



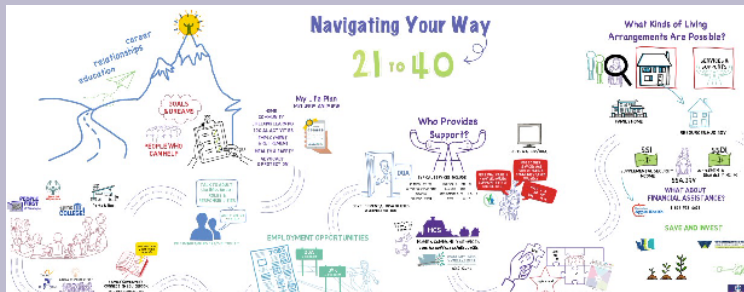
RESOURCES

Ages Twenty One to Forty



NAVIGATING YOUR WAY

The following resources are described in *Navigating Your Way, Ages Twenty-One to Forty*, the fifth 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/21-40 to watch the video.



SERVICES

Developmental Disabilities Administration (DDA)

Provides case management, Medicaid waiver programs and other services that support children and adults with intellectual and developmental disabilities to live safely at home and in the community. Visit: dshs.wa.gov/dda and dshs.wa.gov/dda/cfc-waivers

Home and Community Services (HCS)

HCS provides a range of services for elders and adults with disabilities. Find your local HCS office at dshs.wa.gov/altsa/resources or through Community Living Connections at waccl.org.

FINANCIAL

Supplemental Security Income (SSI)

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.

Supplemental Security Disability Income (SSDI)

A cash benefit for adult children with a disability whose parent is deceased or retired. 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.

BenefitU is a DDA-funded service that offers information, tools, resources, and coaching to help inform decisions about working and receiving government benefits. Visit: benefitu.org

HEALTH CARE

Apple Health

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

Health Care Authority

Access free or low-cost healthcare coverage. Visit: hca.wa.gov

EMPLOYMENT & DAY SERVICES

Division of Vocational Rehabilitation (DVR)

People with disabilities can work with DVR to explore job options and get support finding employment. Visit: dshs.wa.gov/dvr

Supported Employment (through a DDA waiver) provides long-term help from a job coach to find, learn, and keep a community job. Includes support with career goals, workplace accommodations and job success. Visit: dshs.wa.gov/dda/employment-and-day-programs

Day Programs



Ready, Set, Know

Access services to support your goals to be more independent and connected to your community such as Community Engagement, Community Inclusion, and Peer Mentoring through a DDA Waiver. Visit:

dshs.wa.gov/dda/community

HOUSING

Apply for a rental subsidy from the local Housing Authority. Availability and wait times vary by location.

Visit: resources.hud.gov

For additional information, such as affordable housing locators and home ownership programs, visit: informingfamilies.org/bulletins/the-hows-of-housing

SUPPORT & ADVOCACY

FAMILY SUPPORT

- ▶ **Parent Coalitions:** arcwa.org/takeaction.
- ▶ **Parent to Parent (P2P)** arcwa.org/parent-to-parent.
- ▶ **Informing Families Coordinators** informingfamilies.org/coordinators

ADVOCACY

People First of Washington

Self-advocacy chapters throughout the state provide opportunities for individuals to connect with each other and learn valuable self-advocacy skills. Visit: peoplefirstofwashington.org.

Local Arc Chapters provide information, resource referral, and advocacy. Visit arcwa.org/aboutus

Self Advocates in Leadership (SAIL) is a statewide coalition where people with IDD learn about their rights, build leadership skills and help shape public policy. selfadvocatesinleadership.com

Allies in Advocacy is a group of individuals with disabilities who work together to strengthen the disability civil rights movement. Visit: alliesinadvocacy.com

HELPFUL IDEAS AND PLANNING

Adult Sibling Toolkit

Tips and conversation starters for talking to adult siblings about their potential roles and responsibilities as family caregivers and/or guardians. Visit: informingfamilies.org/sib-toolkit

Person Centered Planning

Person-centered planning helps people identify what matters to you and what they want for their life. Visit: informingfamilies.org/bulletins/pcp

My Life Plan

Free online planning tool for every stage of life. Visit: mylifeplan.guide

Star Form

This worksheet helps identify sources of support to reach any goal. Visit: informingfamilies.org/star

Supported Decision Making

Supported Decision Making is an approach that offers less restrictive alternatives to guardianship. This includes Powers of Attorney for medical and financial decisions, Representative Payee to manage Social Security benefits, and a trusted relationship with family or others who can provide good advice. Visit: informingfamilies.org/sdm

RECREATION & COMMUNITY CONNECTIONS

Community Resource Guide

This resource guide lists 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 Washington

Sports, health, education, social connection and community building. Visit: specialolympicswashington.org.

Outdoors for All

provides a variety of recreation activities for individuals with disabilities. Visit: outdoorsforall.org

Think College

Provides resources for adults with intellectual disabilities to pursue post-secondary education. Visit: thinkcollege.net.

The **Free and Low Cost Support Toolkit** helps people who are not receiving paid DDA services, or who need additional support, find resources and activities available in most communities. Visit: informingfamilies.org/publications/nps-toolkit