

INFORMING FAMILIES

SUMMER NEWSLETTER 2024



Introduction from CARES, Chinese Autism Resources and Empowerment Services



My name is Ruqian Ma (Daisy) and I just graduated with a PhD in School Psychology from the University of Washington. I co-founded CARES with a group of Chinese-speaking professionals because we have noticed a huge service gap between

the Chinese-speaking autism community and the service-providing system, preventing them from getting the services they need. It was our



科思自闭症服务社 · CARES
Chinese Autism Resources and Empowerment Services

hope that CARES would bring culturally and linguistically sensitive support for individuals and families within the Chinese-speaking autism community to gain access to necessary and appropriate services. CARES is a non-profit organization that aims to provide inclusive and culturally sensitive support to individuals on the autism spectrum and their families. Our goal is to assist individuals in navigating the multifaceted world of autism with compassion and empathy. To learn more visit <https://www.caresseattle.org/en>

The Joy of Inclusive Recreation

By: Mckenzie Click, Program Director of Outdoors for All

Outdoors for All is a nonprofit organization dedicated to enriching the lives of individuals with disabilities through outdoor recreation. Based in the greater Seattle area, Outdoors for All offers a wide range of adaptive activities, including skiing, cycling, hiking, kayaking, paddle boarding and more.

The mission of the organization is to provide transformative outdoor experiences that promote independence, socialization, and overall well-being for people of all ages and abilities. By breaking down barriers to outdoor recreation, Outdoors for All fosters a community where everyone can enjoy the beauty of the Pacific Northwest and experience the thrill of outdoor adventures.

In this edition of the newsletter, Outdoors for All wants to share a story from a participant in the program, John:

John's cycling adventures took an unexpected pause when a stroke limited his mobility just days after purchasing a new bike. Yet, his love for cycling remained undiminished.

With the support of Outdoors for All, John discovered the joy of riding adult recumbent trikes, allowing him to navigate the streets with a renewed sense of freedom. It wasn't long before an Outdoors for All event reignited a profound connection to his past; John found himself

cycling along familiar streets, where he cycled before his stroke.

Reflecting on this full-circle moment, John expressed, **"Two wheels or three, Outdoors for All has given me back a joy I'd lost."**

The flyer below highlights the 2024 Adaptive Bike Rentals offered by Outdoors for All in partnership with the Seattle Department of Transportation. To learn more visit outdoorsforall.org

BIKE RENTALS



FOR MORE 2024 INFORMATION:
outdoorsforall.org

2024 ADAPTIVE BIKE RENTALS

During the summer, Outdoors for All offers FREE adaptive bike and trike rentals at our Adaptive Cycling Center thanks to our partnership with the Seattle Department of Transportation. We are located at Building 406 in Magnuson Park and offer one of the largest selections of adaptive bikes in the country! We have options for riders with physical, developmental, or cognitive disabilities and for folks that used to ride a standard bicycle but no longer feel comfortable for balance and safety reasons. Ages 7 and up.

DATES:
7 DAYS A WEEK
MAY 1 - SEPT 30

TIME:
10AM - 6PM

COST: FREE

6344 NE 74th Street, Suite 102 | Seattle, WA 98115 | TaylorM@outdoorsforall.org | 206.838.6030

Outdoors for All has opened a second cycling center at Lake Sammamish State Park with the same hours (10am-6pm).

Mark's Story

A Family's Story Planning for the Future



By: Pam Blanton, CEO/Founder of Partners4Housing

Sometimes, we take one step after another, working through our challenges the only way we know how. Then, an unexpected catalyst sets things into motion that changes things forever. That is just what happened to Mark's family, which he shared with us when we filmed them for a series of videos featuring some families of loved ones with intellectual or developmental disabilities (IDD).

"My daughter is now 39, and she had lived with her mother and me all her life," Mark told us. It is common for those with disabilities to live with their families their entire lives. According to a variety of sources like the CDC (Centers for Disease Control), the NIH (National Institutes of Health), and others, it



Mark with his daughter Erica

is estimated that half of the adult population with a disability lives with family, and at least 10% of those family caregivers are over the age of 75. Mark and his wife had been putting off much of the future planning for their daughter because they thought they had more time but also because sorting through the many social services and planning steps was time-consuming.

So, when Mark's wife passed away and

everything changed in an instant, Mark took action. He called Partners4Housing for advice on what to do next to ensure his daughter had a resilient plan in place for her future. Pam Blanton and her team walked Mark through a Benefits and Housing Review where they found any gaps in his daughter's benefits and financial needs, learned all about her support needs and how she likes to spend her time, and then laid out some clear and achievable steps for what to do next. He then joined Partners4Housing's Roommate Matching Pool, hoping to find a good roommate match for his daughter.

Not long after he began his search, Partners4Housing told Mark about a shared living home looking for a third roommate. They believed that Erica, Mark's daughter, would be a good match. They introduced Mark to the families. "You know, I'll be grateful forever because we were really, really lucky, and it worked out really, really well," Mark says of the home Erica is a part of. The three ladies live with their caregiver in a beautiful townhome and enjoy the independent lives they've dreamed of while their families enjoy the peace of knowing their loved ones are safe and cared for.

"It's like they say," shared Mark when asked what he would tell other parents who have a loved one with IDD, "the best time to plant a tree was twenty years ago, and the second-best time is today. **I would encourage everybody in the same situation to start planning now.**"

Want to learn more about Partners4Housing? Visit <https://partners4housing.com/>

No-Paid Services Reminder



A message from the DSHS' Developmental Disabilities Administration

Case managers are now contacting people on the No-Paid Services caseload throughout the state. We send a letter with your DDA case manager's contact information; you may have received a call as well.

While making contact, we have noticed some returned mail and disconnected phone numbers. If you have recently moved, or have a new phone number or email address, please contact your case manager or local DDA office to update your information: <https://www.dshs.wa.gov/office-locations>. It is important for DDA to be able to contact you to keep your eligibility active and make sure you know how to request services if you want them.

There are many ways to reach DDA if you want to request services or information:

1. Contact your DDA case manager directly. If you don't know the name of your DDA case manager, call any DDA office and ask them to look that up for you: <https://www.dshs.wa.gov/office-locations>.
2. Use our online Service and Information Request form: <https://www.dshs.wa.gov/dda/service-and-information-request>.
3. Call your county's DDA Service and Information Request line:

County	Phone
Chelan, Douglas, Ferry, Lincoln, Okanogan, Pend Oreille, Spokane, Stevens	(800) 319-7116
Adams, Asotin, Benton, Columbia, Franklin, Garfield, Grant, Kittitas, Klickitat, Walla Walla, Whitman, Yakima	(866) 715-3646
Island, San Juan, Skagit, Snohomish, Whatcom	(800) 567-5582
King	(800) 974-4428
Kitsap, Pierce	(800) 735-6740
Clallam, Clark, Cowlitz, Grays Harbor, Jefferson, Lewis, Mason, Pacific, Skamania, Thurston, Wahkiakum	(888) 707-1202



HearMeWA is a resource available to Washington youth up to the age of 25. Support is available 24/7, 365 days a year via phone, text, chat, or app. Get secure, free support anytime from professionals who are ready to listen. To learn more visit <https://hearmewa.org/>

State of Washington
DEPARTMENT OF SOCIAL AND HEALTH SERVICES
Developmental Disabilities Administration
P.O. Box 45310
Olympia, WA 98504-5310



WASHINGTON

SUN Bucks is a summer EBT program to support children who lose access to free and reduced-price school meals during the summer months.

SUN Bucks is separate from the Supplemental Nutrition Assistance Program and provides \$120 in food benefits to each eligible child.

This amount may be adjusted annually. Similar to SNAP, SUN Bucks is a flexible food benefit that families can use to buy food to help offset rising food costs. For the most up-to-date information, eligibility, and more visit <https://www.dshs.wa.gov/sunbucks>



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.