



## Informing Families

*Today and Tomorrow*

Hello and welcome to summer everyone. I've thoroughly enjoyed meeting and talking with so many people in our community over the last several months, especially as in person events continue to happen more often and we practice being together in new and old ways. I've collected a few questions from all of those powerful conversations that I'm sending you all to consider:

- How do you imagine our developmental disabilities community will look ten years from now?
- What types of supports and services do we need to build so that our community members with IDD and their families thrive in the future?
- What opportunities do you see in your local community that can help us work toward your vision for the future?

If you're open to sharing your responses, we'd love to read them here at the DDC! We have a new email address that you can send them to: [informingfamilies@ddc.wa.gov](mailto:informingfamilies@ddc.wa.gov).

You can also use that email address to send questions about the Informing Families program, let us know if you need program materials, share your feedback, etc. Thanks in advanced for connecting with us and please enjoy your summer!

Best,

*Brandi Monte*

Executive Director, DDC



Thanks to a generous grant from the Developmental Disabilities Council's Dan Thompson Memorial Fund, Partners4Housing can now provide free Residential Assessments to families in Washington state. As a family member, completing a Residential Assessment (RA) will help you explore housing possibilities and make a plan for the future of your family member with IDD. To learn more visit <https://partners4housing.com/>.

# DDA WANTS YOUR FEEDBACK

Take the No-Paid Services  
Outreach Survey Today!

The Department of Social and Health Services' Developmental Disabilities Administration submits a report to the Legislature every year about the service interests of individuals on the No-Paid Services caseload. This report includes information that you provide if you are DDA-enrolled and do not receive a service.

We are inviting you to take a survey that will ask about your needs and interest in receiving DDA services. Your answers are important as they help us plan for future service and training needs. They also help us inform state legislators of the needs of people enrolled with DDA.

Click here to take the survey: [No-Paid Services 2023 Outreach Survey](#) or scan the QR code below with your mobile device. Please note: this survey is only meant to be taken once by individuals (or their representative) who are eligible for DDA, but do not currently receive services. The survey closes on July 31.

We appreciate your time and look forward to reading your responses!



## SELF ADVOCATES IN LEADERSHIP

### *History of Self Advocacy*

Written by Ivanova smith

People with intellectual disabilities had long history of surviving and fighting oppression. For many in Washington state the fight was to be freed from institutions and advocacy for Employment and community supports. People first of Washington and self-advocates in leadership was created by leaders with disability wanted a world that spoke with more respectful language and Accessibility. Many bills were passed with the effects of SAIL and people first.

One biggest thing SAIL members do is advocate on workgroups and committees in the community on different policy issues that affect services and rights. I sit on workgroups about special education, Employment, and parenting rights. But their timed important policies were made and people with lived experience were not allowed. This is why the concept of "nothing

about us without us "is so important so much harmful policy was created because leaders with Intellectual disabilities were not in the room to say this policy is not ok and is harmful. Sub minimum wage, institutionalization, overmedicalization of our lives. it is important that people with direct lived experience with disabilities and be impacted by the policy is there say if it helpful are not! Self-Advocate Leaders are excited to work on this concept in an intersectional way and support boarding the idea to include all people with identity that been harmed by policy made without their input.

To learn more about SAIL visit <https://www.selfadvocatesinleadership.com/> or contact Jessica Renner, Mobilization Manager at [SAIL@arcwa.org](mailto:SAIL@arcwa.org).





## Did you know that Washington State Parks offers free and reduced passes to those who qualify?

Washington state has 124 wonderful state parks throughout all regions that offer families and individuals the opportunities to spend time outside. Washington State Parks offers passes that reduce or waive camping, moorage, watercraft launch fees and day uses for limited income senior citizens, disabled veterans, foster parents and people with disabilities. Individuals who qualify may apply for more than one type of pass, but only one pass may be used at a time. These passes are only valid at Washington



The summertime brings lots of great time with family, outdoor activities, and warm weather. But with that nice weather, brings heat to our homes. Many homes throughout the state do not have air conditioning units, which can cause some discomfort and, in some cases, dangerous heat. The Washington State Department of Commerce offers air conditioning units through the Low-Income Home Energy Assistance Program (subject to funding availability). LIHEAP is a program that provides energy assistance to households throughout Washington state. The AC unit will be delivered to your home but does not include installation. There is a limit of one AC unit per household.

To learn more and how to apply for LIHEAP, visit <https://www.commerce.wa.gov/growing-the-economy/energy/low-income-home-energy-assistance/> to contact your local LIHEAP agency.

State Parks. To learn more about the discount passes and how to apply visit <https://www.parks.wa.gov/205/Discount-Passes>

## Finding accessible parks

Washington State Parks has committed to making outdoor recreation accessible to all people. They have provided an interactive map that helps individuals find the ADA features important to you. The interactive map allows you to find parks with the specific ADA regulations you would like to see in your area. To learn more visit <https://www.parks.wa.gov/156/ADA-Recreation>

## Why get outside?

Spending times outdoors allows the opportunity for individuals to spend time with family and friends, find relaxation, and exercise in a fun way. Spending time outside has been known to provide social, physical, and emotional benefits to individuals such as lower blood pressure, decrease symptoms of anxiety and depression, and improve relationships.

## RESOURCES TO PLAN FOR THE FUTURE

*Informing Families Information Page*

When it comes to future planning, it can feel overwhelming to think about. As your child or family member with a developmental or intellectual disability ages, you do as well. Planning ahead can help guide you and your family member into the next stages of life. It is never too early to start planning for the future. This can help lead to individuals living a life as independent as possible. Informing Families has created a webpage with listed resources to assist families and caregiver in planning for the future.

To learn more visit <https://informingfamilies.org/topic/futureplanning/>



State of Washington  
DEPARTMENT OF SOCIAL AND HEALTH SERVICES  
Developmental Disabilities Administration  
P.O. Box 45310  
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## Summer Activities and Safety Resources



### Resources for families

The warm weather and longer days are great opportunities to spend time with friends and family. Washington state offers many great programs and activities for all communities and individuals that are free or low cost. Check out <https://informingfamilies.org/summer-resources-for-families-2023/> to learn more.

### Safety resources

Summer activities are typically spent outdoors or in the water! It is important to stay up to date on safety information and recommendations for these activities. The Washington State Developmental Disability Administration has put together informational bulletins for summer safety:

- **Dehydration:** <https://www.dshs.wa.gov/sites/default/files/DDA/dda/documents/Dehydration.pdf>
- **Heat Safety:** <https://www.dshs.wa.gov/sites/default/files/DDA/dda/documents/Heat%20Safety.pdf>
- **Water Safety Outdoors:** <https://www.dshs.wa.gov/sites/default/files/DDA/dda/documents/Water%20Safety%20Care%20Provider%20Bulletin.pdf>



### *Get instant updates from the Developmental Disabilities Administration:*

- News and Announcements
- Provider Information
- Resources
- Training and Events!

### *How to Sign Up:*

- Text "DDA" to 468311
- Visit <https://www.dshs.wa.gov/dda> and then scroll down the home page and click on the GovDelivery envelope and sign up link for news and information.