



Peer Mentoring

a new service under the Individual & Family Services (IFS) waiver



Support and guidance by a peer with a developmental disability, or the family member of a peer, who has a shared experience.

Peer Mentoring is for DDA clients who are enrolled in the Individual & Family Services (IFS) waiver and would benefit from a connection with a peer who has had similar experiences. The individual's parent can also receive mentoring by another parent under the IFS waiver to benefit the individual. (See side bar for examples.)

Services are Provided by organizations contracted with DDA for Peer Mentoring. Peer Mentors may not be an employee of DDA or Aging & Long Term Care Services Administration (AL TSA) or a family member of the waiver participant.

To Request Peer Mentoring, talk to your son/daughter's DDA case manager at your annual assessment (if currently on IFS). If your family member is on DDA's No Paid Services Caseload and lives at home with you, call the Service Request & Information Line to request Individual & Family Services (IFS):

Region 1

Spokane: 800-319-7116

Yakima: 866-715-3646

Region 2

Seattle: 800-974-4428

Everett: 800-567-5582

Region 3

Tacoma: 800-735-6740

Olympia: 888-707-1202



EXAMPLES → **PEER MENTORING**

Josh is planning on going to an upcoming school formal dance. Josh hires Bob, an 18 year-old high school senior who has a peer mentoring contract and has been to many high school dances since he started school. Bob and Josh connect and talk about what type of clothes people usually wear to dances. Bob tells Josh where a local tux store is and then goes to the dance with Josh and shows him where the refreshment table is, how to ask someone to dance, etc.

Sally is new to the area and wants to learn the bus routes. She hires a peer mentor, Donna, to show her the ins and outs of the local transit system, including how to stay safe and ask for help if she needs it.

Joey's dad, Steve, is going to his first IEP meeting at Joey's school. Steve wants to make sure that he is prepared for the meeting so he hires Laura, a peer mentor and mother of a young lady who experiences a disability and who has attended many IEP meetings. Laura works with Steve to make notes about what to ask during the meeting and what he hopes Joey will accomplish at school in the upcoming year. Laura attends the IEP meeting with Steve and Joey.

To learn more about other IFS services and benefit amounts, visit: informingfamilies.org/ifs.