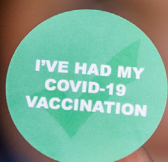




Informing Families...Today and Tomorrow

It takes a community to reach immunity.



The more people who get the COVID vaccine, the safer our communities are for everybody to enjoy this summer, especially people with Intellectual and Developmental Disabilities (IDD) who are at high risk for severe illness and death. Find a vaccine at vaccinelocator.doh.wa.gov, or call 1-800-525-0127 and press #. For those who cannot go to a vaccination site due to disability, call 1-800-525-0127 and press #. Language assistance is available.

The trees and flowers are in full bloom, and we are so excited for warmer weather, outdoor activities, and finally spending more time with friends and family.

One of the most important things we can do right now is get the COVID-19 vaccine so we can reach herd (or community) immunity. Millions of people in our state have already gotten at least one vaccine dose, and it continues to be proven safe and effective.

By the time this article is published, I will have received both of my vaccine doses. I did it for my family, my community, and for all the

people who are unable to get the vaccine and are counting on us. I feel extremely proud to have done my part to help our community heal and move forward together.

As always, we are proud to provide helpful information and resources through the Informing Families partnership. Feel free to call me at 360-586-3558 or send me an email at jeremy.norden-paul@ddc.wa.gov. Stay well and keep in touch.

Jeremy Norden-Paul
Executive Director

Washington State DD Council



Employment Services for High School Transition Grads

Good news! The Developmental Disabilities Administration (DDA) has funding for employment services for high school graduates who:



- ✓ Were born between September 1, 1999 and August 31, 2000;
- ✓ Want to work; and,
- ✓ Are functionally and financially eligible for Community First Choice personal care services.

Anyone who meets these criteria and requests the service can begin receiving long-term employment services through DDA after graduating from high school and turning 21.

SUPPORTED EMPLOYMENT provides support to help gain and maintain a job. Services are developed based on the person's interests and abilities and promote career advancement. Learn more at: dshs.wa.gov/dda.

You're Vaccinated! Now what?



If you are fully vaccinated, you can start doing many things that you had to stop doing because of the pandemic.

According to the CDC, fully vaccinated people can resume activities without wearing a mask or physically distancing, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.

To learn more, visit: cdc.gov.

If you have not yet gotten the vaccine, visit vaccinelocator.doh.wa.gov.



Summer Adventures

by Rachel Nemhauser

How to stay safe, have fun, and enjoy your summer with those you love the most.

It has been a long, dark, damp winter, full of isolation, loneliness, and pandemic restrictions, but the green trees and budding flowers are driving the point home that it might finally be time to venture back outside!

The promise of warmer weather is greatly appreciated, but during the time of COVID-19, it is also not without its stressors.

What is safe? What is open? What respite and recreational programs are available? And how will my loved one with a developmental disability feel about our re-entry into the outside world?

The worries are legitimate and the answers are complicated.

In our family, we're taking baby steps.

After a year of virtual movie dates, my sixteen-year-old autistic son Nate had his first in-person date with his girlfriend in over a year—a meetup for frozen yogurt.

I admit that our social skills were a little rusty after a year of isolation, and our anxiety about going places was a little high, but the short venture into the outside world was

delicious for so many reasons. We are looking forward to more face-to-face dates this summer, and hope to plan some low-key hangouts with his friends too.

We're also planning to take advantage of the state's respite opportunities by registering for a few short DDA-contracted summer camps.

Nate is nervous after over a year of not attending camp, but I know he will love it once he gets back into the groove of things. He is a teenager who desperately needs to ditch the comfort of being at his parents' side and to re-join the world, and I'm doing what I can to make that happen.

Lastly, Nate plans to spend time this summer at his first ever part-time job. We took a chance and reached out to a local private

park in our neighborhood, and they let us know they value the contributions of teens of all abilities, and that they'd love to hire him.

They are looking forward to having him on their staff, and to supporting him as he learns what it means to be an employee for the first time.

Of course with all of these plans, I'm worried about the dangers of COVID, but after weighing Nate's individual health risks against his need to socialize and access his community,

I've decided to trust that the camps and parks he'll be spending time in are taking the precautions needed to keep everyone safe.

With the right precautions, a world of adventure awaits.

Washington summers are short but stunning. COVID is making things tricky, but with the right precautions and planning, a world of sunshine and adventure awaits.

Here are a few places to look for some ideas:

Keep it Simple, Be Creative

Connect with friends for small get-togethers. Frozen yogurt was a ton of fun, and (cont. back page)

How will my loved one with a developmental disability feel about our re-entry into the outside world?



DID YOU KNOW?



New Funding for Clients on DDA's No Paid Services Caseload

This past session, state lawmakers included new funding to increase enrollment in the Developmental Disabilities Administration (DDA) Home and Community Based Services waiver programs, including the Individual & Family Services, Basic Plus, Core, and Children's Intensive In-Home Behavior Support.

If you are a client of DDA, but not receiving a paid service, visit dda.wa.gov to fill out an online request for services and information.

To learn more about DDA waivers, visit informingfamilies.org/dda-waivers. And for information about how to apply (and why it's important), our short new video explains it all at informingfamilies.org/dda-how-to-apply.



DDA's Featured Service Community Engagement

DDA's Community Engagement services are designed to increase your access to the community and build connections to community networks in creative ways.

- Get connected to your community through classes. Learn cooking, pottery, dance, sign language, exercise, yoga and more.
- Connect with people in your community who share similar interests. A Community Engagement provider can help you get connected with others who enjoy art, music, games, or sports.
- Reach goals you set for yourself, such as volunteering, managing finances, and meeting new people.

Learn more about Community Engagement and other featured DDA services at: dshs.wa.gov/dda/featured-services.

Introducing the 6040 No Paid Services Project

The Developmental Disabilities Administration (DDA) is pleased to introduce the 6040 No Paid Services project.

The project began with a legislative mandate (ESSB 6040) that directs DDA to assess the current needs of people without a paid service.

WHAT IT MEANS TO YOU

If you are not receiving a paid service, you may get a phone call from DDA staff, Madison or Chris.

They are reaching out by phone to have a conversation about support needs, to connect people



with a case manager if desired, and make sure people know how to request service in the future if there is not a need right now.

You may also receive a survey via email. DDA encourages you to complete the survey so that we will know more about the needs of people not currently receiving a paid service.

WHY ITS IMPORTANT

DDA will use the information collected to advise the Governor and Legislature on the support needs of people with developmental disabilities who do not currently receive paid services.

Thank you for participating. It is important for DDA to know how to best support you!

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

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(*Summer* cont.)

so is a short hike in the woods or a visit to the farm to pick blueberries. Be creative and take advantage of what your neighborhood has to offer.

Connect with Parent to Parent

Contact Parent to Parent in your county to find out what recreational options are available locally for youth with I/DD and their families.

Get Out and Move

Check out Seattle Children's "35 Ways to Move Your Body This Summer" for fun ideas.

Join Spirit Club, hosted by The Arc of King County, is a free virtual exercise class for people of all abilities.

Find and visit ADA accessible state parks with free or reduced passes for persons with disabilities.

Find links to these resources and more at: informingfamilies.org/rec.

Request DDA Services

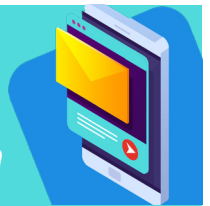
The Developmental Disabilities Administration (DDA) offers respite services that can be used in community settings. Check with your DDA Case Manager to find a list of contracted respite providers in your area. If your family member is DDA eligible, but not receiving services, visit dshs.wa.gov/dda to request respite or other services.

Be Person Centered

Explore your family member's interests and hobbies. Don't assume the only options are the ones created specifically for people with I/DD. Searching for ideas based on the passions of the person themselves is a wonderful way to create a person-centered life this summer.



DDA News and Information



Don't wait to get the latest news and information from the Developmental Disabilities Administration (DDA).

GovDelivery keeps you in the loop through text or email—your choice!

With a DDA GovDelivery subscription, you can sign up for one or many topics including:

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

Getting Started is Easy

Text "DDA" to 468311 and receive a link to sign up.