



## MIDDLE ADULT YEARS CHECKLIST

Growing and thriving through middle adult years and beyond is just as important as planning for earlier life transitions. Use the checklist below to help identify next steps and key resources.



### Person-Centered Planning

Create a vision for where you want to live and what you want your life to look like in the next five years or more.

- Complete My Life Plan for help to identify goals and support needs in every area of life. Visit [mylifeplan.guide](http://mylifeplan.guide) to get started.
- Include your strengths, interests, skills and preferences in all planning.
- Get ideas for future planning at [futureplanning.thearc.org](http://futureplanning.thearc.org).

### Financial/Legal

Apply for financial benefits, ID, trust/savings/checking:

- Washington State ID
- Social Security Benefits
- Birth certificate
- Bank Account
- Special needs trust ([ddetf.wa.gov](http://ddetf.wa.gov)) and/or ABLE Savings Account ([washingtonstateable.com](http://washingtonstateable.com)).

Identify supported decision-making options or guardianship (if needed):

- Representative payee
- Power of attorney
- Informed consent
- ▶ Learn more about supported decision making and guardianship: [informingfamilies.org/sdm](http://informingfamilies.org/sdm)

### Connecting & Learning

- Maintain connections with friends, family, faith groups, and other important relationships.
- Enroll in community classes and activities for learning and fun.
- Participate in self advocacy or other peer-run support group.

### Community Living

Identify the kinds of support or assistance needed to live as independently as possible:

- Help with activities of daily living (e.g., dressing, bathing, hygiene, cooking, shopping, housekeeping, toileting)
- Money management/budgeting
- Decision-making
- Transportation/Bus Pass
- Emergency response
- Connecting to community resources and opportunities
- Finding and maintaining employment
- Other

Identify sources of support:

- Siblings/other relatives
- Assistive technology
- Community resources
- Eligibility-based paid services
- Other

Apply for Services:

- Developmental Disabilities Administration (DDA): [dshs.wa.gov/dda](http://dshs.wa.gov/dda); or Home & Community Services (HCS) if not DDA eligible: [dshs.wa.gov/AL TSA/resources](http://dshs.wa.gov/AL TSA/resources).
- Division of Vocational Rehabilitation (for short term, initial job readiness and placement): [dshs.wa.gov/dvr](http://dshs.wa.gov/dvr)

### Housing

- Apply for rental assistance through your local Housing Authority: [awha.org/find-a-housing-authority](http://awha.org/find-a-housing-authority).
- Use the affordable housing finder for listings of apartments. Searchable by city or housing program: [aptfinder.org](http://aptfinder.org).

### Assistive Technology

Identify technology that maintains or increases independence, communication and connection:

- Smart phone
- Tablet/iPad
- Smart home technology to control lights, temperature, appliances, doors.
- Health & safety apps
- Internet/WiFi
- Other

#### ▶ DID YOU KNOW?

NW Access Fund offers low interest loans for assistive technology: [nwaccessfund.org](http://nwaccessfund.org).

Persons enrolled in DDA's Individual & Family Services (IFS) waiver may be eligible for assistive technology evaluations, training and technical assistance.

Community First Choice (CFC) has an annual allotment to pay for assistive technology devices. Talk to your DDA case manager to learn more.

### Health & Safety

Prepare for changes in physical and mental health, including memory loss and dementia.

- Establish a baseline of health and cognitive abilities.
- Track and document changes in memory or cognition.
- ▶ Dementia Action Collaborative [dshs.wa.gov/altsa/dementia-action-collaborative](http://dshs.wa.gov/altsa/dementia-action-collaborative).
- Identify new skills or support needed to assist with health, mobility, cognition, and safety.