



Independence for your family member. A break for you.

## Community First Choice & Respite



Opportunity and support for individuals and working families.



### Community First Choice (CFC)

**CFC provides personal care** and other services to help individuals live as independently as possible at home and in the community. It's all about the person.

Parents are not required to be home while services are provided. They can work, shop, go to the gym—anything they like—as long as services are based on the person's needs, not the parent's.

#### Who is Eligible for CFC?

Clients of the Developmental Disabilities Administration (DDA) or Home and Community Services (HCS) who meet financial and functional eligibility criteria.

### CFC Services

- ▶ Personal Care assistance with everyday tasks, such as bathing, dressing, meal preparation and essential shopping.
- ▶ Assistive Technology to help with daily tasks.
- ▶ Skills Acquisition Training for daily living skills.
- ▶ Personal Emergency Response Systems (PERS), an electronic device which allows you to call for help in an emergency.

#### Who Provides CFC Services?

DDA contracted individual or agency personal care providers.

▶ To request CFC and/or Respite services from DDA, visit: [dshs.wa.gov/dda](https://dshs.wa.gov/dda)



### Respite

**Respite services offer a short-term break** for primary caregivers while their family member gets support to do things they want or need to do in the community or at home.

#### Who is Eligible for Paid Respite?

- DDA clients enrolled in the Individual & Family Services, Basic Plus, Children's Intensive In-Home Behavior Support, and CORE waivers.
- Non-paid relative caregivers who provide 40 or more hours of care per week to individuals not enrolled in CFC or Medicaid programs that offer respite. Learn more: [lifespanrespitewa.org](https://lifespanrespitewa.org).

### Did you Know?

People you know and trust can become contracted to provide personal care and respite. Learn what it takes to be a provider: [informingfamilies.org/ip-contracting-dda](https://informingfamilies.org/ip-contracting-dda)

### Respite Examples

- ▶ Parks & Rec, camp, classes or other activities with a DDA contracted Respite in the Community provider
- ▶ Care at home from an individual or agency provider
- ▶ Overnight planned respite

#### Who Provides Respite?

DDA contracted individual, agency, or Respite in the Community providers