



Informing Families ... Today and Tomorrow

A project of the Washington State DD Council



..... DDA's No Paid Services Caseload Update

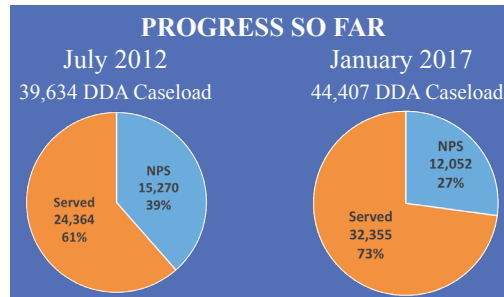
MAKING PROGRESS FOR THOSE IN NEED

Three years ago, our state legislature directed the Developmental Disabilities Administration to convert its state-only Individual & Family Services (IFS) program into a federal Home and Community Based Services waiver.

The move created matching federal funds that allowed DDA to dramatically increase enrollment in services for about 4,000 individuals on its No Paid Services (NPS) caseload.

It's been a huge undertaking.

In what has been a relatively short time, DDA designed a new waiver program, obtained approval from the federal government, transitioned



about 1,500 state-only IFS clients to the new program, ramped up new enrollments for more than 2,000 NPS clients, and is staying on pace to meet the targeted goal of moving 4,000 clients to the Individual and Family Services waiver.

As a result, the total DDA No Paid Services caseload has been reduced from 39% of case load to 27%.

Thousands more people are receiving paid DDA services, and even more will be added to services by the June 30th deadline for new enrollments.

The window of time for open enrollments in the IFS program will be closing soon. On the next page, learn how IFS is helping individuals and families in our state, and find out how to request enrollment for your family member.

Sincerely,

Ed Holen, Director
Washington State
Developmental
Disabilities Council



Special Olympics

CREATING A UNIFIED GENERATION

Through inclusive sports and school activities, a youth-based Special Olympics initiative called Unified Schools is proving what friends and families of people with IDD already know: everyone wins when everyone's included.

The program's name says it all. "We're trying to change this generation into a unified generation where there's more acceptance of people of all abilities," says Morgan Larche, Director of Special Olympics Unified Schools for Washington State.

135 schools in our state

(cont'd on page 3)



INCREASING ACCESS AND INDEPENDENCE

DDA's Individual & Family Services (IFS) waiver offers a variety of services for clients of DDA over the age of three who live with a family member. Priority is given to clients on DDA's No Paid Services Caseload during this special open enrollment period that will end soon. For information about IFS, or to request enrollment, use DDA's online *Service and Information Request* form: dshs.wa.gov/dda/service-and-information-request.



IFS: HELPING INDIVIDUALS AND FAMILIES

Note: Client names in the following examples have been changed.

Douglas is a 4 year-old who lives with his two moms and a foster brother in Tacoma. As Douglas grew larger, it became increasingly difficult to lift his wheelchair in and out of the front door. Douglas used his IFS Waiver funding, which includes *Environmental Modifications*, to purchase two portable ramps (which hook together to reach 16 feet) for his front door. Now, instead of using the garage door and a make-shift ramp designed for motorcycles, Douglas enters the front door with the rest of his family!

Tony has an array of challenging behaviors, including frequent aggression towards his sibling and family members. He used IFS waiver funds, which cover *Therapeutic Equipment and Supplies*, to purchase a weighted lap pad recommended by his physical therapist to promote self-regulation. A weighted blanket was also purchased through the waiver to help Tony sleep through the night.

Jack uses IFS waiver *Respite* funding to participate in respite programs while his mom gets a break from caregiving. His mom says that he *loves* it! It's a win for the whole family.

Teresa expressed an interest in her town's local community center, so her *Community Engagement* provider researched local community centers and attended them with Teresa to facilitate her integration and to form relationships.

Because Teresa has had some experiences of being taken advantage of in the past, her Community Engagement provider works with her on boundaries and safety. The goal is for Teresa to eventually attend activities at the center on her own.

Meanwhile, her Community Engagement provider continues to look for other activities that Teresa can be involved with in her town, which are limited because of the size of her community.

CFC: PERSONAL CARE AND MORE

Community First Choice (CFC) is a Medicaid program that offers personal care and other services intended to help low-income children and adults with disabilities (and seniors) continue to live at home and be as independent as possible. CFC is an entitlement. This means that if someone meets the financial and functional eligibility for CFC, they can receive it. CFC services include the following:

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

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.

Assistive Technology to assist with an activity of daily living.



Use DDA's Online Service & Information Request form for information about CFC or to request enrollment:

dshs.wa.gov/dda/service-and-information-request



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Morgan Larche
Special Olympics Washington
Director of Unified Schools



Learn More

specialolympicswashington.org/unified



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participate in one or more of its three component programs:

Sports

Competitive, skill development and recreational level sports include both students with disabilities (athletes) and those without (partners).

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).

Schools that offer all three components, like North Thurston High School in Lacey, are known as Unified Champion Schools.

At North Thurston, a lot of the activities of the Unified Club are organized around sports, but also include larger school awareness campaigns such as *Spread the Word to End the Word*, peer tutors, and school spirit events like *Pack the Gym*, which raised \$1,700 to fund the Club's activities.

Josie Kirk, a junior at North Thurston, remembers seeing students with disabilities in the hallways prior to becoming a

Unified partner, but that was as far as their interactions went.

"I never really knew them," she says. "But as soon as I started playing soccer with Unified, I learned about all the kids. We built this friendship. We eat lunch together with, like, three of them. And it's just super fun."

Kenny Thai, one of the athletes she teams with, smiles shyly when asked about his favorite moments on the team. He holds up his hands and beams. "I shoot threes!"

"When he's on point, he can shoot lots of threes," his teacher, Michela Laverty, says. "The crowd goes wild."



Kenny laughs and shakes his head as his teacher and friend brag about his popularity. "Everyone knows Kenny," Laverty says, reminding him that he likes to say *I'm playing for all my ladies out there.*

Playing Unified has made the rest of the school experience better for

Kenny. According to Laverty, "He wasn't in a lot of [integrated] classes in his freshman year, but now he's in weight training and he has the time of his life.

"They all cheer him on like it's no big deal, but I think a big part of that is because he's been a part of Unified and he's now a part of the school."

***"Unified for life.
That's our goal."***

The Unified program at North Thurston is so popular, there's a waiting list for students without disabilities who want to be partners.

"Kids are always asking me how they can join," says Josie. "Everyone wants in!"

It's exactly what Special Olympics is aiming for—a world where common ground is created and relationships are formed for life. "Unified for life," says Larche, "that's our goal."

Get Unified

Unified Sports are available throughout the state. To find out if your school has a Unified program, or for help bringing Unified to your school, email Morgan Larche: mlarche@sowa.org.

MAILING LABEL

Planning Ahead... **SUMMER RECREATION RESOURCES**

Special Needs Camp Directory

Center for Children with Special Needs has a statewide directory of camps, including tips for parents on what to expect and how to prepare.

cshcn.org/resources-contacts/summer-camp-directory.

Trips, Inc.

All inclusive vacation packages for individuals age 16 and older: tripsinc.com.

Outdoors for All (located in Seattle)

Adaptive and therapeutic recreation for children and adults with disabilities:

outdoorsforall.org.

Local Parks and Recreation

City and county recreation programs provide inclusive opportunities for children and adults of all abilities, as well as specialized programs. Check your local paper or community notices for times and locations.

Service Organizations

Non-profit community groups, such as Elks Club, Lions Club, Kiwanis, Easter Seals, as well as many church and faith organizations have programs and activities to benefit children and adults with disabilities.

Exploration for All: Autism Early Open

Explore Pacific Science Center during a special free morning visit before it opens to the public. No heavy crowds, softened general lighting and decreased noise level:

pacificsciencecenter.org/exploration-for-all.

