



# ADULT LIFE 101



## INDIVIDUAL

Most adult clients of the Developmental Disabilities Administration (DDA) are eligible for **PERSONAL CARE** services, which provide assistance with daily living (such as dressing, bathing, hygiene, toileting, cooking, housekeeping, shopping).

Personal care is assessed by DDA, or by Home & Community Services (HCS) for those who are not clients of DDA.

Services are provided by state contracted individuals or agencies chosen by the person.

Personal care services do not include housing. Individuals typically rent with the help of Section 8 or some other affordable housing program. Learn more at: [informingfamilies.org/housing](http://informingfamilies.org/housing).

### MOST COMMON SERVICES

**Community First Choice (CFC) Personal Care.** Includes 22 to 393 hours per month assistance with activities of daily living.

#### Less Common Services Include:

**Alternative Living.** Up to 40 hrs per month living skills training and support for persons on DDA's Core Waiver who live in a home they own, rent or lease.

**Companion Home.** 24 hr availability of support and supervision in a provider's home. This is different than CFC Personal Care and is only offered to individuals on DDA's Core Waiver.

Personal Care

## Intellectual/Developmental Disabilities

# COMMUNITY LIVING SUPPORTS



## GROUP

Individuals with higher levels of need may receive up to 24 hours per day **RESIDENTIAL SERVICES** in a home setting with other adults who share services by the same provider agency.

### MOST COMMON GROUP RESIDENTIAL PROGRAMS

**Supported Living.** Up to 24-hr per day support, supervision and living skills instruction for individuals living in a house or apartment with one to three others who are supported by the same DDA contracted and certified provider agency. Rent, utilities and other expenses are paid by the individual's SSI/SSDI benefits or other source of income. *Eligibility: DDA Core Waiver*

**Adult Family Home.** 24-hour access to assistance with personal care in a provider's home, licensed by Residential Care Services (RCS) to support 2 to 6 adults. Participation is paid by the individual's SSI/SSDI benefits or other source of income. *Eligibility: Community First Choice.*

#### Less Common Services Include:

**State Operated Living Alternative (SOLA).** Same as Supported Living, but staffed by state employees. *Eligibility: DDA Core Waiver*

**Group Training Home.** *Eligibility: DDA Core Waiver*

**Adult Residential Care.** *Eligibility: Community First Choice.*

LEARN MORE at [DSHS.WA.GOV/DDA](http://DSHS.WA.GOV/DDA)

### Sharing a Home with Others Who Receive Personal Care Services

Some individuals arrange to share a home with one or more adults who also receive Personal Care services. Connect with other families and individuals to locate affordable housing and roommate matches. Be sure to consult with DDA for guidelines and limitations.

Up to 24-hours per day

Supported Living

Adult Family Home

