



SPECIALIZED HABILITATION

The **Developmental Disabilities Administration (DDA)** is offering a new waiver service called **Specialized Habilitation**. Specialized Habilitation can help you create healthy relationships, adapt to challenges, and improve your overall quality of life.

To help give you an idea of what to expect, the following examples show some of the skills that Specialized Habilitation can help you build within each category:

Self Empowerment

- Building self-esteem and confidence
- Reflecting on personal values and skills
- Adjusting behavior to reach goals and handle problems

Safety Awareness & Self Advocacy

- Safely navigating life online and in the community
- Learning about sexuality and healthy personal relationships
- Learning to say no, or asking for what is needed

Interpersonal Effectiveness & Effective Social Communication

- Developing listening skills
- Balancing goals with 'wants' and 'shoulds'
- Learning how to uphold and maintain personal values

Coping Strategies for Everyday Life Challenges

- Missing the bus
- Adjusting to a new caregiver, roommate or family member
- Moving to a new home

Learning New Skills

- Ordering food in a restaurant
- Shopping and paying for things
- Paying bills and managing money



Specialized Habilitation Eligibility

This waiver service is for anyone enrolled in the Individual and Family Services (IFS), Basic Plus, Children's Intensive In-Home Behavior Support (CIIBS) or Core waiver (and not receiving residential habilitation services).

Unlike behavioral health services, no diagnosis is required; service plans are focused on specific goals the person wants to work on.

Contact your DDA Case Resource Manager to see how Specialized Habilitation supports can help you meet your goals.