOU OR YOUR FAMILY MEMBER IS DDA ELIGIBLE, WHAT COMES NEXT?

Once you or your family member has been determined eligible for DDA, you can request to be referred to a case manager to discuss service options. If no services are requested, then you will remain on the No Paid Services caseload until you request services.

You can request services or information at any time simply by visiting dshs.wa.gov/dda/service-and-information-request.

Learn more about DDA services by visiting informingfamilies.org/dda-services or dshs.wa.gov/dda.



Did You Know?

A re-determination of DDA eligibility may be required at ages 4, 10 or 20. To maintain eligibility through these years, respond to notices sent by DDA at least sixty days prior to the individual's 4th, 10th or 20th birthday.



Caregiver Respite Vouchers

If you are a family caregiver (including friend or neighbor) who provides 40 or more hours of direct care, monitoring, and/or supervision per week, you may be eligible to receive a respite voucher for up to \$1,000.

You are an unpaid "family" caregiver if . . .

- You provide care or support for an adult or child with a chronic illness or condition that prevents self-care.
- Your family member needs support with activities of daily living.
- You are not "paid" to support your family member.

Respite vouchers are issued on a first come, first served basis. Learn more: lifespanrespitewa.org.

NON-DDA SERVICES AND PROGRAMS

Apple Health/Medicaid

Apple Health provides health care, behavioral health, therapies, medical equipment and more to low income children and adults. Learn more at: washingtonhealthplanfinder.org.



Health Insurance Premium Payment Program

Reimburses the cost of private health insurance premiums for certain individuals who receive Apple Health and have private medical insurance available. Learn more at: informingfamilies.org/hipp.

Department of Early Learning (DEL)

Early learning programs and support, such as the Early Support for Infant & Toddlers program and child care resources. Learn more at: del.wa.gov.

Family Caregiver Support Program

Available to unpaid caregivers of adults needing care. Find local resources/services, locate support groups and counseling, receive training on specific caregiving topics and get respite. Find the number of a Family Caregiver Support Program near you: dshs.wa.gov/AL TSA/resources.

Northwest Access Fund

Low interest loans for assistive technology and business equipment, financial coaching, and Individual Development Accounts (IDA) matched savings for assistive technology. Learn more at: nwaccessfund.org.

Washington Assistive Technology Act Program (WATAP)

Information, referrals, training and assistive technology device loans. Learn more at: watap.org.



SCHOOLS

If your family member is in school, be sure to ask your school about resources available to help your student meet their educational goals and social inclusion.



LOCAL COMMUNITY RESOURCES

Local Parks and Recreation

Many city and county recreation programs provide opportunities that not only help build social skills and peer relationships, they can also be a form of respite for the family. Classes and events are typically listed by age: preschool, youth/teen, and adult.

Libraries

Local libraries offer a variety of free events, classes and learning opportunities for children and adults of all ages, as well as computer and internet connection.

Special Needs Camp Directory

Center for Children with Special Needs has a statewide directory of camps, including tips for parents on what to expect and how to prepare: cshcn.org/resources-contacts/summer-camp-directory

Special Olympics

Year-round sports training and athletic competition, as well as school-based Unified programs (see right). Learn more: at: specialolympicswashington.org or 206-362-4949.

YMCA

From Zumba classes and yoga to swimming, dance, and more, YMCA welcomes people of all abilities to participate in activities and classes. Ask about reduced rates for low income households and waivers for anyone who accompanies your family member to provide support.



FIND COMMUNITY IN SHARED INTERESTS

Visual and Performing Arts. Whether it's theater, photography, music, pottery, or other creative pursuits, the arts community can be a welcoming place to meet people who share a passion for creating.

Athletics. In addition to Special Olympics, some adults with disabilities have found success joining local running or walking clubs, and other informal outdoor or athletic groups.

Education and Leisure. Even if your family member is not seeking a degree, they can take classes at your local community college without having to apply for credits (called "auditing").

For more ideas, download the **FREE Community Connections** guidebook: informingfamilies.org/guide.



Special Olympics Unified Schools



Special Olympics Unified is a school-based initiative that offers inclusive sports and school activities for K-12 students.

135 schools in our state participate in one or more of its three component programs:

Sports

Competitive, skill development and recreational level sports include both students with and without disabilities.

Inclusive Clubs

Clubs plan school activities focused around inclusion, acceptance, respect and understanding to create a more inclusive school climate.

Schoolwide Activities

Events that encourage students to make everyday school activities inclusive (e.g., respect campaigns, school assemblies, pep rallies).

Get Unified

Unified Sports are available throughout the state. To find out if your school has a Unified program, or for help bringing Unified to your school, email Morgan Larche: mlarche@sowa.org.

SUPPORT & ADVOCACY



For Families

One of the best ways to learn what's available for you and your family is by connecting with other parents, some of whom may be a few years ahead of where you are and can help guide your way.

Local Arcs: arcwa.org

Parent to Parent: arcwa.org/getsupport

Partnerships for Action, Voices for Empowerment (PAVE): wapave.org

Parent Coalitions: arcwa.org/takeaction

Fathers Network: fathersnetwork.org

Autism Society of Washington State: autismsocietyofwa.org

WA Autism Alliance & Advocacy: washingtonautismadvocacy.org

For Individuals with I/DD

Self Advocacy groups offer peer support, activities and leadership experience.

Allies in Advocacy: alliesinadvocacy.com

People First of Washington: peoplefirstofwashington.org

Self Advocates in Leadership: sailcoalition.org

For Siblings

Resources, support groups, Sibshops for children and more.

Sibling Support Project: siblingssupport.org



LEARN MORE



Visit informingfamilies.org for more information about resources, services, videos, and current news on developmental disability services and issues.

Every DDA eligible person on the No Paid Services Caseload will receive a quarterly newsletter with articles, tips, and resources.

ABLE to SAVE and INVEST

Supplemental Security Income (SSI) provides financial assistance to people with disabilities and seniors who need it; however, the SSI resource limit of \$2,000 restricts the ability of people to improve their quality of life without risking the loss of benefits needed to live and work. With the launch of ABLE (Achieving a Better Life Experience) expected in the summer of 2018, Washington State has two opportunities for greater financial freedom: ABLE and the Washington State Developmental Disabilities Endowment Trust Fund (ETF).



Learn More

ddef.wa.gov

washingtonstateable.com

ABLE

A form of 529 Account Tax Favored Qualified ABLE program in IRS code created by Congress. \$14,000 annual contribution limit.

ABLE is for persons eligible for SSI or the Social Security Disability, Retirement & Survivor's program; OR, who submit certification that meets the criteria for a disability certification; lives in Washington State and whose disability occurred before age 26.

DD Endowment Trust Fund

A public-private special needs trust established by the Washington State Legislature. ETF offers two types of trusts: Trust 1, which is set up by a third party, (such as family) and/or Trust 2, which is set up by the individual. No contribution limit.

ETF is for persons with a developmental disability, under age 65, who have been determined eligible for state DDA services. The condition happened at or before age 18. Resident of Washington State at the time of enrollment.