



# Informing Families

*Today and Tomorrow*

A resource of the Washington State DD Council

Fall 2021

As the warmth of summer gives way to the crispness of fall, I find myself reflecting on the people and things for which I am most grateful. My family, my friends, my health, the beautiful Pacific Northwest. I also deeply appreciate having access to the COVID vaccine, as well as the healthcare professionals who are working tirelessly to make it widely available. It is hard to believe we have endured more than a year and a half of this pandemic, and often it feels there is not a clear end in sight. But families and providers around the state continue doing whatever it takes to support people with developmental disabilities, no matter how challenging the circumstances may be. In this issue of the Informing Families newsletter,

we are sharing some articles and resources that may be helpful for you and your family as you continue doing your best to navigate these challenging times. We sincerely thank you for everything you do. As always, we are proud to provide helpful information and resources through the Informing Families partnership. You should always be free to call me at 360-586-3558 or send me an email at [jeremy.norden-paul@ddc.wa.gov](mailto:jeremy.norden-paul@ddc.wa.gov). Sincerely,

Jeremy Norden-Paul  
Executive Director  
The Washington State DD Council



## Maintaining Relationships during COVID this Fall

With the rise in COVID-19 and the new Delta variant increasing throughout the country, maintaining relationships with family and friends can feel daunting. The fall time for many signifies holidays, gatherings, celebrations, and a time to see loved ones but with the looming pandemic, many wonder how is it possible to keep these connections. While it may be different, you can still celebrate with your loved ones this fall season safely. The CDC encourages any individuals above the age of 12 to receive the COVID-19 vaccine. Individuals who are fully vaccinated can visit each other with a reduced risk of contracting COVID-19. With the surge of the Delta variant, the CDC is recommending anyone above the age of 2 to wear masks indoors regardless of their vaccine status.

If you are to visit someone who has not received the vaccine it is recommended to wear your mask and maintain a social distance of six feet. For this upcoming holiday season, family gatherings are an important time to remember to make sure all individuals, vaccinated or not, are comfortable with the setting. For those who are considered high-risk include an option to virtually attend the event! This can be done with a laptop or smartphone to use programs like Zoom or video chat. Hosting video chat parties with friends and family during this season can be a great way to maintain family holiday traditions. You can decorate your space with holiday-themed decorations and watch virtual events and celebrations together. To read more about recommendations for social gathers this fall visit: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/celebrations.html>



# Steps to DDA Services

Developmental Disability Administration (DDA) Eligibility Process

Applying for service from DDA can be overwhelming. Follow these steps below to help you prepare.



## Applying for DDA Eligibility

If you are seeking DDA services for the first time, you must first request a DDA eligibility determination. If you or your family member is on the No Paid Service caseload, your eligibility for DDA has been determined.



## Requesting Services

You must request services. Call the number provided in your notice of DDA eligibility, or complete an online Information & Service request form at <https://www.dshs.wa.gov/dda/service-and-information-request>



## Assessing Functional Eligibility

A DDA Case Manager will contact you to conduct a CARE assessment to identify the individual's support needs.



## Assessing Financial Eligibility

You must complete an application for Medicaid/Apple Health to determine financial eligibility. If your family member does not receive SSI or has Disability Determination from the Social Security Administration, the DDA Case Manager will send forms for you to complete and return.



## Service Planning

Individuals determined functionally and financially eligible will meet with their DDA Case Manager to develop an Individual Support Plan/Person-Centered Service Plan and begin receiving services.

## Job Foundation

*An early start leads to better results.*



Remember to apply for DDA services for your middle schooler to receive DVR (Division of Vocational Rehabilitation) services!

## Are you DDA eligible, but not receiving services? Here are some next steps to take!

If your family member has been approved for DDA eligibility, take the next step and request services.

- Call the phone number provided in your notice of DDA eligibility; OR
- Complete an online Service & Information Request form at: <https://www.dshs.wa.gov/dda/service-and-information-request>

A student's transition upon exiting high school is an exciting time in their lives. The planning and unknown next steps can feel daunting and a bit overwhelming at times though. The Developmental Disabilities Administration (DDA) provides support to you and your student for these next steps for exiting high school. The program, Job Foundation, provides employment supports at an early age to help high school transition students to leave school with a job by the age of 21. For this program, eligible students must be enrolled in DDA and between the ages of 19-22 and enrolled in an eligible high school. This program works in collaboration with County Developmental Disability Programs, Division of Vocational Rehabilitation (DVR), and schools. Beginning at the age of 19, Job Foundation and a school personnel, will work with your student to complete a job foundation report. Your student will work with the support of their teacher to discover skills, abilities, interests and support needs. This report will provide recommended next steps to employment related and job placement activities. Along with the Job Foundation report, students will be provided access to employment experts, and assistive technology. This program is considered a values based project. Everyone is provided the opportunity to receive Job Foundations support and resources to reach the goal of employment after graduation. This goal will ensure connections with adult service systems and ideally connect students with a stable and meaningful job. Throughout the Job Foundation program, the student will be provided with support systems throughout service systems in their local communities which will provide them with opportunities following graduation. Visit <https://informingfamilies.org/hs-jobs/> to see if your county is a participating location and contact information.



# Special Education Recovery for Students in Washington State

*Ensure you're receiving the services your child deserve.*



## Special Education Recovery Services Q&A

### What are recovery services?



It is a term to describe special education and services that are being implemented to support students with disabilities and the impact on IEP goals due to the COVID-19 pandemic.

### What do recovery services include?



Recovery services may include additional special education, related services designed to work towards IEP goals, and compensatory services.

### Do I need to request these services?



No, recovery services do not need to be specially requested. They should be discussed during the students IEP meeting to determine if additional services are necessary.



## Pathways to Respite

*Free Online Toolkit*

## Pathways to Respite

FOR THOSE WHO PROVIDE SUPPORT TO AN OLDER ADULT OR SOMEONE WITH A DISABILITY



Informing Families offers a free new respite toolkit, Pathways to Respite. This publication offers information and resources for those who support an older adult, child/or adult with a developmental disability or other disability, and/or an adult with a traumatic brain injury. The toolkit is available in English, Russian, Spanish, Somali, and Vietnamese. To access the Respite Toolkit visit <https://informingfamilies.org/respite/>

### DDA News and Information

*Get instant updates!*

- News & announcements
- Provider information
- Resources
- Training & events
- Text "DDA" to 468311 to receive information
- Visit [dshs.wa.gov/dda](https://dshs.wa.gov/dda)
- @WASateDSHS



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# Resources for Mental Health

## **Care for Your Coronavirus Anxiety**

Resources for anxiety and your mental health in a global climate of uncertainty. Ask an expert, free meditations, dealing with financial fears and more. Visit: [virusanxiety.com](https://virusanxiety.com)

## **WA Warm Line**

A peer support help line for people living with emotional and mental health challenges. Calls are answered by specially-trained volunteers who have lived experience with mental health challenges. They have a deep understanding of what you are going through. All calls are confidential. Call 877-500-WARM (877-500-9276)

## **Behavioral Health Toolbox for Families**

Tips on how to navigate some of the emotional responses that families may experience during the COVID-19 pandemic. Visit: [doh.wa.gov](https://doh.wa.gov)

