



Winter 2020

# Informing Families ...Today and Tomorrow

A project of the Washington State DD Council



Photo credit: Washington State Parent to Parent

## Inside this issue...

**Get Ready for Winter Weather:** *Helpful tips and resources for individuals with disabilities.*

**Parent to Parent:** *No waiting lists, no applications, no fees... Just amazing support from one parent to another!*

**No Paid Services:** *Why apply?*

**DDA Eligible?** *These enhanced dental and medical benefits are for you.*

## The Connect Effect

It is hard to believe that six months have already flown by since I joined the Washington State Developmental Disabilities Council. In that time, I have had the opportunity to meet with many remarkable people and organizations.

Thank you to all who have welcomed me, trusted me with your story, and helped me understand the needs and challenges faced by you and your family.

It has been extremely helpful to hear about the supports that are most important to you.

For many people, this means being connected to a variety of formal and informal services and resources in the community.

The theme for this issue—connections—is all about identifying and accessing sources of support in the community, which can range from DDA services and community resources to other families who

can uniquely identify with your experiences.

Inside, you will find articles about Parent to Parent, benefits available to people on the No Paid Services Caseload, winter emergency preparedness, and more.

When it comes right down to it, none of us can go it alone. We all need to connect with each other for support and understanding.

Winter can be a wonderful time of year, filled with family time, celebration, reconnection, and reflection. It is also a time to begin planning for the year ahead.

One of the best ways to prepare for the immediate and long-term future is to stay connected with the most updated and accurate information available, which we are proud to bring to you through the Informing Families website, bi-monthly e-news listserv, informational videos and our Facebook page.

If you have any questions or suggestions—or just want to drop a line—please feel free to contact me at [jeremy.norden-paul@ddc.wa.gov](mailto:jeremy.norden-paul@ddc.wa.gov).

Thank you for all you do to support your loved one in building a rich and meaningful life.

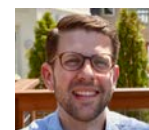
I hope you and your family have a safe and happy winter season.

Sincerely,

*Jeremy Norden-Paul*

Jeremy Norden-Paul  
Executive Director

Washington State DD Council



## DDA News and Information

### Get instant updates!

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

### Sign up to receive information:

- Text “DDA” to 468311
- Visit [dshs.wa.gov/dda](https://dshs.wa.gov/dda) (click on the envelope to the right)





# Preparing for Winter Weather... Together

When a winter storm knocked out power for several days, Emily and Michael Rogers found themselves in the same boat as their neighbors, except for one big difference: they use motorized wheelchairs. Once the batteries died, they would have no way to get food, heat or help.

“Our batteries can last for about 3 days,” Emily explained, “but I kept thinking it wasn’t a problem because we could just wait for the store to open. But it was out of power just like we were.”

Michael approached their neighbor, Mary, for help. “Michael came over and said they could sure use some warm food,” Mary said, explaining that she had a generator.

The awareness of Michael and Emily’s plight prompted Mary to help the whole neighborhood prepare for future emergencies. Over the next several months, she organized an evening of emergency preparedness resources, supplies and information.

Mary and Emily visited their neighbors and dropped off flyers to the first meeting. Along the way, they discovered that their neighborhood had a lot of natural resources: people with skills and knowledge.

“We found out we have a couple nurses,” Emily recalled, “and a carpenter.” They also met some

elderly neighbors who could also use help in an emergency.

Without any training or guidance, they were doing naturally what Map Your Neighborhood (see sidebar) does in a more formal way, which is to connect neighbors with each other and prepare to handle an emergency before first responders arrive.

Michael pointed out that emergencies happen to everybody, but they don’t affect everybody the same way.

“The thing to do is find out what you need that’s specific to your disability,” he said. “If someone wants to help you transfer out of your wheelchair that hasn’t done it before, tell them not to be a hero. Think about who else can help and how to do it so no one gets hurt.”

As part of their own emergency plan, Emily called the local fire department to let them know that she and her husband use power wheelchairs. If something happens at their address, an on-screen display lets first responders know what to bring or do to accommodate their disabilities.

Emily said that she hopes others follow their lead and take steps to connect and plan ahead. “It’s empowering. It feels good to find ways to help yourself.”

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*Learn more about preparing for an emergency: [informingfamilies.org/ep](http://informingfamilies.org/ep).*

## GET CONNECTED

### Map Your Neighborhood

Do the people in your neighborhood or apartment building know how to respond during the hours or days before first responders arrive? Map Your Neighborhood guides you and your neighbors through simple steps to help enhance your preparedness for an emergency. Learn more at [mil.wa.gov/map-your-neighborhood](http://mil.wa.gov/map-your-neighborhood).

### Smart911

When you dial 9-1-1 from a mobile phone, the 9-1-1 call takers have very little information to help you. With Smart911, you can provide first responders critical information to get you the help you need as quickly as possible. Create your profile at [smart911.com](http://smart911.com).

### Utility Notifications

Find and follow your local utilities, transportation and communications companies on social media for updates on outages, delays, road conditions, evacuation locations, and information specific to your area.

### DDA Caregiver Bulletins

Helpful resources and information on a variety of health and safety topics. Learn more at [informingfamilies.org/caregiver-alert](http://informingfamilies.org/caregiver-alert).





# PARENT TO PARENT

A network of family support programs serving families raising children with special health and/or developmental needs in Washington State.

## Talk to other parents. Join a group. Get connected.

**W**hen a parent receives a new diagnosis for their child, they often have questions and concerns as they learn to adjust.

Connecting with others who are also on this journey of raising a child with special needs can provide understanding, hope and strength.

Thanks to the support of the Developmental Disabilities Administration, Parent to Parent is available in every area of our state to provide that vital connection. No waiting lists, no applications, no fees.... Just amazing support from one parent to another!

Last year, Parent to Parent programs provided information, support and referrals for more than 19,000 parents throughout Washington.

### P2P services and support include:

#### *Helping Parents*

Trained and experienced Helping Parents are matched with parents of newly diagnosed children based on similar diagnoses and family issues.

#### *Information and Referral*

Looking for information and local resources? Our local P2P programs can point the way.

#### *Multicultural Outreach*

Multicultural Outreach offers culturally relevant services. We can direct you to community resources for your entire family, organized by county.

**Call or email for more information and get connected!**

**1-360-357-5596**

**parent2parentwa@arcwa.org**

"I couldn't fathom where I'd be today without the Parent to Parent program. I'm making connections and getting support to put me in a place where dealing with the daily challenges of parenting a child with special needs is manageable. I'm better equipped to parent my child, free from judgment and society's lack of acceptance or norms." —Danielle (Parent)

"Parent to Parent has given me the strength to press on, and the knowledge of how to do it. I hope to be able to offer to others someday what was given to me". —Yakima Parent

### DDA Q&A

## NO PAID SERVICES



**What does No Paid Services mean?** No Paid Services (NPS) is a database that you are placed on after you apply for and receive approval for DDA eligibility.

**Why don't I have services?** Applying for DDA eligibility and requesting DDA services are two separate steps. Once you are determined DDA eligible, it is up to you to contact DDA to request services.

**What if I don't need services right now?** There are benefits to being DDA eligible, even if you don't receive services. They include:

- ⚙ Additional affordable housing options
- ⚙ Additional dental services and annual medical exam through Apple Health
- ⚙ Eligibility for participation in the DD Endowment Trust Fund
- ⚙ Reduced fees through the Washington Department of Fish & Wildlife
- ⚙ Discounted passes with Washington State Parks
- ⚙ Informing Families newsletter (like this one!)

Another benefit is that you create a relationship with DDA before you need services, which speeds up the process when you do want and need support.



**READY TO REQUEST SERVICES?** Great! Fill out an online Service and Information Request form or give us a call. Visit [dshs.wa.gov/dda](https://dshs.wa.gov/dda) to get started.

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DEPARTMENT OF SOCIAL AND HEALTH SERVICES  
Developmental Disabilities Administration  
P.O. Box 45310  
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## ENHANCED DENTAL AND MEDICAL BENEFITS

All clients of the Developmental Disabilities Administration (DDA)—including those on the No Paid Services caseload—can receive additional dental and medical benefits through Apple Health.

These enhanced benefits are in addition to other covered services offered to all Apple Health recipients. You don't need approval from DDA to request these services; just go directly to your provider.

### Enhanced Frequency of Benefits for DDA Clients:

#### Dental



- ✓ Periodic oral exam once every 4 months
- ✓ Prophylaxis once every 4 months (includes SRP or periodontal maintenance—see below)
- ✓ Topical fluoride treatment once every 4 months
- ✓ Scaling & Root Planing (SRP) once per quadrant every 12 months
- ✓ Periodontal Maintenance once every 6 months (must be 6 months after SRP)
- ✓ Sealants every 2 years
- ✓ Stainless steel crowns (on back teeth) and general anesthesia with prior authorization.

#### Medical



In addition to other medical coverage provided to all Apple Health recipients, adult clients with developmental disabilities are able to receive one preventive yearly physical.



For more information about your benefits contact the Health Care Authority at 1-800-562-3022. Be sure to identify yourself or your family member as a client of DDA for information related to enhanced benefits for people with developmental disabilities.