Informing Families

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.

Sources of Support to Reach My Goal

Technology I Own or Have Access To (devices, apps, equipment)

- Family computer
- Smart phone
- Transit app
- Echo Dot
- Handsfree Bluetooth Headset

Personal Strengths & Assets

- Dependable
- Open to trying new things
- Creative
- Doesn't give up

Personal Relationships (family, friends, others I know)

- Mom and Dad
- Grandma
- Neighbors
- Church group
- Choir friends

Community Based
(free and low-cost resources in my community)

- Special Olympics
- School Unified Sports
- Library storytimes
- Public Transit
- Parks & Rec
- Parent to Parent
- Church

Eligibility Specific
(paid services and benefits)

- Apple Health/Medicaid
- DD Endowment Trust Fund
- Lifespan Respite
- Premium Payment Program

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 for our email newsletter at www.informingfamilies.org/newsletter-signup

View this bulletin online

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/disability-services-and-support/developmental-disabilities-services/service-and-information-request-form

Did You Know?

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



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

Lifespan Respite WASHINGTON

Caregiver Respite Vouchers

If you are a family caregiver 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: www.wahealthplanfinder.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/bulletins/hipp.

Department of Children, Youth & Family Services (DCYF)

Early learning programs and support, such as the Early Support for Infant & Toddlers program and child care resources. Learn more at: dcyf.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/ALTSA/resources.

Northwest Access Fund

Offers low-interest loans for assistive technology, adapted vehicles, home modifications and other needs. Also provides free financial coaching to help people with disabilities manage money, understand benefits and reach financial goals. Learn more at: nwaccessfund.org.

Washington Assistive Technology Act Program (WATAP)

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

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.

Inclusive Camp Directory

The Arc of WA has a statewide directory of camps, visit: arcwa.org/info-resources/camp-resources-2/

Special Olympics

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

YMCA

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. washingtonymca.org







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 Resource Guide*: informingfamilies.org/publications/resource-flyer



Special Olympics Unified Sports

Special Olympics Unified is an initiative that offers inclusive sports and recreation activities in schools and in the community.

Unified teams in our state participate in one or more of 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 your local Unified program, or for help bringing Unified to your community, visit: specialolympicswashington.org/unified/

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.

Informing Families: informingfamilies.org
Local Arcs: arcwa.org
Parent to Parent: arcwa.org/parent-to-parent
Partnerships for Action, Voices for Empowerment (PAVE): wapave.org
Parent Coalitions: arcwa.org/parent-coalition
Fathers Network: sherwoodcs.org/wsfn
Autism Society of Washington State: autismsocietyofwa.org
WA Autism Alliance & Advocacy: washingtonautismadvocacy.org

For Individuals with IDD

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: selfadvocatesinleadership.com

For Siblings

Resources, support groups, Sibshops for children and more.

Sibling Support Project: siblingsupport.org



Informing Families

Statewide Coordinators

Informing Families coordinators connect individuals with intellectual and developmental disabilities and their families to information, resources and support in their communities. Find a coordinator in your community: informingfamilies.org/coordinators

Newsletter

Join the Informing Families email newsletter to stay up to date with the latest resources, events and information. Sign up today at: informingfamilies.org/newsletter-signup

ABLE to SAVE and INVEST

Washington State ABLE and the Developmental Disabilities Endowment Trust Fund (DDETF) help people with disabilities save money while protecting eligibility for benefits like SSI and Medicaid. Both programs offer low fees, opportunities to earn interest and options for long-term savings. Funds belong to the beneficiary and can be used for eligible expenses, helping individuals and families plan for current and future financial needs.



Learn More
ddetf.wa.gov
washingtonstateable.com

ABLE

The Washington State ABLE (Achieving a Better Life Experience) Savings Plan helps people with disabilities save and invest money for qualified disability expenses that support health, independence and quality of life. Funds can be used for expenses such as housing, education, transportation, employment supports, assistive technology, health care and basic living expenses.

DD Endowment Trust Fund

The Developmental Disabilities Endowment Trust Fund (DDETF) allows eligible Washington residents with developmental disabilities to save and invest money without affecting eligibility for state or federal programs. The pooled special needs trust can help pay for current and future needs, including education, transportation, health care and other expenses that support and enhance quality of life.