



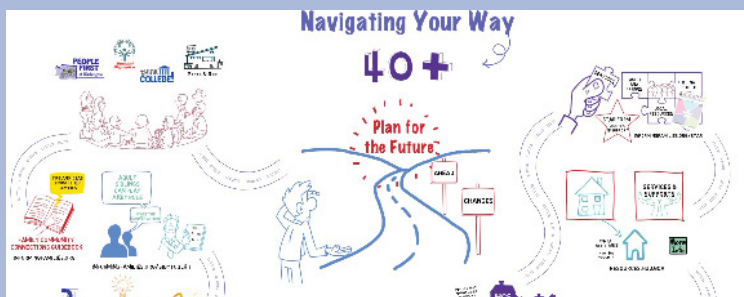
# RESOURCES

## Ages Forty and Older



### NAVIGATING YOUR WAY

The following resources are described in *Navigating Your Way, Ages Forty and Older* is the sixth 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/40-plus](http://informingfamilies.org/40-plus) to watch the video.



### SERVICES

#### Developmental Disabilities Administration (DDA)

Case management and supportive services for children and adults with Intellectual/Developmental Disabilities in Washington State. Learn more at: [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: [ddef.wa.gov](http://ddef.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/advocacy](http://arcwa.org/advocacy).

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

#### People First of Washington

Self advocacy chapters throughout the state. For more information, visit [peoplefirstofwashington.org](http://peoplefirstofwashington.org).



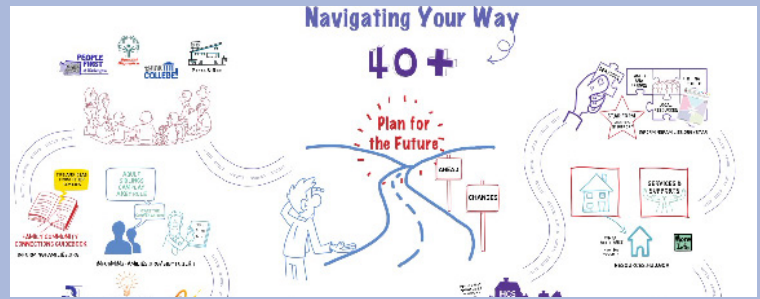
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### HELPFUL IDEAS AND PLANNING

#### 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.

#### Center for Future Planning

The national Arc's Center for Future Planning also has tools and information on future planning at [futureplanning.thearc.org](http://futureplanning.thearc.org).

#### 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, 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) to learn more.