



Summer 2019

Informing Families ...Today and Tomorrow

A project of the Washington State DD Council



From long travel trips to stay-cations and local events, summer brings communities to life with a variety of activities and opportunities for connections.

Making the most of what summer has to offer often comes down to access. And that means finding ways to reduce as many barriers as possible: physical, financial, emotional, cultural and linguistic.

To help spark ideas and connections, this summer issue includes:

- travel tips
- resources for culturally and linguistically diverse families
- free and discounted services

As always, we encourage you to consider ways that resources in your

community can support your family member to have a great summer. For a list of more summer resources, visit: informingfamilies.org/summer.

On a personal note, this summer brings change and opportunities for me as I retire as Executive Director of the DDC after 30 plus years of service. However, as the father of a son with a developmental disability, and a grandpa for a grandson with autism, I know that advocacy never ends.

We will introduce you to my replacement in the next newsletter.

Sincerely,

Ed Holen
Executive Director
Washington State DD Council



Washington State Parks: Free and Reduced Fees

Washington State Parks offers passes that reduce or waive camping, moorage, watercraft launch fees and day use for limited income senior citizens, disabled veterans, foster parents and people with disabilities

Qualified individuals may apply for more than one type of pass, although only one pass may be used at a time.

LEARN MORE

To apply for a disability pass, visit: parks.state.wa.us/205/Passes

Note: A Permanent Disability Parking Permit issued by the Washington State Department of Licensing also entitles you to the 50% disability discount and fee waiver. Simply show your license plate or issued wallet card along with matching ID directly to the park ranger.

Summer Meals for Kids

The Summer Meals program picks up where school meal programs leave off in June, providing free meals and snacks to kids age 18 and under all summer long. All kids are welcome, and some sites allow adults to purchase a meal as well. No proof of income, address or citizenship is ever required.

Find sites near you: parenthelp123.org/resources/summer-meals-program.

If you have a question about Summer Meals, call the Family Food Hotline at 1-888-436-6392.



Summer Travel Advisory

by Rachel Nemhauser



There is nothing earth shattering about the assertion that traveling with kids is difficult; however, when you add a child with disabilities into the traveling mix, the difference is almost incalculable.

Taking our son Nate to visit family is more than just extra planning and work. It's seeing the challenges he faces through the eyes of people who don't spend very much time with him.

It's explaining why he does what he does, and why we respond like we do.

It's making sure Nate's brother gets the attention he deserves from his

extended family.

It means security lines, a 6-hour plane trip, long car rides, lingering meals at fancy restaurants, and well-meaning family members who don't always understand.

“He’s part of what makes our family who we are. Without him, there is a piece of joy missing.”

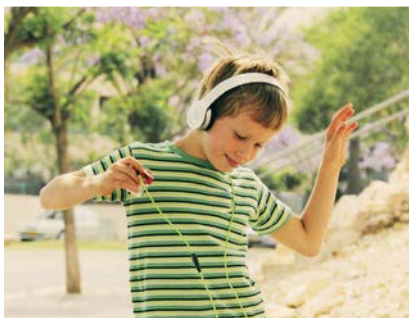
It means skipping certain outings that just won't work for our family, or leaving early from others.

It means seeing younger cousins' development skyrocket past Nate's. At moments, it can be gut-wrenching.

However, except for those rare times I need a trip by myself, I want my mischievous red-head by my side.

He's part of what makes our family who we are. Without him, there is a piece of joy missing.

Although there's no set of travel tips that will work for everyone all the time, I do have a few that help bring me back to center when vacation planning time rolls around. Maybe they will help you, too.



Get Connected

Learn about inclusive resources and events in your local community from other families. Parent to Parent (P2P) chapters throughout the state are great resources for learning about camps, events and opportunities. Visit arcwa.org/getsupport to find a P2P near you.

Plan for the best, prepare for the rest. Anticipate what your child needs to feel comfortable in a new environment—comfort items, headphones, games, music—and make a plan for when things don't go as well as you hoped.

Make trial runs. Test out what works and doesn't work with short trips close to home. Check with your local airport to see if they offer any practice opportunities for families traveling with a child with disabilities. Wings for Autism is a great option if it's available in your area.

Research. Research. Research. Need to find a sensory friendly outing? An accessible beach? A restaurant that can meet different dietary needs? Connect with other parent groups and online forums. There's almost no question you could have that someone else hasn't already asked and figured out.

Trust your gut. If an event or outing you planned two months ago (or even a week ago) doesn't feel right today, it's okay to pass. Forcing something to happen, just because it's been planned, is not going to make things magically go well.

If traveling by air, contact TSA Cares a few days before your planned departure. It's a free service for anyone traveling with disabilities or special healthcare needs, and they can help you move quickly through security and other parts of the airport process.

**TRAVEL
TIPS**



ACCESS for ALL FAMILIES

by Catalina Angel

As a first generation immigrant, and a parent of a child with disabilities, I have learned that the navigation of services comes with multiple cultural and linguistic barriers. It's an unknown journey with so many pieces to pull together that families get overwhelmed.

Even when materials are translated into our own languages, the information and process is so complex and multi-layered that it's much harder for us to access benefits.

It's easy for us to miss learning about substantial services that can help create a stable life for our family members with disabilities.

There is a great need for service systems and support organizations to reach out and connect with culturally and linguistically diverse families in ways that open doors for all families.

We can't ask for what we don't know, which is why it's so important for both families and professionals to connect and understand each other.

While there's more work to be done to help bridge this gap in information and communication, the following resources are a starting place for families to get the help they need:

Parent to Parent Ethnic Outreach Coordinators and Resources

Ethnic Outreach Coordinators can direct you to community resources for your entire family, organized by county. arcwa.org/getsupport

Office of Education Ombuds Publications and Resources in

Multiple Languages: *Requesting an Interpreter When Communicating with Schools, How Does a School District Work? Tips for Families to Help Address Bullying*, and many more. oeo.wa.gov/publications

Open Doors for Multicultural Families

Culturally and linguistically relevant information, services, and programming to multicultural families of persons with developmental and intellectual disabilities. Primarily serving King County. multiculturalfamilies.org

Patient Navigation Program at Seattle Children's Hospital

Patient navigators can help families get care at Seattle Children's if they have limited English proficiency. seattlechildrens.org/clinics/patient-navigation-program

Immigrants with Disabilities and Public Charge: Understanding Proposed Changes

The U.S. Department of Homeland Security has proposed significant changes to the way the "public charge test" in federal law is applied to immigrants seeking to obtain legal status.

Learn about the proposal and its impact on immigrants who use programs that help participants meet their basic needs, including:

- ❖ Medicaid
- ❖ SNAP (Supplemental Nutrition Assistance Program, aka "food stamps"), and
- ❖ Section 8 housing

Read or download the Department of Children, Youth and Families Public Charge Fact Sheet at: informingfamilies.org/public-charge.

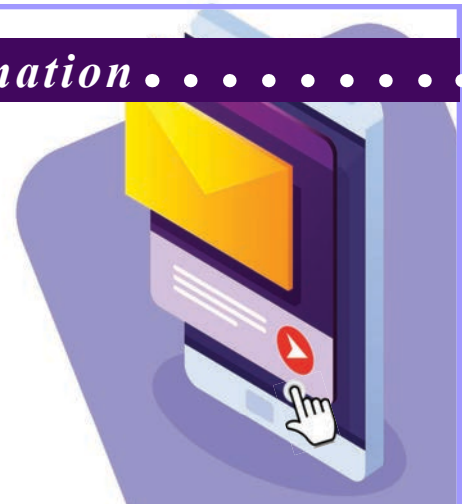
DDA News and Information

Get instant updates affecting you!

- News & announcements
- Provider information
- Resources
- Trainings & events

Sign up to receive information:

- Text "DDA" to 468311
- Visit dshs.wa.gov/dda



State of Washington
DEPARTMENT OF SOCIAL AND HEALTH SERVICES
Developmental Disabilities Administration
P.O. Box 45310
Olympia, WA 98504-5310

PRSRT STD
US POSTAGE PAID
WAS STATE DEPT
OF ENTERPRISE SRVCS
98501



SUMMER HEALTH & SAFETY

DDA Caregiver Alerts

DO YOU KNOW...

- ☀ The difference between sunstroke, heat stroke and heat exhaustion?
- ☀ The signs of dehydration?
- ☀ Whether someone in the water is in distress or is drowning?

LEARN THE RISKS, SIGNS & TREATMENT

of these and other summer health issues in caregiver alerts created by the Developmental Disabilities Administration at: informingfamilies.org/heat.

