



State Plan Residential Services & Adult Family Home Specialty Pilot

Paula Costa

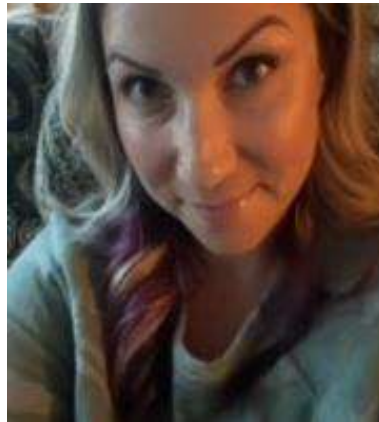
Specialty State Plan Residential Program Manager
DSHS/HCLA Developmental Disabilities Community
Services



State Plan Residential Unit Team



Paula Costa
Specialty State Plan
Residential Program Manager



Dianna Hall
AFH Specialist



Stephen Smith
Psychology
Associate



Let's talk about...

1. State Plan Residential Services
2. AFH Specialty Pilot
3. Client Impact
4. Resources
5. Q&A





State Plan Residential Services

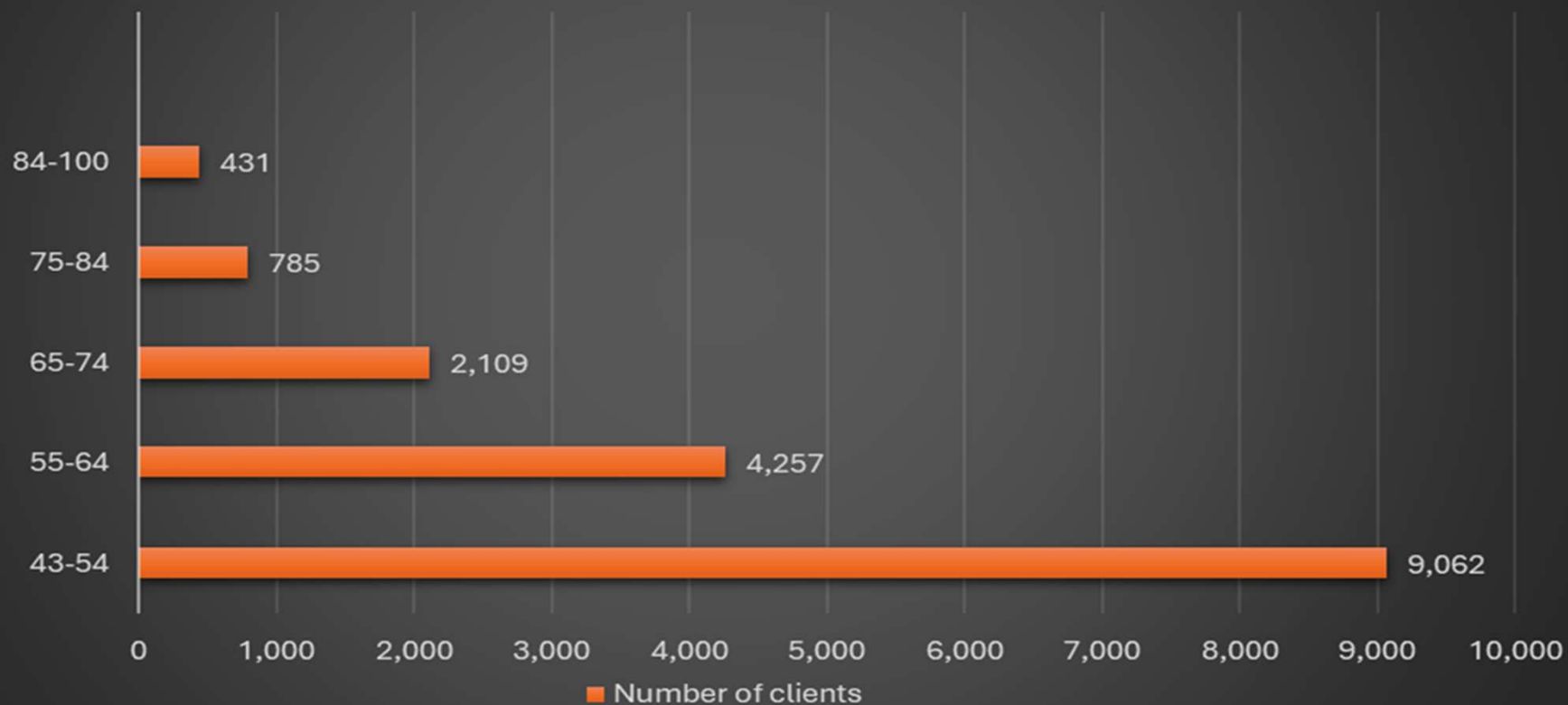
Adult Family Homes
Assisted Living Facilities
(AL, ARC, EARC Services)

- ✓ This is a Medicaid entitlement program that provides personal care support in a licensed residential setting that includes adult family homes and assisted living facilities.
- ✓ State Plan Residential Services is available to any DDOS client who meets functional and financial eligibility.



Aging Parents/ Caregivers

Number of individuals living at home with aging parents or family members





DDCS Supports Individuals in AFHs

Statewide = 1794

✓ Region 1 - 348

✓ Region 2 - 802

✓ Region 3 - 644



*Data from Client in AFHs report 7/1/2025

Slide 6

NJ1 I moved this photo down slightly to be centered and not obstructing the slide title.

Nelson, Jessica (DSHS/OOS/OCGA), 2025-07-21T21:48:31.202

NJ2 Remove periods from these bullets because they are not sentences.

Nelson, Jessica (DSHS/OOS/OCGA), 2025-07-21T21:48:51.187



Adult Family Home

- ✓ Privately owned or rented home in a neighborhood.
- ✓ Licensed for two to ^{NJ2}eight residents.
- ✓ Single or shared ^{NJ1}rooms.
- ✓ Personal care.
- ✓ Meals and snacks.
- ✓ Laundry.
- ✓ Medication oversight.



Slide 7

NJ1

two to eight

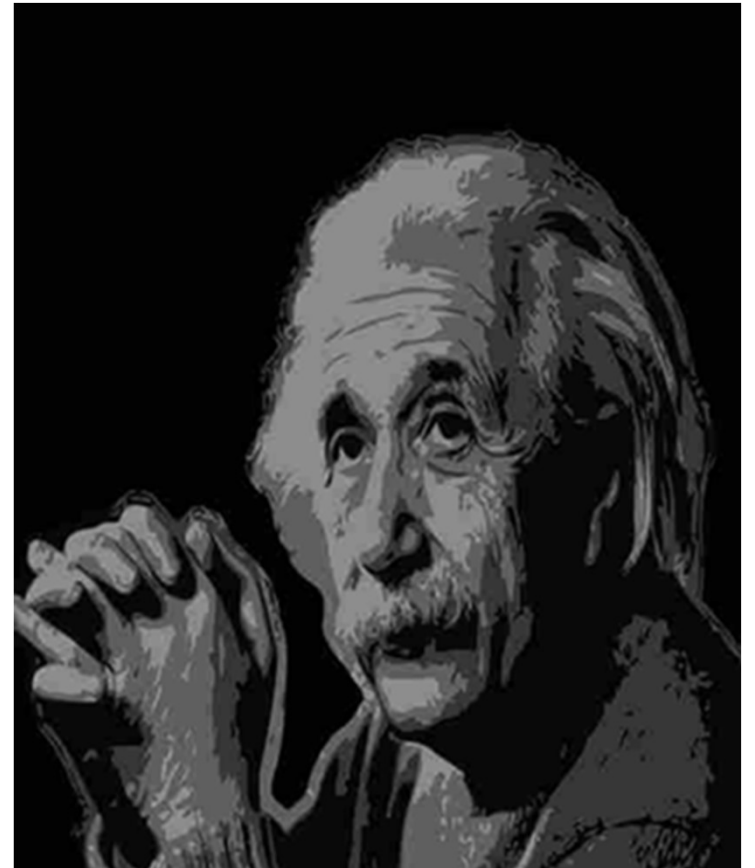
Nelson, Jessica (DSHS/OOS/OCGA), 2025-07-21T21:49:03.969

NJ2

shorten to neighborhood.

Nelson, Jessica (DSHS/OOS/OCGA), 2025-07-21T21:49:45.017

“It cannot be changed
without changing our
thinking.” Albert
Einstein





The First Step





Specialty AFH Pilot



- ✓ AFH contracts to provide the pilot service.
- ✓ Specified trainings for providers and staff.
- ✓ Offer opportunities for individuals to build upon their skills and dreams.
- ✓ Provide individualized teaching, training, and modeling.
- ✓ Adjusting approaches as needed.
- ✓ Monitoring progress and next steps for success.



Specialty AFH Pilot Required Trainings

- ✓ Pilot Orientation
- ✓ Enhanced Person-Centered Approach
- ✓ Beyond First Aid
- ✓ Anatomy of Behaviors



DDCS Specialty AFH Pilot



21 adult family homes statewide.

- ✓ Region: 1- 4 AFHs
- ✓ Region: 2- 9 AFHs
- ✓ Region: 3- 8 AFHs

100 clients statewide.

- ✓ Region 1- 20 clients.
- ✓ Region 2- 44 clients.
- ✓ Region 3- 36 clients.

Different Abilities



- ❖ An I/DD diagnosis does not define a person.
- ❖ Diagnosis affects each person differently.
- ❖ Understand how someone communicates.
- ❖ Life experiences are different for everyone.
- ❖ Learn who they are as a **PERSON** first.

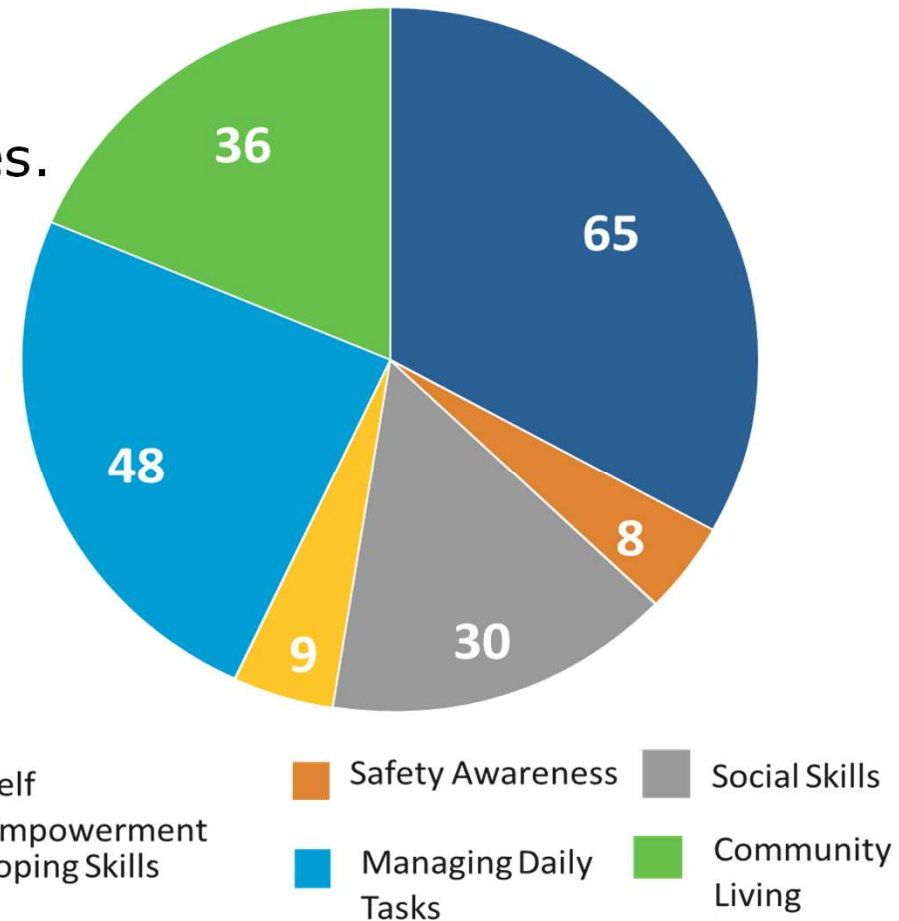
Individualized Support



- Every person is unique.
- Supports based on their diagnosis.
- Understand their lived experiences.
- Provide opportunities to learn and grow as a person.
- Live a life they want.
- Experience community living just like you.

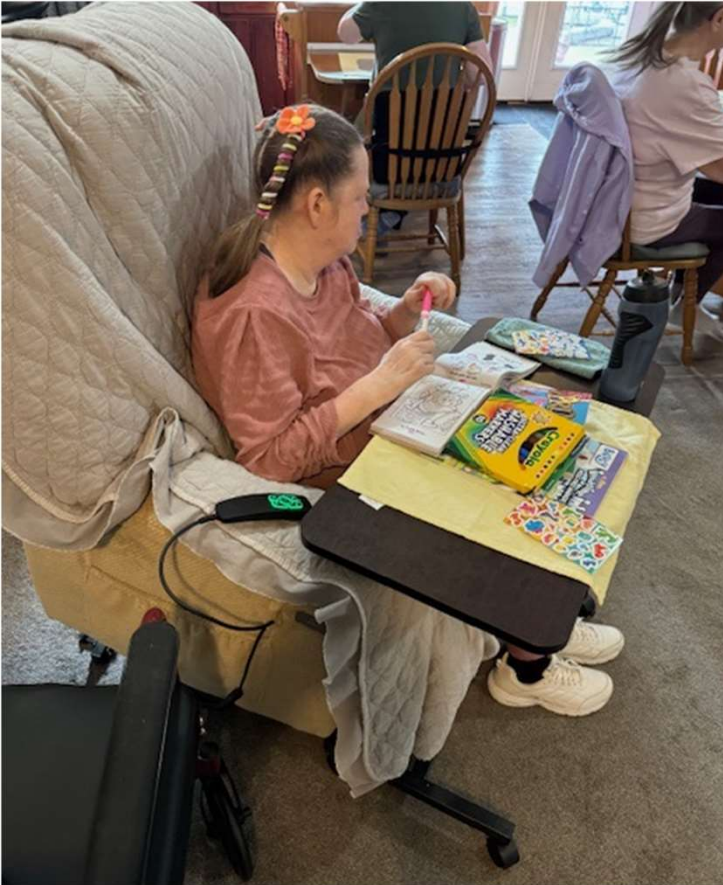
Goal Categories

- ✓ Self-empowerment by making daily choices.
- ✓ Safety awareness and self-advocacy.
- ✓ Social skills and positive relationships.
- ✓ Coping skills with everyday challenges.
- ✓ Managing daily tasks and home living.
- ✓ Community living and integration.



DDA EAFH Specialty Pilot Data reports

Client Impact



Terri's Story

- Lives with severe anxiety.
- Difficult for her to leave her room for more than a minute at a time.
- She enjoys sticker books and coloring.
- Watching her roommates get excited about the pilot, she became curious.
- Agreed to participate in the pilot and now spends up to 5 hours at a time outside of her room with her housemates in the living room.



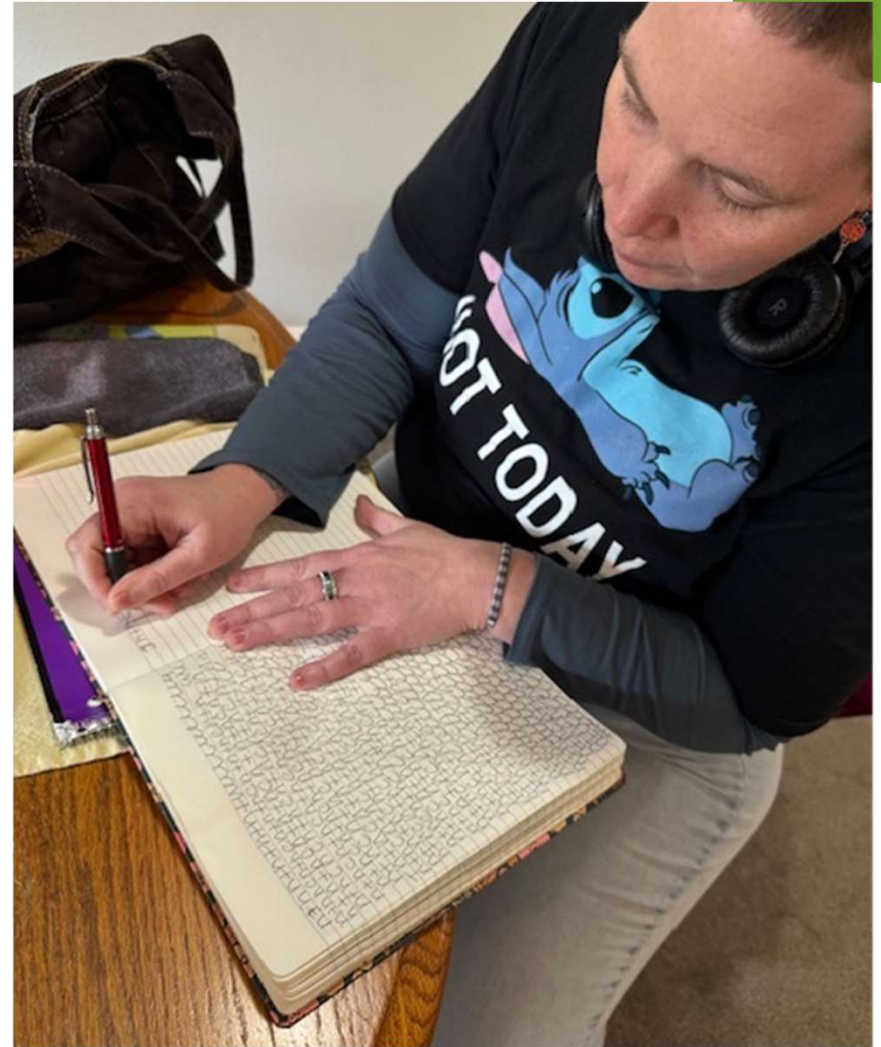
Big Dreams





Future Author

- Working on writing her own children's book. Prior to the pilot, she could not write any letters.
- She hopes to publish her book by the end of the pilot.
- Once she has finished the written portion, she will start the illustrations.





Learning to do Pottery



Washington State Department of Social and Health Services

Beyond Expectations



- Refused to leave the house for over a year.
- He noticed he was missing out on different activities.
- He motivated himself to start trying things out in the community again.
- He enjoys grocery store shopping and being out in the community again!



Pizza Anyone?





Creative Pursuits





Hiking Waterfalls





Equine Therapy





Artists at Heart

- Twin brothers who love to do artwork.
- They have so much they are now donating to local nursing homes.



Moving Forward



Trainings Available to all AFHs & ALFs

- Enhancing the Person-Centered Approach
- Anatomy of a Meltdown
- Behavioral Ecology
- Beyond First Aid in AFHs





Behavioral Support AFHs

Psychology Associate – Stephen Smith

- ❖ Significant behavioral challenges
- ❖ Difficult to motivate
- ❖ Peer conflicts
- ❖ Transition challenges

Process

- ✓ Complete Referral questions with AFH Specialist
- ✓ PA will contact guardian
- ✓ PA will contact you to set up initial visit and expectations
- ✓ PA will meet with you and client
- ✓ PA will create a plan on how to best assist
- ✓ PA will provide Guidelines and Recommendations
- ✓ PA will provide ongoing follow-up as needed

“I’ve been trying to come up with a good analogy or story to convey just how wonderful and lifechanging the Pilot Program has been for Blair.

Before the Pilot Program, Blair was like an average student in a large public high school. She had the opportunity to learn, the teachers assigned work and handed out grades, but she generally blended in with the group and just did what was required to pass. Since the Pilot Program has been in place, it feels like Blair has graduated and gone on to a small, private college where she is flourishing. She has chosen her major and classes based on her own interests, she has teachers who have the time and interest to meet with her individually and help her define her own goals, and teachers who have the time and interest in encouraging and mentoring her to be her best self. She’s learning and embracing self-direction and goal setting and holding herself accountable for working on and reaching her goals. She’s happier, more confident, extremely proud of the contributions she is making in the house (doing chores, baking for the residents), and very happy that she is finally getting out in the community (shopping, visiting parks, etc.). We knew the tide had really turned for her when she started telling us that she didn’t want to come home to visit us every weekend because she wants to be at her house where a lot of cool things are going on.

Our sincere thanks to DDA for this wonderful opportunity for Blair and her roommates! Community Homes planted them in a lovely garden and the Pilot Program provided the water and sunshine for them to really grow and flower.”

– Gail & Chuck Buchanan

Q & A



Questions are the path to learning



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