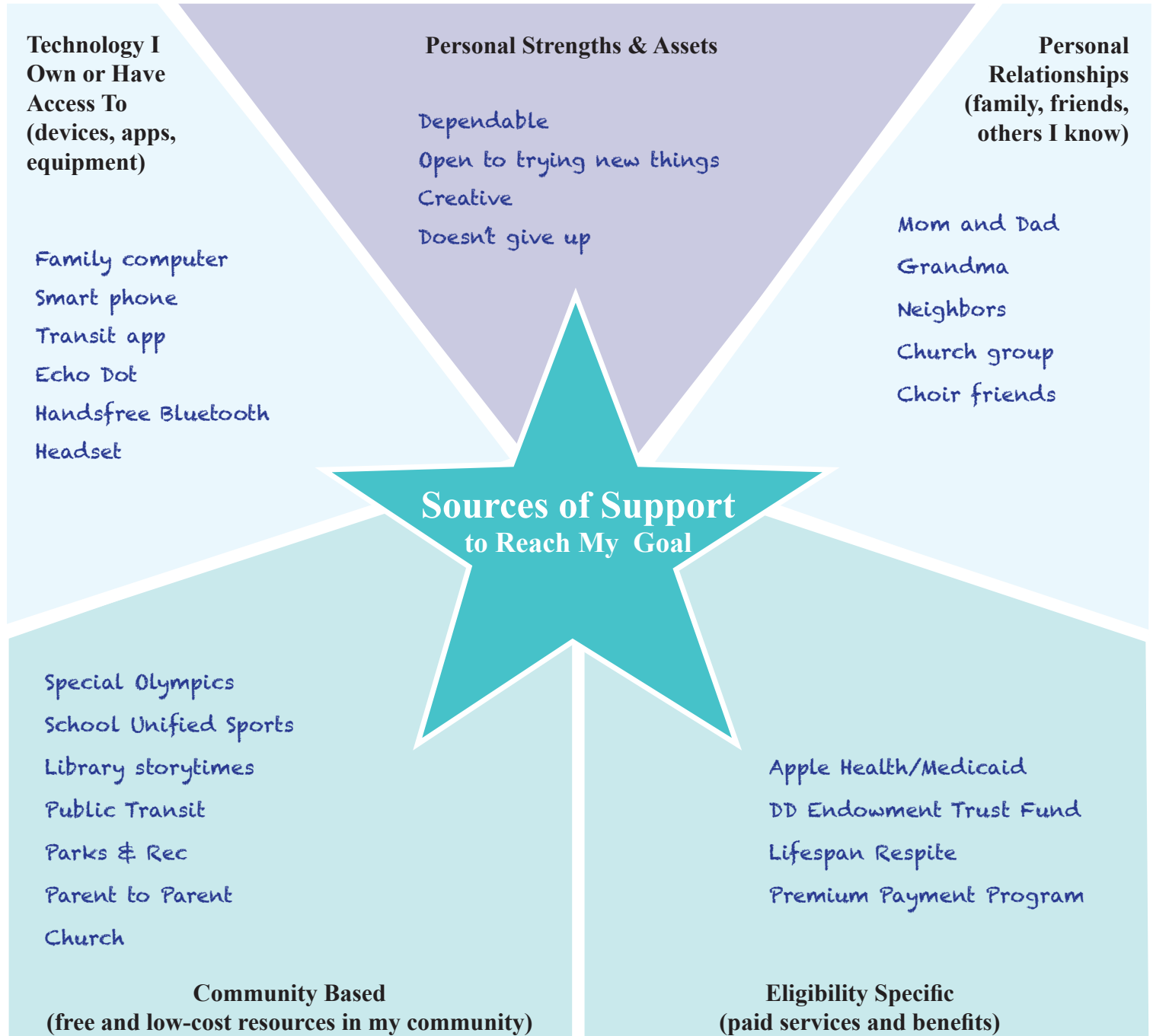




## Free and Low Cost Support

If you are a client of the Developmental Disabilities Administration, but not receiving a paid DDA service, this toolkit provides an overview of resources available in most communities. To make the most of this toolkit, download and print a **STAR FORM** (example below) to identify supports in your community to reach any goal. The **STAR FORM** is available at [informingfamilies.org/star](http://informingfamilies.org/star).



**Informing Families**

*Today and Tomorrow*

Informing Families is a collaboration between the Washington State Developmental Disabilities Council (DDC), Developmental Disabilities Administration (DDA) and other partners throughout the state. We offer trusted news and information that empowers individuals and families to be active participants in planning and creating opportunities to live a full, inclusive life. Sign up here: [informingfamilies.org/news](http://informingfamilies.org/news).



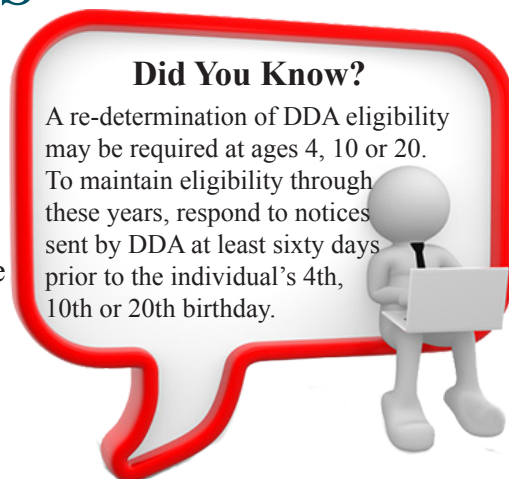
## SERVICES and PROGRAMS

### NOW THAT YOU OR YOUR FAMILY MEMBER IS DDA ELIGIBLE, WHAT COMES NEXT?

Once you or your family member has been determined eligible for DDA, you can request to be referred to a case manager to discuss service options. If no services are requested, then you will remain on the No Paid Services caseload until you request services.

You can request services or information at any time simply by visiting [dshs.wa.gov/dda/service-and-information-request](https://dshs.wa.gov/dda/service-and-information-request).

Learn more about DDA services by visiting [informingfamilies.org/dda-services](https://informingfamilies.org/dda-services) or [dshs.wa.gov/dda](https://dshs.wa.gov/dda).



#### Did You Know?

A re-determination of DDA eligibility may be required at ages 4, 10 or 20. To maintain eligibility through these years, respond to notices sent by DDA at least sixty days prior to the individual's 4th, 10th or 20th birthday.



### Caregiver Respite Vouchers

If you are a family caregiver (including friend or neighbor) who provides 40 or more hours of direct care, monitoring, and/or supervision per week, you may be eligible to receive a respite voucher for up to \$1,000.

You are an unpaid "family" caregiver if . . .

- You provide care or support for an adult or child with a chronic illness or condition that prevents self-care.
- Your family member needs support with activities of daily living.
- You are not "paid" to support your family member.

Respite vouchers are issued on a first come, first served basis. Learn more: [lifespanrespitewa.org](https://lifespanrespitewa.org).

## NON-DDA SERVICES AND PROGRAMS

### Apple Health/Medicaid

Apple Health provides health care, behavioral health, therapies, medical equipment and more to low income children and adults. Learn more at: [washingtonhealthplanfinder.org](https://washingtonhealthplanfinder.org).



### Health Insurance Premium Payment Program

Reimburses the cost of private health insurance premiums for certain individuals who receive Apple Health and have private medical insurance available. Learn more at: [informingfamilies.org/hipp](https://informingfamilies.org/hipp).

### Department of Children, Youth & Family Services (DCYF)

Early learning programs and support, such as the Early Support for Infant & Toddlers program and child care resources. Learn more at: [dcyf.wa.gov](https://dcyf.wa.gov).

### Family Caregiver Support Program

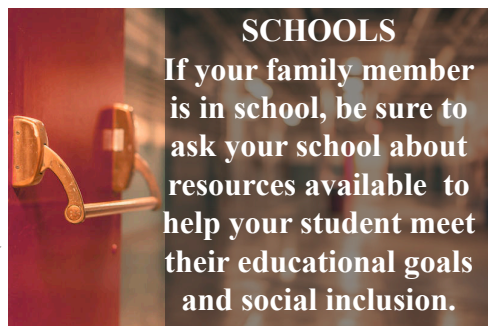
Available to unpaid caregivers of adults needing care. Find local resources/services, locate support groups and counseling, receive training on specific caregiving topics and get respite. Find the number of a Family Caregiver Support Program near you: [dshs.wa.gov/AL TSA/resources](https://dshs.wa.gov/AL TSA/resources).

### Northwest Access Fund

Low interest loans for assistive technology and business equipment, financial coaching, and Individual Development Accounts (IDA) matched savings for assistive technology. Learn more at: [nwaccessfund.org](https://nwaccessfund.org).

### Washington Assistive Technology Act Program (WATAP)

Information, referrals, training and assistive technology device loans. Learn more at: [watap.org](https://watap.org).



#### SCHOOLS

If your family member is in school, be sure to ask your school about resources available to help your student meet their educational goals and social inclusion.



# LOCAL COMMUNITY RESOURCES

## Local Parks and Recreation

Many city and county recreation programs provide opportunities that not only help build social skills and peer relationships, they can also be a form of respite for the family. Classes and events are typically listed by age: preschool, youth/teen, and adult.

## Libraries

Local libraries offer a variety of free events, classes and learning opportunities for children and adults of all ages, as well as computer and internet connection.

## Inclusive Camp Directory

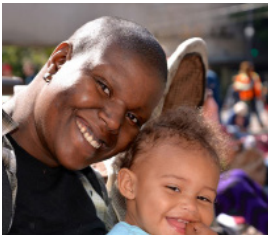
The Arc of Washington has a northwest based directory of camps for individuals with disabilities and inclusive activities. Learn more at <https://arcwa.org/parent-to-parent/info-resources/camp-resources/>.

## Special Olympics

Year-round sports training and athletic competition, as well as school-based Unified programs (see right). Learn more: at [specialolympicswashington.org](http://specialolympicswashington.org) or 206-362-4949.

## YMCA

From Zumba classes and yoga to swimming, dance, and more, YMCA welcomes people of all abilities to participate in activities and classes. Ask about reduced rates for low income households and waivers for anyone who accompanies your family member to provide support.



## FIND COMMUNITY IN SHARED INTERESTS

**Visual and Performing Arts.** Whether it's theater, photography, music, pottery, or other creative pursuits, the arts community can be a welcoming place to meet people who share a passion for creating.

**Athletics.** In addition to Special Olympics, some adults with disabilities have found success joining local running or walking clubs, and other informal outdoor or athletic groups.

**Education and Leisure.** Even if your family member is not seeking a degree, they can take classes at your local community college without having to apply for credits (called "auditing").

For more ideas, download the **FREE Community Connections** guidebook: [informingfamilies.org/guide](http://informingfamilies.org/guide).



## Special Olympics Unified Champion Schools

The Special Olympics Unified Champion Schools program is aimed at promoting social inclusion through intentionally planned and implemented activities affecting systems-wide change in K–12 and college.

With sports as the foundation, the three component model offers a unique combination of effective activities that equip young people with tools and training to create sports, classroom and school climates of acceptance.

**Unified Sports/Fitness:** Competitive, skill development and recreational level sports include both students with and without disabilities. .

**Inclusive Clubs:** Clubs plan school activities focused around inclusion, acceptance, respect and understanding to create a more inclusive school climate.

**Schoolwide Activities:** Events that encourage students to make everyday school activities inclusive (e.g., respect campaigns, school assemblies, pep rallies).

### Be Unified!

If your school is interested in joining the Inclusion Revolution, visit <https://specialolympicswashington.org/unified/unified-champion-schools/> or email [UnifiedSchools@sowa.org](mailto:UnifiedSchools@sowa.org) to schedule a meeting.



# SUPPORT & ADVOCACY



## For Families

*One of the best ways to learn what's available for you and your family is by connecting with other parents, some of whom may be a few years ahead of where you are and can help guide your way.*

Local Arcs: [arcwa.org](http://arcwa.org)

Parent to Parent: [arcwa.org/parent-to-parent/](http://arcwa.org/parent-to-parent/)

Partnerships for Action, Voices for Empowerment (PAVE): [wapave.org](http://wapave.org)

Parent Coalitions: [arcwa.org/connections/parent-coalitions/](http://arcwa.org/connections/parent-coalitions/)

Fathers Network: [fathersnetwork.org](http://fathersnetwork.org)

Autism Society of Washington State: [autismsocietyofwa.org](http://autismsocietyofwa.org)

WA Autism Alliance & Advocacy: [washingtonautismadvocacy.org](http://washingtonautismadvocacy.org)

## For Individuals with I/DD

*Self Advocacy groups offer peer support, activities and leadership experience.*

Allies in Advocacy: [alliesinadvocacy.com](http://alliesinadvocacy.com)

People First of Washington: [peoplefirstofwashington.org](http://peoplefirstofwashington.org)

Self Advocates in Leadership: [selfadvocatesinleadership.com](http://selfadvocatesinleadership.com)

## For Siblings

*Resources, support groups, Sibshops for children and more.*

Sibling Support Project: [siblingsupport.org](http://siblingsupport.org)

## LEARN MORE



Visit [informingfamilies.org](http://informingfamilies.org) for more information about resources, services, videos, and current news on developmental disability services and issues.

Every DDA eligible person on the No Paid Services Caseload will receive a quarterly newsletter with articles, tips, and resources.

# ABLE to SAVE and INVEST

Supplemental Security Income (SSI) provides financial assistance to people with disabilities and seniors who need it; however, the SSI resource limit of \$2,000 restricts the ability of people to improve their quality of life without risking the loss of benefits needed to live and work. With the launch of ABLE (Achieving a Better Life Experience) expected in the summer of 2018, Washington State has two opportunities for greater financial freedom: ABLE and the Washington State Developmental Disabilities Endowment Trust Fund (DDETF).

## ABLE

A form of 529 Account Tax Favored Qualified ABLE program in IRS code created by Congress.

ABLE is for persons eligible for SSI or the Social Security Disability, Retirement & Survivor's program; OR, who submit certification that meets the criteria for a disability certification; lives in Washington State and whose disability occurred before age 26. Learn more at [washingtonstateable.com](http://washingtonstateable.com)



## Developmental Disabilities Endowment Trust Fund

A public-private partnered supplemental special needs trust program established by the Washington State Legislature as a financial tool to allow beneficiaries to save for their future without impact to the government benefits and services they receive. The DDETF offers two types of trusts. Trust 1 – Third Party Trust, which is set up and funded by anyone but the beneficiary, (such as a family member) and Trust 2 – Self

Settled Trust, which is set up for and funded by the individual beneficiary. There is no contribution limit to either type of DDETF account.

The DDETF is for individuals with a developmental disability, under age 65, who meet DDA service eligibility with a condition that presented at or before age 18. The beneficiary must be resident of Washington State at the time of enrollment.

To learn more visit <https://ddef.wa.gov/>