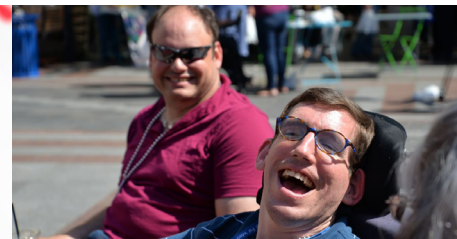




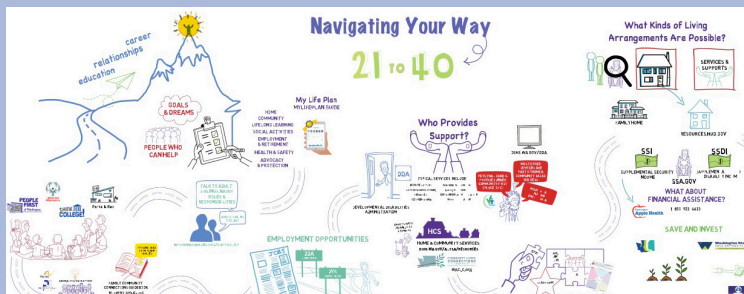
# RESOURCES

## Ages Twenty One to Forty



### NAVIGATING YOUR WAY

The following resources are described in *Navigating Your Way, Ages Twenty One to Forty* is the fifth in a series of videos that provides a bird's eye view of services, supports and resources for every stage of life. Visit [informingfamilies.org/21-40](http://informingfamilies.org/21-40) to watch the video.



### SERVICES

#### Developmental Disabilities Administration (DDA)

Provides case management and a wide range of supportive services for children and adults with Intellectual/Developmental Disabilities in Washington State. Learn more: [dshs.wa.gov/dda](http://dshs.wa.gov/dda).

#### Home and Community Services (HCS)

HCS provides a range of services for elders and adults with disabilities. Find your local HCS office at [dshs.wa.gov/altsa/resources](http://dshs.wa.gov/altsa/resources) or through Community Living Connections at [waccl.org](http://waccl.org).

### FINANCIAL

#### Supplemental Security Income (SSI)

A cash benefit administered by the Social Security Administration for individuals with low income who are aged, blind or disabled: 1-800-772-1213; [ssa.gov](http://ssa.gov).

#### Supplemental Security Disability Income (SSDI)

A cash benefit for adult children with a disability whose parent is deceased or retired: 1-800-772-1213; [ssa.gov](http://ssa.gov).

#### ABLE Savings Accounts

A way for individuals with disabilities to save money without losing financial eligibility for government benefits such as SSI: [washingtonstateable.com](http://washingtonstateable.com).

#### DD Endowment Trust Fund

A public-private partnership special needs trust that shelters and protects assets that would otherwise disqualify someone for government benefits, such as SSI and Medicaid: [ddetf.wa.gov](http://ddetf.wa.gov).

### HEALTH CARE

#### Apple Health

Medicaid health care coverage for children and adults. Visit [wahealthplanfinder.org](http://wahealthplanfinder.org) to learn more.

### HOUSING

Many people apply for a rental subsidy from their Local Housing Authority. Availability and wait times vary by location. Visit [resources.hud.gov](http://resources.hud.gov) to find a HUD office near you.

For additional information, such as affordable housing locators and home ownership programs, visit [informingfamilies.org/housing](http://informingfamilies.org/housing).

### SUPPORT & ADVOCACY

**Local Arc Chapters** provide information, resource referral and advocacy. Visit [arcwa.org/aboutus](http://arcwa.org/aboutus).

**Parent Coalitions** are parent-led groups throughout the state that help parents and guardians organize their voices and be heard on issues important to them at local, state and federal levels. To find a Parent Coalition near you, visit: [arcwa.org/takeaction](http://arcwa.org/takeaction).

**Parent to Parent (P2P)** provides emotional support and information to families of children with special health care needs or other disabilities: [arcwa.org/getsupport](http://arcwa.org/getsupport).

#### People First of Washington

Self advocacy chapters throughout the state provide opportunities for individuals to connect with each other and learn valuable self-advocacy skills. For more information, visit [peoplefirstofwashington.org](http://peoplefirstofwashington.org).



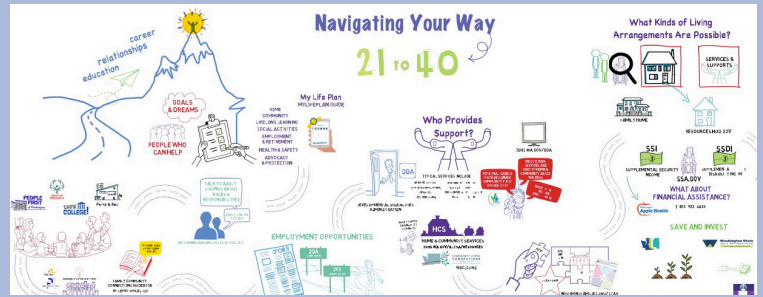
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### HELPFUL IDEAS AND PLANNING

#### Adult Sibling Toolkit

Tips and conversation starters for talking to adult siblings about their potential roles and responsibilities as family caregivers and/or guardians. Visit: [informingfamilies.org/sib-toolkit](http://informingfamilies.org/sib-toolkit) to download a free copy.

#### My Life Plan

Free online planning tool for every stage of life. Visit [mylifeplan.guide](http://mylifeplan.guide) to get started.

#### Star Form

Worksheet for identifying sources of support to reach any goal: [informingfamilies.org/star](http://informingfamilies.org/star).

#### Supported Decision Making/Alternatives to Guardianship

Supported Decision Making is an approach that offers less restrictive alternatives to guardianship, such as Powers of Attorney for medical and financial decisions, Representative Payee to manage Social Security benefits, and a trusted relationship with family or others who can provide good advice.

Learn more about Supported Decision Making, as well as different types of guardianship, at: [informingfamilies.org/sdm](http://informingfamilies.org/sdm).

### RECREATION & COMMUNITY CONNECTIONS

**The Family Community Connections Guidebook** Information and Resources for Families and Individuals with I/DD in Washington State. Includes worksheets for identifying people, places and ideas to help broaden your family member's social circle and community connections. Download a free copy: [informingfamilies.org/publications](http://informingfamilies.org/publications).

#### Special Olympics Washington

Sports, health, education, social connection and community building. To find a program near you, visit [specialolympicswashington](http://specialolympicswashington).

#### Think College

Provides resources for adults with intellectual disabilities to pursue post-secondary education. Visit [thinkcollege.net](http://thinkcollege.net).