



Spring 2019

Informing Families ...Today and Tomorrow

A project of the Washington State DD Council

Help Us Fill in the Missing Pieces



If you need a break from caregiving, you are not alone.

All caregivers need respite from the daily responsibilities of providing support and supervision to their loved one.

Finding the time or resources to take regular breaks, however, is a different story.

Some families are able to cobble together a network of paid and non-paid support, while others face barriers that put respite out of reach.

If you are supporting a family member who is a client of the



Developmental Disabilities Administration (DDA), but not receiving a paid service from DDA, we want to hear from you.

Your input is important to us.

Together with DDA, Aging & Long Term Support Administration, Lifespan Respite and PAVE, we have put together a respite survey for family caregivers of DDA clients

on the No Paid Services caseload (individuals not receiving a paid service from DDA).

The Developmental Disabilities Respite Survey is an opportunity to tell us about your respite needs, as well as to help you identify options you may not know exist.

Please consider taking a few moments to participate in the survey at research.net/r/DDArespite.

Sincerely,

Ed Holen
Executive Director
Washington State DD Council



Respite Survey Q&A



WHO is it for?

Family caregivers of individuals who are clients of DDA, but not receiving a paid DDA service.



WHERE do I find it?

Take the survey at: research.net/r/DDArespite.

For a printed version, send a request to Ed Holen at ed.holen@ddc.wa.gov.

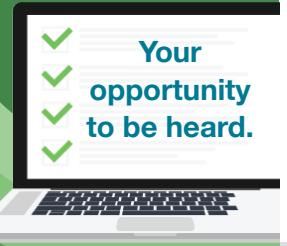


HOW long is it?

The survey has 12 questions, as well as a comment box at the end. Information to help you understand questions about service options is provided in the survey as well as this newsletter issue.

WHEN does it end?

The survey closes on May 31, 2019.



DDA Waivers

OPTIONS and OPPORTUNITIES



If your family member is a client of the Developmental Disabilities Administration (DDA) and not receiving a paid DDA service, you can request services through one of five home and community based waiver programs (see inset opposite page).

Waiver services can provide respite for caregivers either directly (with respite care hours) or indirectly (by increasing the person's independence and community connections). Service types and amounts vary by waiver. We've included some examples below, but there's much more. To learn about services that might work best for your family member, or to request a waiver assessment, contact DDA: dshs.wa.gov/dda/service-and-information-request.

Assistive Technology

Devices and apps to improve or maintain abilities in areas such as health & safety, communication, mobility, and skill building.

Employment Services

Individualized support to find and maintain integrated employment at or above the state's minimum wage.

Short Term Respite

Provided in home or a community setting with a contracted provider (for example, camp or recreational program).



Community Engagement/Guide

Individualized goal setting and support for working age adults to connect with people and resources in their local community.

Community Inclusion

Individualized support for adults to build relationships and develop skills that promote greater independence and inclusion.

Staff/Family Consultation

Professional assistance to help you and/or other caregivers meet the needs of your family member.



By adding one Basic Plus waiver service at a time, we've been able to build a pretty full day for our son. He has always used all his respite and personal care. Since he graduated from high school, he has accessed DVR, then DDA for job exploration, then we added Community First Choice skills acquisition, then added community guide. We self pay for therapeutic riding. All of this combined is helping create a good life for Gerik (and is all respite for us).

—Michelle W, Ellensburg



Take the Survey Right Here

research.net/r/DDArespite



More Ways to get a Break

COMMUNITY FIRST CHOICE (CFC)



Community First Choice (CFC)

is a non-waiver program offered by DDA that strives to help children and adults be as independent as possible while living at home. It also provides an opportunity for family caregivers to get a break.

CFC is an entitlement. This means that if someone meets the financial and functional eligibility for CFC, they can receive it.

CFC Services Include

Personal Care assistance with everyday tasks, such as bathing, dressing, meal preparation and

essential shopping.

Assistive Technology to help individuals be more independent with daily tasks.

Skills Acquisition Training on daily living skills such as cooking, housekeeping tasks or hair care.

Personal Emergency Response Systems (PERS), an electronic device which allows you to call for help in an emergency.

Contact DDA to ask about CFC services for your family member: dshs.wa.gov/dda/service-and-information-request.

To request a printed version, send an email to ed.holen@ddc.wa.gov.

The more people who respond, the better the state is able to understand and plan for the needs of caregivers like yourself.



Waivers at a Glance

DDA Home & Community Based

Services waivers include a variety of services—from skilled nursing, respite and behavior support to employment, and community engagement. Please contact DDA for more information, and to request an assessment: dshs.wa.gov/dda/service-and-information-request.

Individual & Family Services (IFS)

For children and adults living in their family home. Services include respite, therapies, community engagement, and more.

Basic Plus

For children and adults whose ability to continue being supported at home or in a community setting. The Basic Plus waiver includes services from Individual & Family Services, plus employment and more.

CORE

For children and adults at immediate risk of out-of-home placement who have a need that cannot be met by the Basic Plus waiver. May provide up to 24 hours per day of support and supervision.

Children's Intensive In-Home Behavioral Support (CIIBS)

For children (ages 8-20) living in the family home who are at risk of out-of-home placement due to the intensity of their behavioral challenges.

Community Protection

Community-based small group setting for adults who need 24-hour per day on-site awake staff supervision and therapies to maintain their own and community safety.

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Developmental Disabilities Administration
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Respite Vouchers



If you are an unpaid 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.

For more free and low cost resources,
download our four page Resource Toolkit at
informingfamilies.org/publications.

