



# SERVICES & SUPPORTS

for children and adults with disabilities in Washington State



## WHO TO CONTACT IF YOU HAVE A...

## DEVELOPMENTAL DISABILITY

## FUNCTIONAL DISABILITY

### START HERE



### IN-HOME & COMMUNITY-BASED SERVICES



### RESIDENTIAL & FACILITY-BASED SETTINGS



### DEVELOPMENTAL DISABILITIES ADMINISTRATION (DDA) AGES 3 AND UP

**DDA is the first stop** for children and adults with a developmental disability age 3 or older. Adults have the option of applying to Home and Community Services as an alternative (see right). DDA also conducts CARE Assessments for non-DDA eligible children who need personal care.

#### To Get Started...

Contact your local DDA office (or fill out the online form) to apply for DDA eligibility: [dshs.wa.gov/dda](http://dshs.wa.gov/dda).

#### Services Through DDA

Individuals living in their own home or a community-based residential setting receive services through Medicaid waiver programs that provide: case management, community guide and engagement, assistive technology, respite, crisis stabilization, skilled nursing, therapies, home modifications, specialized medical equipment, and employment services, as well as personal care and other services covered by Community First Choice.

#### Residential & Facility-Based Settings

- Supported Living
- State Operated Living Arrangements
- Adult Family Homes/Group Homes
- Community Crisis Stabilization Services
- Alternative Living/Companion Homes
- Residential Habilitation Centers

### HOME & COMMUNITY SERVICES (HCS)\* AGE 18 AND OLDER

**HCS is the first stop** for adults who need services at home and in the community due to functional disability, but who can't afford to pay for needed supports on their own. Adults with developmental disabilities may apply for assistance through HCS as an alternative to DDA (see left).

#### To Get Started...

Find your local HCS office through Community Living Connections: [wacdc.org/consumer/connect](http://wacdc.org/consumer/connect).

#### Services Through HCS

In addition to case management, many services provided by HCS are offered through a program called Community First Choice, which includes: personal care, assistive technology, skills acquisition training, personal emergency response system, and relief care. Other services may be provided by a Medicaid waiver program and can include: skilled nursing, adult day health, adult day care, community guide, and more.

#### Residential & Facility-Based Settings

- Adult Family Homes
- Nursing Homes
- Assisted Living

\*A division of Aging and Long Term Supports Administration (ALSTA)



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### FREE INFORMATION REFERRAL & ASSISTANCE



#### PARENT TO PARENT (P2P)

Support and information for families of children with developmental disabilities: [arcwa.org/get-support](http://arcwa.org/get-support).

#### LOCAL ARCS

Programs vary by chapter; however, all chapters help connect individuals and families to state and local resources. Learn more: [arcwa.org](http://arcwa.org).

#### WITHINREACH (for families)

Find health care, child care, nutrition programs and other supports for families: [withinreach.org](http://withinreach.org).

#### INFORMING FAMILIES

News & information on developmental disabilities: [informingfamilies.org](http://informingfamilies.org).

#### COMMUNITY LIVING CONNECTIONS

A network of organizations (such as local Area Agencies on Aging, Independent Living Centers and Community Living Connections sites) that provide information, referral and assistance to individuals of all ages, disabilities and income levels, as well as their caregivers, legal representatives and families. Learn more: [waccl.org](http://waccl.org).

#### WITHINREACH (for families)

Find health care, child care, nutrition programs and other supports for families: [withinreach.org](http://withinreach.org).

### CAREGIVER RESPITE & SUPPORT



#### DEVELOPMENTAL DISABILITIES ADMINISTRATION

DDA's Individual & Family Services, Basic Plus, Core, and Children's Intensive In-home Behavior Supports waivers provide respite at home or in a community setting. Other DDA services include overnight planned respite, enhanced respite services, and staff/family consultation & training. Learn more: [dshs.wa.gov/dda](http://dshs.wa.gov/dda).

#### LIFESPAN RESPITE

(see right)

#### KINSHIP CARE

(see right)

#### FAMILY CAREGIVER SUPPORT PROGRAM (FCSP)

Support for unpaid family caregivers (e.g., education & training, support, assistive equipment, consultation, respite, and more): [waccl.org/connect](http://waccl.org/connect).

#### LIFESPAN RESPITE

A respite voucher program for unpaid family caregivers of all ages: Learn more: [lifespanrespitewa.org](http://lifespanrespitewa.org).

#### KINSHIP CARE (for children)

Support for grandparents or other family members caring for a relative's child: [dshs.wa.gov/altsa/kinship-care-support-services](http://dshs.wa.gov/altsa/kinship-care-support-services).

### HEALTH CARE



#### APPLE HEALTH (Medicaid)

Medical and mental health care for low income children and adults. [washingtonhealthplanfinder.org](http://washingtonhealthplanfinder.org).

#### APPLE HEALTH (Medicaid)

Medical and mental health care for low income children and adults: [washingtonhealthplanfinder.org](http://washingtonhealthplanfinder.org).