



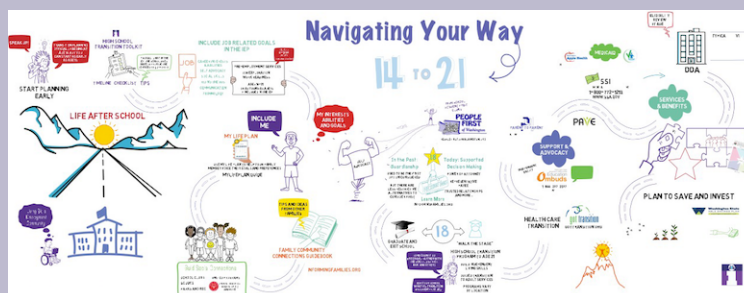
RESOURCES

Ages Fourteen to Twenty One



NAVIGATING YOUR WAY

The following resources are described in *Navigating Your Way, Ages Fourteen to Twenty One*, the fourth in a series of videos that provides a bird's eye view of services, supports and resources for every stage of life. Visit informingfamilies.org/14-21 to watch the video.



SERVICES

Developmental Disabilities Administration (DDA)

Case management and supportive services for children and adults with intellectual and developmental disabilities in Washington State. Visit: dshs.wa.gov/dda.

Division of Vocational Rehabilitation (DVR)

Pre-Employment services provide job exploration and work readiness for students with IEPs and 504 plans ages 16-21 (or as young as 14, if included in the IEP). Visit: dshs.wa.gov/dvr

HEALTH CARE

Apple Health

Medicaid health care coverage for children and adults. Visit: wahealthplanfinder.org

Early Periodic Screening, Diagnosis, and Treatment (EPSDT)

EPSDT provides children who receive Medicaid with regular check ups and treatment for medical issues found during an exam up to age 21. Call 1-800-562-3022 and ask about EPSDT services.

Got Transition

The Child Neurology Foundation has

information and tools to guide the transition to adult health care. Visit: gottransition.org

WithinReach

Helps families connect with the resources they need to be healthy and safe. Call the Help Me Grow Washington Hotline at 1-800-322-2588 or visit helpmegrowwa.org/

FINANCIAL

Supplemental Security Income

A cash benefit administered by the Social Security Administration for individuals with low income who are aged, blind or disabled. call 1-800-772-1213 or visit ssa.gov

ABLE Savings Accounts

A way for individuals with disabilities to save money without losing financial eligibility for government benefits such as SSI. Visit: washingtonstateable.com

DD Endowment Trust Fund

A public-private partnership special needs trust that shelters and protects assets that would otherwise disqualify someone for government benefits, such as SSI and Medicaid. Visit: ddetf.wa.gov



SUPPORT & ADVOCACY

Office of Education Ombuds (OEO) resolves complaints, disputes, and problems between families and public schools. Call 1-866-297-2597 or visit oeo.wa.gov.

Informing Families Coordinators connect families with support, resources, and information tailored to their local communities. Visit: informingfamilies.org/coordinators

Parent to Parent (P2P) provides emotional support and information to families of children with special health care needs or other disabilities. Visit: arcwa.org/parent-to-parent.

Partnerships for Action, Voices for Empowerment (PAVE) provides information, training and support to families. Visit: wapave.org

People First of Washington
Self advocacy chapters throughout the state, including creating Student First chapters in high schools. Visit: peoplefirstofwashington.org.

Sibshops provide peer support from other siblings in a recreational setting. Visit: siblingsupport.org

HELPFUL IDEAS AND PLANNING

High School Transition Toolkit
A free four-page toolkit that includes a timeline and checklist for identifying specific goals to include in the student's individual education program (IEP). To order a print copy, or download a PDF in English or Spanish, visit: informingfamilies.org/transition-toolkit.

Worksheets for identifying sources of support to reach any goal:

Star Form: informingfamilies.org/star.

My Page: dshs.wa.gov/sites/default/files/publications/documents/22-1753.pdf

Supported Decision Making

Supported Decision Making is an approach that offers less restrictive alternatives to

guardianship, such as Powers of Attorney for medical and financial decisions, a Representative Payee to manage Social Security benefits, and a trusted relationship with family or others. Visit: informingfamilies.org/bulletins/sdm

Person Centered Planning

Person-centered planning helps you identify what matters to you and what you want for your life.

<https://www.informingfamilies.org/bulletins/pcp>

PAVE Tools for Transition

PAVE provides a list of tools and resources on their website to support families through the transition from high school to adult life. wapave.org/life-after-high-school-tools-for-transition/

My Life Plan

A free online tool to help you plan for the future. The questions have been Designed with input from families and professionals to identify age-specific questions related to a person's strengths and interests. mylifeplan.guide/

RECREATION & COMMUNITY CONNECTIONS

Community Resource Guide

This resource guide brings together important programs and organizations that help people with developmental disabilities and their families find information, services and support throughout Washington state. Visit: informingfamilies.org/publications/resource-flyer.

Special Olympics Unified

Special Olympics Unified school programs bring students with and without disabilities together to participate in sports, clubs and other school events that promote an inclusive school environment. Visit: specialolympicswashington/unified.