



SNOHOMISH COUNTY

DEVELOPMENTAL DISABILITIES

**BUILDING A
SUCCESSFUL
FUTURE**

GUIDE BOOK

Snohomish County Developmental Disabilities

Snohomish County Developmental Disabilities believes that all individuals can achieve a Good Life that supports full participation to live, love, work, play and pursue their life aspirations in their community!

Building A Successful Future is designed to help you think about questions to ask, options to consider while exploring and developing your vision for a Good Life. This guide book includes information, resources, and tools for the school years, transition into adulthood and beyond.

The steps you take to increase your experiences, meet new people and develop new skills will take you closer to reaching your goals. By looking ahead at the “big picture” of your life, identifying opportunities for natural supports and finding connections within the community, your roadmap to a Good Life will emerge.

Everyone’s path is unique. It is important to take a moment to think about the future and plan ahead. The choices and decisions you and your family make during the transition period to adulthood will help shape your future and the life you want.

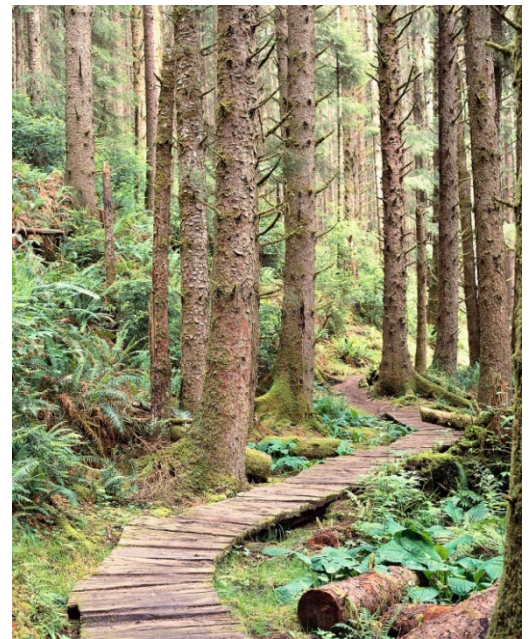
We hope you find these resources helpful. If you feel something is missing, or you have comments or suggestions that would help other families please don’t hesitate to contact me.

Additional resources can be found on our website at:
www.snohomishcountywa.gov/dd

Thank You,

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Make a plan and take one step at a time to reach your goal

Let's Get Started! -There are 2 things we want you to know!

#1 THE ELIGIBILITY CRITERIA AND AVAILABILITY OF SERVICES VARIES FROM YEAR TO YEAR. SUPPORTS ARE LIMITED, SO IT IS IMPORTANT TO GET CONNECTED AND PLAN AHEAD.

Steps you can take:

1. Apply for services with Developmental Disabilities Administration (DDA) at any age. Services determined by Medicaid eligibility and based on need. (A permanent disability needs to occur prior to the age of 18.) Call today to request an application or apply online at www.dshs.wa.gov/ddd or or 1-800-788-2053
2. Apply to Social Security Administration (SSA) at any age no matter the disability. Eligibility based on parent income prior to age 18. SSI is linked to Medicaid. www.ssa.gov or 1-800-772-1213
3. Gain a better understanding of community resources and services available. Check out publications at www.snohomishcountywa.gov/dd
4. Attend the Annual Snohomish County Transition Fair in March. Meet over 60 community agencies, attend free workshops and connect with other families. Details can be found at www.snohomishcountywa.gov/dd
5. Set up a special needs trust to supplement supports and services that are needed but not currently funded. This can be done through a private attorney or if a client of DDA through the DD Life Opportunities Trust www.ddlot.org or 888-754-8798
6. Educate the community about issues that affect individuals with developmental disabilities. Advocate for change. Free leadership training is available through the Arc of Snohomish County 425-258-2459 or www.arcsno.org

#2 GET CONNECTED- PARTICIPATE IN ACTIVITIES YOU ENJOY!

BUILD ON YOUR STRENGTHS! (HAVING TROUBLE WITH THE WORDING BELOW – LET'S TALK MORE! NEEDS SOME WORK!)

Steps you can take:

1. Participate and contribute to all aspects of your community life - Do what you love and expect to be included. Connect with others who have similar interests and passions.
2. Foster inclusive communities that support individuals with developmental disabilities to fully participate in and contribute to all aspects of community life.
3. Participate in activities and events offered throughout the community with family and friends. Don't hesitate to contact the program or event staff to get more information and address any accommodations you may need.
4. Build on your strengths and interests. Help out with chores at home and volunteer opportunities in the community. Utilize your skills to increase your independence and contribute to your community.
5. Work with your occupational, physical or speech therapist to obtain assistive technology.

THE SCHOOL YEARS AREAS OF PLANNING

IN THIS SECTION:

- EDUCATION OVERVIEW
- THE SCHOOL YEARS
- WHEN YOU LEAVE SCHOOL YOU SHOULD HAVE
- SHOULD I STAY IN SCHOOL UNTIL I AM 21?
- TIMELINE- WHAT TO DO AND WHEN TO DO IT
- DECISIONS TO BE MADE AT 18
- TRANSITIONING FROM SCHOOL AT AGE 21



*School is only 7 hours a day
There are 24 hours in a day*

*What are you doing to connect
to your community?*

*How are you building skills, developing
relationships?*



EDUCATION OVERVIEW

Education is your child's only guaranteed entitlement.

Thanks to the families before you and the Individuals with Disabilities Education Act, (I.D.E.A.), public schools must provide your child with a free, appropriate public education from age three to 21.

Even with State and Federal laws ensuring your child's right to an education, it will take hard work on your part to ensure your child receives the services and education he or she needs. Throughout your child's school years remember to always plan ahead for the next phase of your child's life.



4 KEY POINTS

1. An Individualized Educational Program (IEP) is an entitlement which is specifically tailored to meet the students learning strengths and needs.
2. Families are a vital part of your child's team in developing, reviewing and approving the IEP plan. **Do not be left out.**
3. Federal IDEA Law and Washington Administrative Code indicate transition needs must be identified at age 14 and transition services must be provided at age 16.
4. Students can attend school and receive support (on or off campus) through the school year of their 21st birthday, if they have not met their graduation requirements or IEP goals.

An IEP includes education goals and objectives in addition to related services, as needed, such as speech, physical or occupational therapies, assistive technology, counseling or other aids and services that enable your child to receive a free and appropriate public education.

While each school district is responsible for special education, the Educational Service District 189 may also be a good resource. www.esd189.org

Excerpt from www.informingfamilies.org

THE SCHOOL YEARS

Parents: *Once your child is established in school, it's important to plan ahead. There will be many changes and challenges that come with the transition to middle school, high school and beyond. Planning early will help this transition go smoothly. There are resources and people available to assist you in getting through today's concerns so that you can begin planning for **A Good Life!***

Resources

Making Connections is the most important step you can take toward creating opportunities for your child. Connect to your local school parent teacher organization, parent groups, or community groups at your local school or other community organizations. This creates an opportunity to meet other people who have similar interests and also expands your community.

- **The Arc of Snohomish County**

The Arc may be able to connect you to another parent in your school district, or to families who have similar interests or concerns. The Arc provides free workshops, trainings and events. They have a lending library full of great resources. 425-258-2459 www.arcsno.org

- **Leadership and Education:**

The Arc of Snohomish County supports individuals with disabilities and their families to be knowledgeable and to have the necessary skills and information to advocate and educate the community about issues that affect individuals with disabilities. This is a great opportunity to get informed and meet other families. 425-258-2459 www.arcsno.org

- **Family Support Centers**

FSC are located throughout Snohomish County and are a great place to connect to others, access resources, build strengths and become a part of your community. A list of Centers is located at the end of this book.

- **Snohomish County Developmental Disabilities:**

Resources and information at www.snohomishcountywa.gov/dd

- **Informing Families:** Resources, information and videos. www.informingfamilies.org

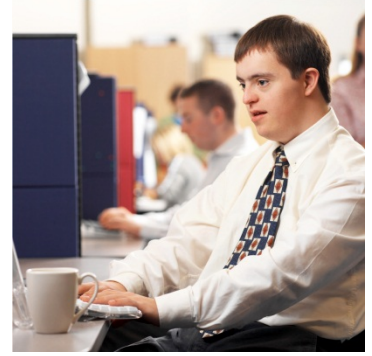
Planning for the Future Funding and eligibility criterion varies from year to year and it is difficult to determine what supports may be needed in the future.

A special needs trust is a way to set aside money and build assets without compromising the individual's eligibility for public services.

Talk to an attorney who specializes in Special Needs Trusts and The DD Life Opportunities Trust enables individuals connected to DDA and their families to open a low cost special needs trust to set aside money and build assets for the future. 888-754-8798 www.ddlot.org

WHEN YOU LEAVE SCHOOL YOU SHOULD HAVE

- A place to go every day where you can be productive and do the things you enjoy.
- A friend, family member or advocate who will help you.
- Opportunities to choose and participate in leisure activities you enjoy.
- Enough income to maintain your chosen lifestyle.
- Access to health and medical services.
- Opportunities to express yourself in a safe and supportive relationship.
- A way to effectively communicate your needs, choices and opinions.
- Skills you need to take care of yourself or to assist the people who care for you.
- Opportunities to continue to learn and grow.
- The skills you need to develop and maintain positive relationships.
- Opportunities to be an active member of your community.
- The skills you need to access and use technology to help improve your lifestyle.
- A circle of friends that share your interests and provide mutual support.
- The skills you need to understand and access information.
- A diploma or certificate confirming your completion of educational requirements.



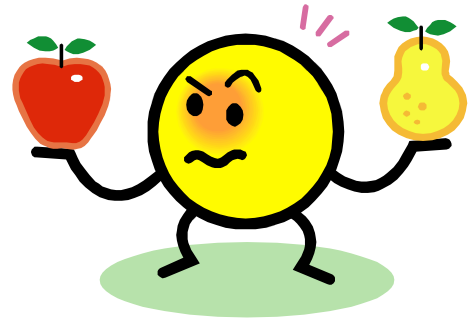
SHOULD I STAY IN SCHOOL UNTIL I AM 21?

WHAT IS AVAILABLE THROUGH THE PUBLIC SCHOOL SYSTEM?

Public School is an Entitlement Program.

Tips:

- If you turn 21 years of age after August 31st, you may be eligible to receive public school instruction for an additional school year.
- Learn about your school's Transition Program for students age 18-21 and how they can help you reach your goals. Students may obtain community work experiences, paid employment, and may attend community college while still enrolled in the public school system. Work with your IEP team on a transition plan.



WHAT IS AVAILABLE THROUGH THE ADULT SERVICE SYSTEM?

Adult/Community Programs are based on eligibility criteria and available funding.

Tips:

- Supports are limited and availability of services may vary from year to year. Learn about the eligibility criteria for each service and find out if there is funding available for needed services. Look closely at the supports available before you leave school.
- Before leaving school, research and connect to community resources. Attend the Annual Snohomish County Transition Fair in March to meet over 50 community agencies and attend a variety of workshops. Obtain copies of the Snohomish County Resource books at: www.snohomishcountywa.gov/dd



TIMELINE - WHAT TO DO AND WHAT AGE TO DO IT

*During
the school
years*






Develop a Partnership with your School District

- Put together a brief summary, describing your child's strengths, learning style, accommodations etc. and share with your teacher.
- Actively participate in IEP meetings and work together to develop goals.
- Work on goals at home in the community that complement the work being done at school.
- Prioritize what is most important.
- Develop goals that will help you in your adult life.
- Ask questions, take notes at the meetings and set up a time to check on the progression of goals as needed.
- Advocate for what you need and be open to ideas to address those needs.
- Be mindful about what your day will look like when school ends. Plan ahead. Use a calendar to build a routine.
- Participate in activities that will continue after you exit school
- Keep a personal copy of school records. Obtain school transcripts, evaluations, summaries, and assessments upon leaving school to assist you in applying for and receiving adult services. School records are destroyed several years after graduation.
- Understand your disability and utilize assistive technology, adaptive devices, and support from others to increase your independent living skills and ability to communicate. Check out www.abledata.com for an extensive database of available products.
- Develop transition goals at age 16 with your school IEP team. Invite DVR (Division of Vocational Rehabilitation) to your meeting to help explore ideas for employment.
- Request a Functional Vocational Evaluation from the school district to provide valuable information about skills and support needs prior to exiting school.

If you have concerns, the first step is to contact your teacher and schedule a meeting. If you are not able to resolve conflicts within your school district, the following resources may be helpful.

- **The Office of the Education Ombudsman (OEO)** resolves complaints, disputes, and problems between families and public schools. The OEO is independent of the public school system and provides an alternative to costly lawsuits and administrative hearings. **866-297-2597** www.governor.wa.gov/oeo
- PAVE provides information and assistance with school related issues 800-572-7368 or www.wapave.org

AN AGE TIMELINE - WHAT TO DO AND WHEN TO DO IT

<p>Apply at Any Age- Disability needs to occur before the age of 18</p> 	<h2 style="text-align: center;">Apply for Developmental Disabilities Administration (DDA)</h2> <p style="text-align: center;">www.dshs.wa.gov/ddd</p> <ul style="list-style-type: none"> <input type="checkbox"/> Serves individuals of ALL ages. Apply at any age, anytime. (If interested in employment apply by 18 if possible) 800-788-2053/425-740-6400. <input type="checkbox"/> Once eligible, understand that eligibility is reviewed at specific times or ages and services are based on available funding and eligibility. If denied know that you can appeal and reapply at a future date as eligibility criteria may change. <input type="checkbox"/> A DDA Case Resource manager will be assigned to assist you in connecting to services and supports. Services are based on available funding so it is important to stay connected to your Case Manager and make them aware of your needs. <input type="checkbox"/> Ask to be placed on data base to address any unmet needs you may have. <input type="checkbox"/> DDA will send all information about services and updates to an additional person called an NSA who you will identify when you apply. <input type="checkbox"/> Services may include case management, Medicaid Personal Care to assist with daily living skills, housing, family support, respite, planning, and employment support. <input type="checkbox"/> When you turn 21 years of age, long term job coaching support can assist with your employment goals (based on available funding).
<p>Any Age</p> 	<h2 style="text-align: center;">Financial Planning</h2> <ul style="list-style-type: none"> <input type="checkbox"/> Plan ahead for your financial future. Services and funding vary so you may want to consider a special needs trust to pay for needed services and supports that may not be covered by other community resources. This can be done by an attorney who specializes in special needs trusts or through the Washington State DD Life Opportunities Trust that enables individuals with DD and their families to open a low cost special needs trust to set aside money and build assets for the future without compromising the individual's eligibility for public services. 1-888-754-8798 or www.ddlot.org <input type="checkbox"/> Increase work skills to increase opportunities for competitive employment. Paid employment will provide additional income to pay for items beyond basic needs. <input type="checkbox"/> Attend a future planning training at your school, at the Snohomish County Transition Fair in March, or through the Arc of Snohomish County. <input type="checkbox"/> Manage your money effectively. <ul style="list-style-type: none"> • Actively participate in shopping for your personal and household needs. • Have your own checking and/or savings account. (Have a co-signer, if needed) Practice withdrawing and depositing money, and balancing your checkbook. • Go shopping, compare prices, and purchase items on sale and use coupons. • Set up a budget. Pay for basic needs and learn how to save money for items you need or want. Begin to build a credit history. Have your name listed on electricity, water, rent, etc. • If you need assistance managing your finances, ask a trusted person to be your financial payee or utilize a local agency to assist you in paying your bills. 

AN AGE TIMELINE - WHAT TO DO AND WHEN TO DO IT

At Any
Age-



Assistive Technology

Whether it's communication, recreation, employment, education, transportation or just plain daily living, technology levels the playing field for children and adults with disabilities. And, because technology is such a natural part of everyday life for everyone, the options for devices and apps are as numerous and diverse as the individuals who use them. Here are a few tips and resources to get you started:

- Identify the task first. Device Second.** There are a lot of options out there, and no one device is right for every individual. For an extensive database of AT products, categorized by function, visit AbleData's product's page: www.abledata.com
- Get an AT Assessment** If your child is in school, ask for an AT evaluation as part of the IEP process or talk to your DD case manager. Don't forget the Arc who may have resources too..
- Try Before You Buy** Make sure the device and/or apps are right for your son or daughter. The Washington Assistive Technology Alliance Program will loan devices for up to six weeks for a small fee.

Resources

- Tech Step**
Provides assistive technology resources to families, providers and schools (includes equipment loans) www.sherwoodcs.org 425-334-4071
- Developmental Disabilities Administration**
The Children's In-Home Intensive Behavior Support waiver and Individual & Family Services Program both include assistive technology in their covered services. www.dshs.wa.gov/ddd
- Division of Vocational Rehabilitation**
Short-term employment services for adults. In addition to adults with disabilities, high school transition students are eligible for services. www.dshs.wa.gov/dvr
- Washington Assistive Technology Act Program**
Information, referrals, training and device loans. www.watap.org
- Washington Access Fund**
Low interest loans and matched savings accounts for low-income households. www.washingtonaccessfund.org
- Washington Initiative for Supported Employment**
Technical assistance to adults and high school students with DD seeking employment and job training. www.gowise.org
- Work Incentive Programs**
The cost of work-related expenses, such as AT, may be offset by Social Security work incentive programs PASS and IRWE. Ask your DDA or DVR case manager for more information.

Assistive Technology in the Schools



Each school district shall ensure that assistive technology devices or assistive technology services, or both, are made available to a student eligible for special education if required as part of the student's:

- Special education
- Related Services; or
- Supplemental aids and services.




On a case by case basis, the use of school purchased assistive technology devices in a student's home or in other settings is required if the student's IEP team determines that the students' needs access to those devices in order to receive FAPE. WAC 392-172A-02015: Availability of assistive technology

(Excerpt from www.informingfamilies.org)

AN AGE TIMELINE - WHAT TO DO AND WHEN TO DO IT

<p>All Ages</p>	<div style="text-align: center; background-color: #f2f2f2; padding: 5px;">Increase work skills</div> <ul style="list-style-type: none"> <input type="checkbox"/> Identify your job skills and preferences. <input type="checkbox"/> Participate in a variety of community work experiences. <input type="checkbox"/> Develop a resume and/ or portfolio. <ul style="list-style-type: none"> ○ Include work experience, letters of recommendations etc. <input type="checkbox"/> Enlist friends, relatives and others to help with your job search. <input type="checkbox"/> Develop work skills to increase your employability: <ul style="list-style-type: none"> ○ Be punctual and dependable. <ul style="list-style-type: none"> ▪ Get to work on time and be ready to work. ▪ Call your employer if you are going to be late or absent. ○ Take pride in your work. <ul style="list-style-type: none"> ▪ Be accurate. If you make a mistake, try and correct it. ▪ Ask for help if needed. ○ Respect authority. <ul style="list-style-type: none"> ▪ Be polite. ▪ Follow directions. ○ Wear appropriate clothing. ○ Have good personal hygiene. ○ Communicate with others. <ul style="list-style-type: none"> ▪ Ask questions. ▪ Share your concerns. ○ Be flexible. <ul style="list-style-type: none"> ▪ Adjust to changes. ▪ Be willing to learn new tasks. ○ Show enthusiasm. ○ Take the initiative to start new duties. <div style="text-align: right; margin-top: 20px;">  </div>
<p>Age 15-16 Any Age</p> 	<div style="text-align: center; background-color: #f2f2f2; padding: 5px;">Transportation</div> <ul style="list-style-type: none"> <input type="checkbox"/> Have a home that is close to public transportation and services. <input type="checkbox"/> Practice taking public transportation. Contact a public transportation agency about free transportation training and alternative public transportation for people with disabilities. <input type="checkbox"/> Take the SWIFT bus that runs from Everett Station to Aurora Village on Highway 99. It comes frequently with minimal stops and connects to other bus lines. <input type="checkbox"/> Prior to leaving school, make sure you have a Reduced Fare Bus Pass Orca Card. This card works on Everett Transit, Community Transit or Sound Transit. All buses are accessible. <input type="checkbox"/> If additional support is needed, apply for Para Transit or DART door to door service. Routes vary so wait times may be longer and rides need to be prescheduled. <input type="checkbox"/> If you require personal care services, request that the letters PCA are written on your card to allow the Personal Care Assistant to accompany you free of charge.





AN AGE TIMELINE - WHAT TO DO AND WHEN TO DO IT

<p>Age 15-16 <i>Any age</i></p>	<p style="text-align: center;">Build on Strengths and Interests</p> <ul style="list-style-type: none"> <input type="checkbox"/> Build on your strengths and create a list of things that you enjoy. <input type="checkbox"/> Learn about the value of work through volunteering or working in your community. <input type="checkbox"/> Help with chores at home; participate in as much of the task as possible. <input type="checkbox"/> Try new things and ask for accommodations as needed. <input type="checkbox"/> Understand your personal learning style and utilize assistive technology as needed. <input type="checkbox"/> Create a portfolio including interests, strengths, volunteer/work experiences etc. <input type="checkbox"/> Share your dreams with others so they can help you reach your goals.
<p>Age 15-16 <i>Any age</i></p>	<p style="text-align: center;">Washington State ID Card</p> <ul style="list-style-type: none"> <input type="checkbox"/> Obtain a Washington State identification card at any age from the Department of Licensing. Before age 18, fewer documents are needed to prove identity and residency. This will be helpful for identification and applying for adult services. www.dol.wa.gov 
<p>Age 16+</p>	<p style="text-align: center;">Work Source Youth Services</p> <ul style="list-style-type: none"> <input type="checkbox"/> A local service that can help self-directed job seekers, find part time and summer employment to help develop work skills.
<p>Age 17-18</p>	<p style="text-align: center;">Legal Adult at Age 18</p> <ul style="list-style-type: none"> <input type="checkbox"/> At age 18, all individuals obtain all legal rights and responsibilities. Some people may benefit from a power of attorney, protective payee or guardianship to assist them in making decisions. Contact the Arc of Snohomish County for a resource packet and upcoming workshops. 425-258-2459 www.arcsno.org <input type="checkbox"/> For Guardianship and Estate Planning contact an attorney who has updated knowledge about the Social Security system, special needs trusts and how to write a Will concerning a child with a disability. Attach a Letter of Intent to your Will or Trust. <input type="checkbox"/> Attend the annual Transition Resource Fair in March for more information or to talk to an attorney or attend a presentation. 
<p>Age 17-19 <i>Adults</i></p>	<p style="text-align: center;">Affordable Housing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Understand available housing resources. <input type="checkbox"/> Contact your DDA case manager about options. 800-788-2053 /425-740-6400 <input type="checkbox"/> Contact the Arc about upcoming housing workshops. 425-258-2459 <input type="checkbox"/> Apply for subsidized housing at the Everett Housing Authority and Snohomish County Housing Authority. The wait list can be very long and may be closed. 

DECISIONS TO BE MADE AT AGE 18

<p>Age 18 Men</p>	<p>Register for Selective Service</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> At age 18, all men must register with the Selective Service at their local post office or online. www.sss.gov or by returning the registration form they receive in the mail. It is also a requirement for applying for financial aid for college.
<p>Age 18</p>	<p>Register to Vote</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> Register to vote at your local library, city hall or state office. <input type="checkbox"/> If you need accommodations contact the Auditor's Office.
<p>Age 18</p>	<p>Social Security Benefits www.ssa.gov</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> Obtain a Social Security card from the Social Security office. 800-772-1213 <input type="checkbox"/> Apply for Social Security benefits at age 18. (Prior to 18, SSA looks at parent income). Begin the application process on line. If denied, you may appeal within 60 days but do appeal. <input type="checkbox"/> SSI is intended to pay for basic living expenses and can be the gateway to other services including Medicaid funded services. <input type="checkbox"/> Social Security encourages people to work to increase their income and contribute to their community. Individuals must report their monthly wages. <input type="checkbox"/> There are work incentives that allow you to keep your benefits including Medicare and Medicaid while working. <input type="checkbox"/> Keep a paper trail of expenditures when receiving Social Security. Keep a copy of everything you send to Social Security, including paystubs. Report any changes in income immediately. This is especially important for individuals whose income changes from month to month. Anticipate potential overpayments, if you know a Social Security payment has not been adjusted to reflect a change in income, set aside some money to cover an upcoming overpayment. Keeping good records will make it easier to file your final reports. <input type="checkbox"/> After you talk to Social Security, write down the name, dates, what was discussed and what you decided to do. This will be helpful for follow up conversations. <input type="checkbox"/> For SSI, the individual must have low income and below \$2,000 in total resources. <input type="checkbox"/> If you are a client of DDA, the Snohomish County Developmental Disabilities Benefits Planner can provide trainings and assist in navigating the Social Security system. <input type="checkbox"/> If you have a guardianship, submit a copy of guardianship papers to Social Security.
<p>Age 18 Earlier if Medicaid eligible</p>	<p>Medicaid Services</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> If eligible for SSI and you do not receive Medicaid contact the Community Service Office (CSO) 877-501-2233 <input type="checkbox"/> Medicaid may be used for medical needs, transportation, and assistive technology. Medicaid is available once a person is determined eligible for SSI and is distributed through the State Community Service Office (CSO). <input type="checkbox"/> If you need assistance with daily living skills and have Medicaid. You may be eligible for Medicaid Personal Care (MPC). To request an MPC assessment and determine eligibility contact: Developmental Disabilities Administration (DDA) 800-788-2053/425-740-6400. For adults who are not DDA eligible contact: Home and Community Services 425-339-4010

AN AGE TIMELINE - WHAT TO DO AND WHEN TO DO IT

<p>Senior Year</p> 	<p>Federal Student Aid (FAFSA)</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> If seeking aid to attend college, this form must be filled out by March 1st of your senior year to be considered for financial aid.
<p>Age 19-21 <i>Adults or last year of school</i></p>	<p>Division of Vocational Rehabilitation (DVR) www.dshs.wa.gov/dvr Department of Services for the Blind (DSB) www.dsb.wa.gov</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> DVR and DSB assist individuals in obtaining competitive employment. They understand how working affects benefits. <input type="checkbox"/> DVR Everett 425-339-4880 Lynnwood 425-977-6600 <input type="checkbox"/> DSB can also assist with independent living skills and in home support 800-552-7103
<p>Age 18-21</p> 	<p>Snohomish County Transition Resource Coordinator</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> Assists clients of the Developmental Disabilities Administration (DDA) to transition from school to work and community living by assisting in navigating the adult service system and connecting to planning and employment providers (as funding allows). 425-388-7476
<p>Age 18-21</p>	<p>Snohomish County Transition Club</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> Students come together during the school year to increase self-advocacy skills and learn about community resources. www.arcsno.org 425-258-2459
<p>Adults</p> 	<p>Self-Advocacy Groups and Leadership</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> Be able to explain your disability and any accommodations you may need. <input type="checkbox"/> Increase leadership and advocacy skills, promote inclusion learn about your rights, educate others, and have fun. www.arcsno.org 425-258-2459 <input type="checkbox"/> Develop relationships throughout your life. Build a support network who can help you advocate for what you need and navigate community resources.
<p>Adults</p>	<p>Independent Living Centers</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> Provides support for independent living skills, development, advocacy and benefits planning.
<p>Adults</p> 	<p>Planning Services</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> Career Path Service Providers will work with you to develop a plan for employment. <input type="checkbox"/> If you need additional support, Person Centered Planning is individualized and provided at no cost to the family (based on DDA eligibility and available funding). Planning Facilitators are contracted with Snohomish County Developmental Disabilities. If you are interested in this service: <ul style="list-style-type: none"> <input type="checkbox"/> Contact your State Developmental Disabilities Administration (DDA) case manager or Snohomish County Transition Coordinator for a referral. <input type="checkbox"/> Gather family, friends, teachers and service providers to discuss work and life goals. <input type="checkbox"/> Brainstorm ideas and resources and create a plan to reach your goals.

TRANSITIONING FROM SCHOOL AT AGE 21

TAKE ONE STEP AT A TIME TO GET CONNECTED TO EMPLOYMENT AND YOUR COMMUNITY



Step One: APPLY FOR SERVICES WITH THE DEVELOPMENTAL DISABILITIES ADMINISTRATION

Developmental Disabilities Administration DDA serves individuals of all ages. It is important to connect early. A case manager can help you understand services available and connect you to resources that can enrich your life. To apply call: **800-788-2053/425-740-6400** or www.dshs.wa.gov/dda

Informing Families Building Trust A website to provide current information about changes in the DD delivery system as well as resources to help families better understand what is available to them. www.informingfamilies.org

Planning Services Planning is available to help DDA eligible participants who are interested in pursuing employment and need assistance to brainstorm and develop employment goals and next steps. Contact your DDA case manager for a referral. **800-788-2053/425-740-6400**

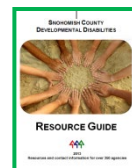


Step Two: IF YOU ARE INTERESTED IN EXPLORING EMPLOYMENT OPTIONS OR HAVE QUESTIONS ABOUT TRANSITION, CONTACT SNOHOMISH COUNTY TRANSITION COORDINATOR

Once you are determined DDA eligible, the Snohomish County Transition Coordinator can help you navigate the adult service system and connect to community resources and employment services. **425-388-7476**

Check Out: Snohomish County Developmental Disabilities: www.snohomishcountywa.gov/dd

- Resource Guide
- Career Path Services
- Building a Successful Future
- Community Plan



Snohomish County Transition Network A partnership with schools, providers, and professionals invested in the transition process for students age 18-21. Meetings occur the first Wednesday of every month during the school year. **425-388-7259**



Step Three: DEVELOP AN EMPLOYMENT PLAN – OPTIONS TO CONSIDER

Snohomish County School to Work (S2W) A partnership between schools, Snohomish County Developmental Disabilities, Developmental Disabilities Administration (DDA), Division of Vocational Rehabilitation (DVR), and Community Rehabilitation Providers (CRP) to assist students with gainful employment prior to leaving school and beyond. **425-388-7476**

To participate in S2W you must:

- Be eligible for DDA services
- Be 20-21 years of age & enrolled in school
- Be committed to working
- Have reliable transportation
- Apply for DVR prior to the deadline (August 31st)
- Choose an employment provider (CRP)
- Apply for Social Security Benefits prior to the deadline (August 31st)
- Be eligible for Medicaid



Step Four: CHOOSE AN EMPLOYMENT AGENCY AND HAVE RELIABLE TRANSPORTATION

Employment Agencies More information available at: www.snohomishcountywa.gov/dd

- At Work
- Cares of Washington
- Community Trades and Careers
- NW Center
- ORION Industries
- PROVAIL
- Service Alternatives Inc.
- Sherwood Community Services
- SAILS
- Vadis
- Village Community Services
- Washington Vocational Services
- Work Opportunities

Social Security Benefits Planner If you are DD eligible and live in Snohomish County, the Benefits planner can help you navigate the Social Security system and answer questions about how working may affect your benefits. Contact your DD case manager for a referral. **425-388-4833**

Transportation Is critical for getting a job and connecting to your community

Everett Transit/Para Transit **425-257-7777** www.everetttransit.org

Community Transit/DART **425-353-7433** www.communitytransit.org



Step Five: PARTICIPATE IN YOUR COMMUNITY

Self-Advocacy The Transition Club, Women’s Group as well as People First Chapter provides self-advocates with the opportunity to have fun while increasing self-advocacy skills, independent living skills and learning about community resources. Contact the Arc of Snohomish County. www.arcsno.org or **425-258-2459**

Recreation and Leisure Participate in activities you enjoy, explore your community and try new things. Develop relationships with people who have similar interests. Find local activities and events at: www.snohomish.org

Family Support Centers Provide opportunities for community members to gather, meet new people, share their strengths, learn about resources and be a part of your community.

Arlington	360-386-7989	Sky Valley	360-793-2400
Darrington	360-436-0308	South Everett	425-355-6005
Familias Unidas	425-513-2880	Stanwood	360-629-5257
Northshore	425-205-2004	South Snohomish County	425-670-8984

Snohomish County Transition Fair An annual event held in March that provides the opportunity for students and families to meet over 60 community agencies and attend a variety of workshops. **425-388-7320**



Snohomish County Developmental Disabilities

Deb Gall, Transition Coordinator

425-488-7476

deb.gall@co.snohomish.wa.us



SYSTEM OVERVIEW

IN THIS SECTION:

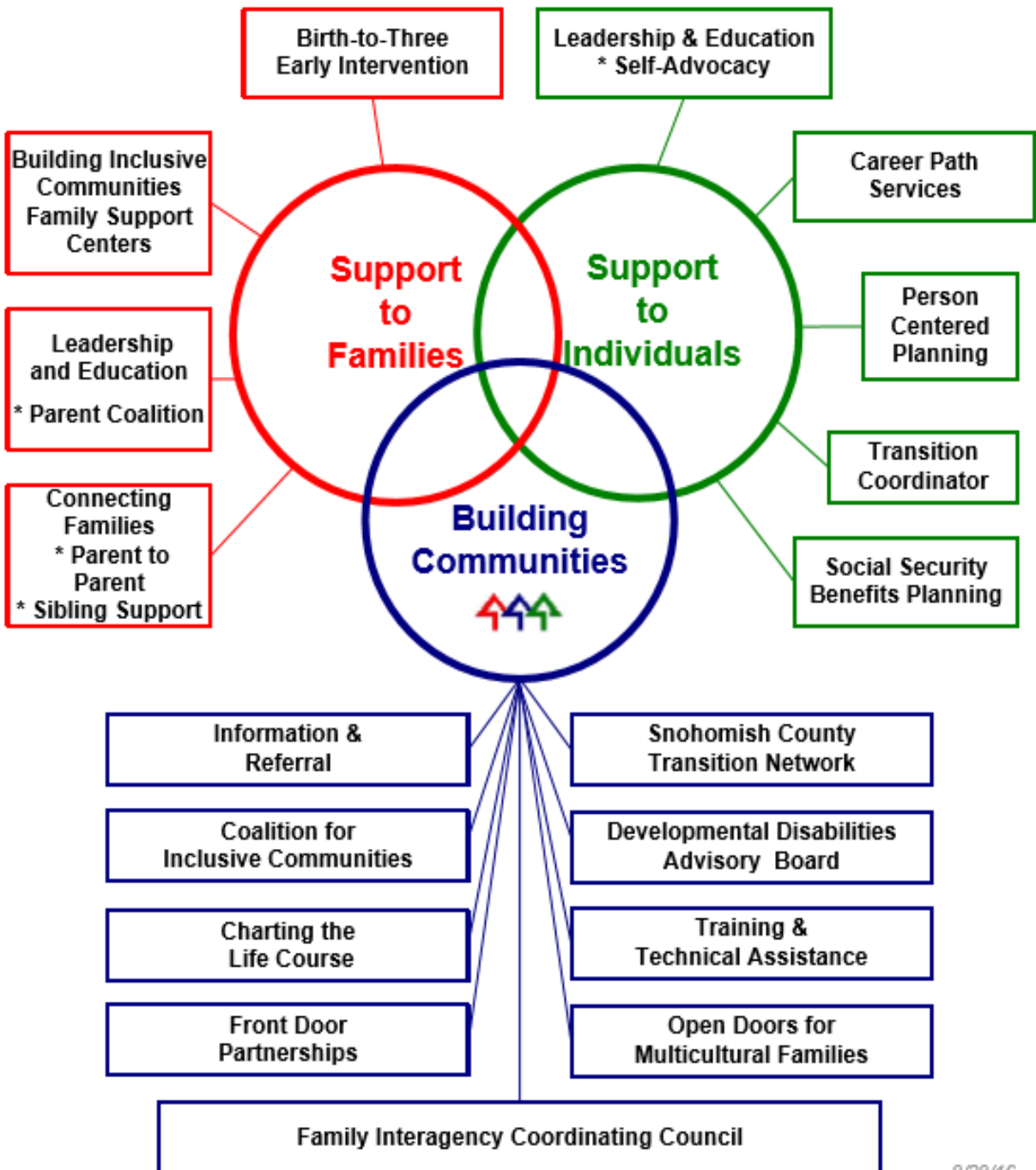
- OVERVIEW OF SNOHOMISH COUNTY DEVELOPMENTAL DISABILITIES
- UNDERSTANDING THE BIGGER PICTURE
- OVERVIEW OF THE DEVELOPMENTAL DISABILITIES ADMINISTRATION
- DEVELOPMENTAL DISABILITIES LIFE OPPORTUNITIES TRUST
- GUARDIANSHIP AND ALTERNATIVES TO GUARDIANSHIP
- SOCIAL SECURITY
- PATHWAY TO EMPLOYMENT
- NAVIGATING EMPLOYMENT AND VOCATIONAL SERVICES
- TRANSPORTATION
- AFFORDABLE HOUSING
- EMERGENCY PREPAREDNESS
- HEALTH CARE



*Get connected to your community
and learn about what resources
and supports are available.*

Snohomish County

Developmental Disabilities Overview of Services



9/29/16

UNDERSTANDING THE BIGGER PICTURE

The Role of Systems – Adult Services

FEDERAL GOVERNMENT

SSI

- Basic Living Allowance
- Linked to Medicaid
- Implemented by State Community Service Office

Social Security Administration

- US Citizen
 - Medically Disabled
 - Apply at age 18 or younger based on income
- 866-563-4595 Everett
877-575-5197 Lynnwood
800-772-1213 www.ssa.gov

SSDI/DAC

- Paid into system through employment
- Or based on parents
- Medicare

STATE GOVERNMENT

Department of Social and Health Services

DDA

Developmental Disabilities Administration

Can apply at any age for:

- Early Intervention Services (Birth-3)
- Case Management
- DD Endowment Special Needs Trust
- Employment Support (as available)
- Supported Living Program
- Adult Family Home Referral
 - Personal Care Services (if eligible)

800-788-2053/ 425-740-6400....Everett
www.dshs.wa.gov/dda

DVR

Division of Vocational Rehabilitation

Begins working with students in their final year of school in preparation for employment

425-339-4880 Everett
425-977-6600 Lynnwood
360-651-6120 Smokey Pt

www.dshs.wa.gov/dvr

HCS

Home & Community Services

Serves seniors and adults with disabilities who do not qualify for DDA

- COPEs (Physical needs)
- MPC (Personal Care)
- Nursing Facilities
- AFH (Adult Family Homes)
- Assisted Living

425-339-4010 Everett
425-977-6530 Lynnwood
360-651-6800 Smokey Pt
www.aasa.dshs.wa.gov

DSB

Department of Services for the Blind

Services to support home, school, mobility and employment
800-552-7103

www.dsb.wa.gov

APS

Adult Protective Services

Investigates abused and neglected vulnerable adults
1-866-END-HARM

DCFS/DLR

Division of Children & Family Services / Division of Licensed Resources

- Investigates abused & neglected children
 - Foster Care Services (serves to age 21)
 - Licensing/Adoption
- 425-339-4768 Everett
425-977-6700 Lynnwood
360-651-6900 Smokey Point
360-805-2100 Sky Valley

<http://www.dshs.wa.gov/children.shtml>

WORKSOURCE

Primary service is access to job leads and classes

425-258-6300 Everett
425-673-3300 Lynnwood

www.worksourceonline.com

CSO

Community Service Office

* Medicaid * Childcare * Basic Food
* Financial * Employment/Training

Everett Lynnwood
Sky Valley Smokey Point

1-877-501-2233

www.dshs.wa.gov/onlinecsso/applying.shtm

LOCAL GOVERNMENT

Snohomish County Developmental Disabilities
www.snohomishcountywa.gov/dd

Contracts with Community Include:

- Early Intervention Services (Birth to 3)
- Employment Providers (Job development / job coaching)
- Person Centered Planning Services (Employment)
- Connecting Families- Arc of Snohomish County
- Leadership and Advocacy- Arc of Snohomish County
- Building Inclusive Communities- Family Support Centers

Contact Information for DD Staff

Program Manager/DD Board	425-388-7208
Early Intervention Services (Birth to 3)	425-388-7402
Career Path Services (Supported Employment)	425-388-7332
Social Security Benefits Planner	425-388-7259
Transition Resource Coordinator (18-21)	425-388-7476
Information / Education/ Community Contracts	425-388-7320

APPLYING FOR THE DEVELOPMENTAL DISABILITIES ADMINISTRATION (DDA)

There's a good chance you've heard lots of reasons for not applying to the Developmental Disabilities Administration (DDA) - *no funding, no services, long waiting lists*. While some of these situations may be true at one time or another, there are many more reasons why it's a good idea to apply for DDA eligibility.

**If you are not currently receiving a paid service from DDA contact:
The Service Information Referral Line (SIRL) at 800-567-567-5582**

Potential services you can request are listed below:

Please Note *SSI Eligibility is the most direct means of obtaining Medicaid and opening doors for other services.

1. Entering the DDA system may lead to other opportunities.

- **Community First Choice (CFC)** provides in-home services to assist with daily needs, such as bathing, toileting, cooking and eating. Although DDA eligibility is not a requirement, DDA can help determine CFC eligibility and refer for services if eligible.
- **Employment Supports** if you need help getting and keeping a job, you must be eligible for DDA and over the age of 21 to receive long-term Career Path Services. Long-term funding from DDA is NOT available to students until age 21. For more information or for eligibility questions. Contact DDA at 800-788-2053/425-740-6400 or the Snohomish County Transition Coordinator at: 425-388-7476.
- **The Developmental Disabilities Life Opportunities Trust (DDLLOT)** is a special needs trust that allows saving for the future without jeopardizing government benefits. It's only available to DDA eligible individuals. Visit www.ddlot.org for more information.
- **Affordable Housing.** DDA eligibility is tied to some unique opportunities for affordable housing for adults, as well as families with DDA eligible children. For info about affordable housing options contact DDA or local housing authority.
 - DDA Case Manager: 800-788-2053/425-740-6400
 - Everett Housing Authority www.evha.org
 - Housing Authority of Snohomish County www.hasco.org

2. DDA eligible individuals who are not receiving paid services receive valuable information and updates on services and resources through a yearly mailing from *Informing Families, Building Trust*.

3. Eligibility puts you a step ahead in the event there's a crisis and your family member needs more support than what you're able to provide. Even if you don't experience a crisis, s/he is already in line for services if funding becomes available.

4. Documenting unmet need helps everyone. When you apply for services and are denied due to lack of funding, you provide data that gives the state a true picture of the numbers of eligible people with unmet needs. This helps advocates make a case to the legislature for the necessary funding.

GUARDIANSHIP AND ALTERNATIVES TO GUARDIANSHIP

At age 18, you are an adult and responsible for making legal, financial and medical decisions.

Parents: When your son or daughter reaches age 18, they obtain all the legal rights and responsibilities of any adult. Parents are no longer their legal representative. Only the courts have the authority to remove these rights. A court makes this decision based on the person’s abilities to handle personal decisions, money, property, and similar matters.

Many people assume that guardianship is the best way to help adults with developmental disabilities to make important decisions. Often, however, guardianship is not necessary. In fact, Washington State’s guardianship law requires considering the alternatives first.

- Many adults with special needs are able to assume their full rights and responsibilities, including making financial, medical, and legal decisions.
- Some people may benefit from a power of attorney or protective payee to assist them in making decisions.
- Be sure to weigh your options and consider all implications. The resources below will help you research your options.
- Pursuing guardianship is a legal process and if appropriate, should **begin six to eight months before your child’s 18th birthday**. Individuals can have a full or partial guardianship.
- All guardians must complete a mandatory training, for more information go to: www.courts.wa.gov/layguardiantraining

GUARDIANSHIP RESOURCES

Arc of Snohomish County Provides guardianship workshops, trainings, and information packets. www.arcsno.org	425-258-2459
Disability Rights of Washington A non-profit organization that protects the rights of individuals with disabilities and provides information, referral, and training regarding disability rights. Provides information on supported decision making, guardianship, and protection of rights. http://www.disabilityrightswa.org/	206-324-1521
Informing Families Building Trust Guardianship podcast www.informingfamilies.org	
Mandatory FREE Training for Guardians www.courts.wa.gov/layguardiantraining	360-704-4081
Snohomish County Superior Court Has information about reporting and guardianship paperwork. Guardianship packets to complete necessary paperwork can be purchased at the Snohomish County Courthouse or downloaded from website. www.snohomishcountywa.gov Search Guardianship	425-388-3284
Washington Law Help Has information on guardianship and alternatives to guardianship. www.washingtonlawhelp.org	



SOCIAL SECURITY



At age 18, you may be eligible for financial assistance and healthcare benefits, depending on your income and employment status. You should contribute to your rent and other housing expenses. This will help to increase your independence and maximize your Social Security benefit.

THINGS TO KNOW WHEN APPLYING FOR SOCIAL SECURITY

- Eligibility for Social Security benefits prior to age 18 is based on your parent's income and resources. After age 18, individuals who are unable to earn a living wage due to their disability may be eligible for Social Security benefits.
- Apply for disability benefits the month of your 18th birthday by contacting your local Social Security office.
- A large portion of the application materials and information regarding medical and financial eligibility may be completed online at www.ssa.gov . You can also call and ask to schedule an appointment. After applying for benefits, call Social Security each month to follow up. Social Security will not call you if there are problems with your application. **800-772-1213**
- Social Security will determine your eligibility for benefits. If denied, you have the right to appeal within 60 days (which may also result in your receiving a retroactive payment).
- If you need assistance managing your income, identify a representative payee to assist you.

TYPES OF SOCIAL SECURITY BENEFITS

Supplemental Security Income (SSI) Needs based program

SSI provides a basic living allowance to assist with room and board. The amount of the allowance is based on your basic living expenses. Your resources cannot exceed \$2000 while you receive SSI benefits. You may be eligible for Medicaid while receiving SSI. Medicaid is a requirement for a variety of community services.

Social Security Disability Insurance (SSDI) Entitlement program

SSDI is based on the amount paid into Social Security when you are employed and you can access these benefits if you become disabled. Again, the amount received is based on the amount paid into the system. Medicare may be available based on work history.

Disabled Adult Child Benefits (DAC) Entitlement program

If you have a disability and your parent is disabled, retired, or deceased you may receive Social Security benefits based on your parent's record.

WORKING WHILE RECEIVING SOCIAL SECURITY

Once you are earning an income, you must inform Social Security about your job and send your pay stubs to Social Security monthly in order to avoid an overpayment. Learn about Social Security work incentive programs available to assist with paying for work related expenses. Contact your Developmental Disabilities Administration case manager for a referral to the Snohomish County Social Security Benefits Planner.

SOCIAL SECURITY TIPS



1. **Keep it on file.** Photocopy everything you send to SSA, including pay stubs. Send your monthly pay stubs to Social Security. Social Security will adjust your payment; this will show up a couple of months later and will prevent you from having an overpayment at a later time, which could result in losing some of your benefits.
2. **Report changes in income immediately.** This is especially important if the monthly income from a job is inconsistent (working varied hours, getting paid bi-weekly, etc.).
3. **Anticipate potential overpayments.** If you know an SSI check has not been adjusted to reflect a change in income, set aside some money to cover the upcoming overpayment so you don't feel squeezed when it happens.
4. **Set up a meeting.** Sometimes it's easier to work out problems face-to-face. Meeting with a staff member at your local SSA office also allows you to develop a relationship with the claims representative who you can call on in the future.
5. **Stick with the slow times.** Show up 15 minutes before appointment times begin. Try not to contact SSA during busy times.
6. **Put it in writing.** After you talk with someone, write down their name, the date, what you discussed, and what you decided to do. For particularly important issues, you may wish to follow up your conversation with a letter that confirms what you discussed.
7. **Prepare for possible complications.** The Social Security Administration is a big and complex system. It can make the whole process a lot less stressful simply to realize that while problems do happen, they can also be solved. Ask to speak to someone specifically about SSI, as not all local office staff has the same knowledge. In the event that efforts at problem solving are unsuccessful, you can always appeal a decision. Appeals can be effective.
8. **Find an expert.** Many human service organizations and state agencies have experts who specialize in Social Security planning.
9. **File Annual Reports.** Representative payees must account for how funds are used to benefit the recipient. An annual report form will be sent to the payee for completion and return.
10. **Working while receiving Social Security Benefits.** Receiving SSI does not mean that a person is incapable of contributing to their community. The reality is that income from a job results in a gradual decrease in SSI checks. You can use Work Incentives to lessen the effect of earned income on benefits. Work Incentives make it possible to work and still receive monthly payments and Medicare or Medicaid. In almost every case, individuals will have more income by working. Two work incentives are the Impairment Related Work Expense (IRWE) and Plan to Achieve Self Sufficiency(PASS):
 - **IRWE:** A portion of work related expenses that are specific to disability can be deducted from the income that SSA counts, if approved by SSA.
 - **PASS:** Allows recipients to **save** for big career expenses, if it means less reliance on SSA benefits.

NAVIGATING EMPLOYMENT AND VOCATIONAL SERVICES

Washington State is nationally known for supporting individuals with disabilities in obtaining community employment that is based on an individual's strengths and interests. Regardless of your disability, there are supports, opportunities and expectations for you to work and fully participate in your community. (Services are based on availability of funding and eligibility requirements)

THE FOLLOWING AGENCIES COLLABORATE TO PROVIDE INDIVIDUALIZED EMPLOYMENT SERVICES:

School

Supports students with academic, vocational and life skills through age 21

- Develop work related goals in your IEP and Transition Plan.
- Obtain as much paid and unpaid work experience as you can while still in school.
- Develop a resume and list of skills that you have obtained while attending school.
- Have a job. This will open opportunities and support for you.

Division of Vocational Rehabilitation (DVR) and Department of Services for the Blind (DSB)

Serves adults age 18 and over who are no longer in school

DVR/DSB can get involved as early as age 16 and once you exit school can provide **short term support** to help you find a job, learn the job and retain that job up to 90 days.

- Contact DVR or DSB during your final year of school to learn about supports available to help you pursue competitive employment.
 - DVR www.dshs.wa.gov/dvr Lynnwood 425-997-6600 Everett 425-339-4880
 - DSB www.dsb.wa.gov 800-552-7103
- If you need long term support after the 90 days on the job, consider work incentives through Social Security, paying privately or accessing long term employment services through the Developmental Disabilities Administration.

Developmental Disabilities Administration (DDA)

Employment support for age 21 and older (based on available funding and eligibility)

- Apply for DDA services at any age.
- DDA long term employment supports will work in conjunction with school and DVR to ensure the right supports are in place to help with your employment goal.

Snohomish County Developmental Disabilities

Serves adults 21 and over

- Obtain a copy of the Career Path Services Guide from your DDA case manager to understand services available for individuals connected to DDA. 800-788-2053/425-740-6400. The guide is also available at: www.snohomishcountywa.gov/dd
- If you are DDA eligible and in your last year of school, contact the Snohomish County Developmental Disabilities Transition Coordinator who will help you connect to community resources. 425-388-7476



TRANSPORTATION TIPS AND RESOURCES



- If you plan to utilize public transportation, **live close to a bus line**. Keep in mind that bus routes may change if ridership is low. Participate in community meetings when they discuss cutting transportation services that may affect you.
- Learn about public transportation options in your community. This may include taking the bus, carpooling, walking, biking, or utilizing specialized transportation like DART and Para Transit.
- Ride the bus with your family and friends to learn the routes in your community. As you increase your transportation skills, you will have more opportunities for employment and connecting to your community.
- If you require personal care assistance (PCA), obtain a regional reduced fare or Orca card with the letters PCA written on it. It will allow your personal care assistant to accompany you free of charge.
- Service animals are allowed on public transportation.
- All the buses are accessible and are equipped with straps and securing systems, provide priority seating and have lifts or can “kneel” to the curb.
- The SWIFT bus that runs every twelve minutes on Hwy 99/Evergreen Way between the Everett Transit Center and Aurora Village. If you use your Orca card you do not have to pay transfer fees.
- A Regional Reduced Fare Permit is available for seniors and individuals with disabilities to pay lower fares on Community Transit, Everett Transit, King County Metro, Sound Transit, Pierce Transit, and Washington State Ferries. To obtain the reduced fare permit you will need to provide proof of your disability, forms signed by your doctor, photo ID and a fee.

NEED HELP FINDING TRANSPORTATION OPTIONS?

Find a Ride is an interactive internet-based resource to help you locate the various transportation options in Snohomish, King and Pierce County. www.findaride.org

FREE Travel Training Learn the bus routes through free travel training programs. Training is individually tailored to meet specific needs. **425-348-2379**

Everett Transit provides bus service in the Everett area. <http://everetttransit.org/>

Community Transit Provides transportation in Snohomish County. www.communitytransit.org

Everett Para Transit and DART If you are unable to ride the regular bus and require door-to-door/curb service Transportation needs to be prescheduled. Everett Para Transit **425-257-7777**
DART/Community Transit **425-347-5912**

Pay a Pal Voucher Program is for rural Snohomish County residents with disabilities who live too far from scheduled bus routes. Vouchers pay for a family member or friends to provide transportation to school, work or medical appointments. **425-265-2226**



PLANNING AHEAD



BUILD CREDIT AND UNDERSTAND CREDIT

- Build a credit history. This will help you when you rent or purchase your first home.
- Have your name on bills and pay them on time.
- Open a bank account. Have joint signatures if needed.
- Save money and shop wisely.



INCREASE INDEPENDENCE

- Do as much for yourself as you can. Build on current skills and learn new skills. The skills you learn will help you in your current and future housing situation and may transfer to employment skills and create employment opportunities. Help out with cooking, cleaning, and household maintenance.
- Utilize assistive technology to increase your independence. Examples a ramp, special height counters, lighted doorbell signals, special door handles, handrails, grab bars, etc.
- Make a list of other supports you will need in your home. Research and connect to resources that can support you in reaching your housing goals. Your list may include personal care tasks, cooking, cleaning skills, shopping skills, money management skills, etc. Resources may be agencies who deliver meals or groceries to the home, maid service, Medicaid personal care, a payee who can pay your bills for you etc.



DECIDE WHERE YOU WANT TO LIVE

- Do you want to live with your family? For how long?
- Do you want to live by yourself or with friends, and if so which friends?
- Would you live in an apartment, house, duplex, condo, etc?
- Would you rent or own your living space?
- Where will your home be located? It is helpful to have your home close to your support network including your family and friends. It is equally important to be close to services including doctor's office, grocery store, recreation and leisure, work, transportation etc.
- If you use public transportation, make sure your home is on a regular bus line.



I plan to live:

Here is a list of my household skills:

Household skills I would like to learn:

Accommodations to increase my independence:



FINDING AFFORDABLE HOUSING



TYPES OF HOUSING AND SUPPORT AVAILABLE THROUGH THE DEVELOPMENTAL DISABILITIES ADMINISTRATION (DDA)



www.dshs.wa.gov/DDA



Your DDA case manager can provide information on housing options & connect you to a variety of supports and services based on eligibility and available funding. These may include :

MEDICAID PERSONAL CARE (MPC) MPC is provided by an individual provider or agency to assist with activities such as bathing, dressing, eating, meal preparation, housework, and travel to medical services. This service is provided in your home or adult family home. Clients must meet financial eligibility for Medicaid and functional eligibility for the MPC Program.

ADULT FAMILY HOMES (AFH) Adult family homes are licensed by the state and located in residential neighborhoods and can serve up to six individuals. The AFH provides a room, meals, laundry, supervision, and varying levels of assistance and care. Occasional nursing care and/or specialized care for individuals with mental health issues, developmental disabilities or dementia are also offered by some Adult Family Homes. If you are interested in an Adult Family Home placement, contact your Developmental Disabilities Administration (DDA) case manager **800-788-2053/425-740-6400** or Home and Community Services **425-339-4010**. The Adult Family Home Finder can help search for available homes: <https://fortress.wa.gov/dshs/adsaapps/lookup/AFHPubLookup.aspx>

ADULT RESIDENTIAL CARE (ARC) An ARC is a group living setting that can provide assistance with medication management and personal care. Residents who require monitoring for their own safety may receive limited supervision. Contact your DDA case manager **800-788-2053/425-740-6400**.

SUPPORTED LIVING SERVICES Supportive Living Services is a Developmental Disabilities Administration (DDA) residential program. **Eligibility criteria vary and funding is limited.** Supportive living provides instruction and support to persons living in their own homes in the community. Supports may vary from a few hours a month to 24 hours a day of one-to-one support. Clients pay for their rent, food and other personal expenses. DDA contracts with private agencies to provide services. Contact your DDA case manager **800-788-2053/425-740-6400**.

WEBSITES THAT MAY BE HELPFUL

- **Apartment Finder:** Individuals with limited income may obtain a list of affordable housing units from the Everett or Snohomish County Housing Authorities and/or go to <http://www.aptfinder.org/>. You can search by city, county and type of housing, such as housing for an individual, family, for a senior, or for a person with a disability. This non-profit website formed to connect low income households with affordable apartment communities throughout Washington State. Listings are voluntarily advertised on our site by owners and managers of rental apartments for low-income households whose annual income is below 80% of area median income. For eligibility requirements and rent amounts contact the manager for each of the complexes.
- **Partners 4 Housing** Collaborates with families to discover housing opportunities and resources. www.partners4housing.com
- **Parkview Services** provides purchase assistance to first-time homebuyers with household incomes at or below 80% of the area median income. At least one person in household must have a disability. Agency provides homebuyer education and financial counseling as part of the program. www.parkviewservices.org 206-542-6644
- **Arc of Snohomish County** Provides up-to-date housing information and resources. To request a copy of the Arc Housing Guide call **425-258-2459** or go to www.arcsno.org



FINDING AFFORDABLE HOUSING



WHAT TYPES OF RENTAL ASSISTANCE OR SUBSIDIZED HOUSING IS AVAILABLE?

Low income families may qualify for rental assistance or subsidized housing units that require no more than 30% of their annual income for rent. The US Department of Housing and Urban Development (HUD) administers various housing programs for low income families. For example, local public housing agencies provide both rental assistance and subsidized housing units (on a waiting list basis). Families generally pay 30% of their income (including wages, TANF, Child Support, Social Security, etc.) toward rent and utilities.

TWO TYPES OF HOUSING ASSISTANCE PROGRAMS MANAGED BY HOUSING AUTHORITIES:

1. HOUSING CHOICE VOUCHERS/TENANT BASED SECTION 8
2. SENIOR AND DISABILITY HOUSING/ LOW INCOME PUBLIC HOUSING

HOUSING CHOICE VOUCHERS/TENANT BASED SECTION 8

- Individuals who are issued vouchers are responsible for locating suitable housing where the owner agrees to rent under the Section 8 program and the residence meets all health and safety standards.
- Recipients may use the voucher to rent from any private market landlord whose rent is considered reasonable in accordance to HUD guidelines. Subsidies are paid directly to the landlord on behalf of the individual.
- The individual is required to pay the difference between the actual rent and the amount subsidized by the program. Recipients may keep their voucher as long as they continue to qualify, follow program rules, and remain eligible.
- The voucher moves with recipients as they move to any housing authority approved unit (anywhere in the United States).
- There may be additional vouchers you may qualify for such as the Young Disabled Adult Vouchers, which is set aside for people with disabilities who are under age 62. The wait list for this voucher may be shorter than the Section 8 waiting list. Apply for both.

SENIOR AND DISABILITY HOUSING/ LOW INCOME PUBLIC HOUSING

- **Subsidized Housing:** The units are owned and managed by a housing authority. Qualifying individuals pay 30% of their income to rental unit landlords. When the individual moves out of the rental unit, the subsidy remains with the unit for the next family moving in.
- **Senior and Disability Housing / Project-based Section 8:** Project-based housing is attached directly to a rental unit and does not follow an individual when they move. Individuals successfully meeting requirements and maintaining "good standing" for a 12-month period may remain in the program or can request a moving voucher conversion to a Tenant-Based Section 8 Voucher (see above) and can rent from a private market landlord.



AFFORDABLE HOUSING



WHERE DO I APPLY FOR RENTAL ASSISTANCE OR SUBSIDIZED HOUSING?

- There are two local housing authorities in Snohomish County that administer several housing subsidy programs. Check out their websites for up to date information on programs and the application process. When completing the application process clearly identify your disability and the supports you may receive.
- Consider applying for any programs for which you or your family may be eligible. Ask which programs have or do not have waiting lists and how long the wait might be.

HOUSING AUTHORITY OF SNOHOMISH COUNTY (HASCO) 425-290-8499 www.hasco.org

Provides rent subsidies and public housing for persons who meet eligibility requirements and live in Snohomish County. Request a current list of subsidized and affordable housing. The Section 8 and Low Income Public Housing waiting list can be very long. To remain on a wait list, be sure and provide timely updates and address changes.

EVERETT HOUSING AUTHORITY 425-258-9222 www.evha.org

- Provides rent subsidies and public housing in Everett and throughout Snohomish County for persons who meet program eligibility requirements. Contact EHA to request a current list of subsidized and affordable housing.
- Complete the application and clearly identify your disability as well as any supports you may receive. Application requires a financial statement, SSI verification and possible medical information from your doctor verifying your disability. Ask for a Young Disabled Application Packet, clearly identify your disability, and make a copy for your records. The wait list is long and it may be several years before you are contacted. Be sure to check in with the housing authority at least once every six months and notify them if your contact information changes.

HOW DO I REQUEST A REASONABLE ACCOMMODATION?

- Active participants in one of the above housing programs may request an *exception to the rule* of the Section 8 or Low Income Public Housing Program, based on special needs for individuals with disabilities. Examples of reasonable accommodations may include:
- **Live-in Care Provider:** When an individual's doctor determines a live-in care provider is needed, an extra bedroom to accommodate a live-in care provider may be requested. The live-in care provider's income will not be included when determining your rent portion.
- **Shared Housing:** Individuals with a Section 8 voucher sharing a house or apartment with someone who does not have a voucher, or when multiple people with vouchers share a house or apartment.
- **Renting from a Relative:** Renting from a relative is not allowed for an individual with a Section 8 voucher. If you have a disability and support needs you may request an accommodation.

MAINTAINING A HOME

- If you rent, be aware of landlord and tenant rights and responsibilities. Take care of your home.
- Connect to services and supports to help you in your home.
- If you need direct physical assistance for your personal care needs and receive Medicaid contact DSHS/DDA and ask about Medicaid Personal Care (MPC). **800-788-2053/425-740-6400**
- Remain connected with your support network and maintain healthy relationships.
- Take necessary precautions to remain safe.

✔ EMERGENCY PREPAREDNESS CHECKLIST ✔

“THE TIME TO PREPARE FOR AN EMERGENCY IS BEFORE IT HAPPENS.”

In an emergency, we all have to plan to be self-sufficient, and possibly spend several days without utilities, medical aid, transportation, or communications. Preparing for an emergency is difficult for anyone but if you have special needs, you have extra things to think about.

What will I need?

- Try to picture yourself during a disaster and during the three days immediately following it. What might be some of your special medical needs?

Planning Ahead

- Locate and learn how to turn on and off utilities such as water, gas, and electricity.
- Make sure you have a working smoke and carbon monoxide detectors in your home.
- Have necessary resources such as a water hose, fire extinguishers, and generators available.
- Develop a plan with your neighbors to assist one another in case of an emergency.
- Plan how to take care of your pets or service animals.
- Post emergency telephone numbers by phones (fire, police, ambulance, hospital, doctor, poison control).

Medications

- Keep at least a three-day supply of your medications at all times. (A two week supply is ideal.)
- Store your medications in one location in their original containers.
- Have a list of all of your medications: name of medication, dose, frequency, the name of the doctor prescribing it, and the pharmacy.
- If you use supplies, such as ostomy bags, or syringes, (3 day supply recommended)
- Intravenous (IV) and Feeding Tube Equipment** Know if your infusion pump has battery back-up, how long it lasts in an emergency. Ask your home care provider about manual infusion techniques for power outages and written operating instructions attached to all equipment.
- Oxygen and Breathing Equipment** If you use oxygen, keep an emergency supply for three days or more. Oxygen tanks should be securely braced so they do not fall over. Check with your medical supply company for safety instructions. If you use breathing equipment, have a three-day supply or more of tubing, solutions, medications, and other needs.
- Electrically Powered Medical Equipment** For all medical equipment requiring electrical power, such as beds, breathing equipment, or infusion pumps, check with your medical supply company, get information on back-up power source, such as a battery or generator. Check with your local utility company to determine what back-up equipment is properly installed.
- Emergency Bag** Have a bag packed at all times in the event you need to leave your home. The bag should contain: A medication list, medical supplies for three days, copies of vital medical papers, such as insurance cards, Advanced Directive, Power of Attorney, and others.
- When you leave your home, take refrigerated medications and solutions. Keep ice packs in your freezer if your doctor tells you to keep medications cold.

People Who Can Help

- Plan with your family, friends, and neighbors. Know who could get to your home to assist you if other means of transportation are unavailable.
- Discuss your disaster plans with your home health care provider.
- Ask local fire department if the department keeps a list of people with special medical needs.
- If you depend on electrical power for your equipment, notify your local power company. Some companies provide priority service to people with special medical needs.
- Keep a list of people, names, addresses, and phone numbers, who can help you. Ask an out-of-state friend to be your "family contact." After a disaster its often easier to call long distance.

HEALTH CARE

When it comes to health care- do what you can to be as healthy as possible, eat well, exercise and address medical issues when they occur. Insurance can be confusing, expenses can be high and finding supports and resources can be a challenge. We have included a few resources and tips that may be helpful:

MEDICAL INSURANCE Individuals may continue to be covered under family health insurance until age 26. Choose an adult health care provider at age 18. Look for employment options with medical benefits.

MEDICAID:

- Medicaid is usually issued with SSI. If you receive SSI and do not receive Medicaid, call the local DSHS Community Service Office. **1-877-501-2233**
- Medicaid may provide health coverage, vision, dental care, adaptive equipment, and specialized transportation. Clients of the Developmental Disabilities Administration may receive additional medical coverage. Make sure DDA is marked on your medical coupon.
- Medicaid entitles eligible individuals to receive Medicaid Personal Care (MPC). MPC provides assistance with daily living skills such as bathing, dressing, eating, meal preparation and housework. Contact DSHS/DDA for an assessment. **800-788-2053/425-740-6400**
- Dental care is often available prior to the age of 18. After 18, it is more difficult to find dentists who accept Medicaid. Snohomish Health District has a list of dentists who accept Medicaid. www.snohd.org
- If you need assistance getting to medical appointments, or would like more information about transportation available, call 211.

OCCUPATIONAL AND PHYSICAL THERAPY

- If you utilize adaptive equipment and it needs repair, be sure to talk to them daily, especially if it puts you or your caregiver's health and safety at risk.
- Incorporate your therapy into your daily routine.
- Share information about adaptations that can increase your independence at home, school and in the community. If you utilize adaptive equipment or devices for support, and need assistance, provide a detailed description, share pictures or a video, to show how you use your adaptive equipment.

COMMUNICATION

- Assistive technology has been instrumental in providing communication devices to support individuals in communicating. There are simple and complicated systems. Work with your speech therapist to find a system that works for you.
- Follow through on recommendations and practice using your communication system with multiple people and in various environments.
- Check with your medical insurance to see what benefits are covered. If you have a device that is no longer meeting your communication needs, is not repairable, or too expensive to fix, work with your speech therapist and insurance to find a new system.
- If you communicate with sign language, share information about your fluency. If you have limited signs, include that list along with pictures in your portfolio. Add to your list as you learn more signs. This will encourage others to communicate with you and build on your skills.
- Speech to Speech for individuals who have difficulty being understood due to a speech impairment or disability? Trained staff relay calls and repeats and clarifies that which is not understood.

877-833-6341 or www.spechtospeech.org





GETTING HELP WITH MEDICAL DEBT



Most families expect and want to pay for the medical care they receive. But, family budgets can be drained by the costs of medical care for a child with a developmental or other disability.

Families and individuals with high medical costs are unable to avoid the unforeseen illnesses or conditions that disrupt their lives. This often results in medical debt, which can lead to financial instability and housing problems.

A problem paying medical bills is not just a problem for the uninsured. Often, people discover their health insurance does not adequately cover them when they need medical care. Making matters worse, there are often errors in the payment information about medical bills listed on consumer credit reports.

However, medical debt can be managed differently from other forms of debt such as credit card debt or school loans. If you or someone you know has debts due to medical bills, you may want to explore the following resources for:

1. Options and special programs dealing with medical debt;
2. Financial Counseling; and
3. Payment Plans.

Resources that can help:

- **NW Justice Project Getting Help with Medical Debt in Washington State**
<http://youtu.be/qNrXdl-bPQ4>
- **A Guide to Successfully Managing Medical Bills**
<https://www.box.com/s/fdfc4c6e16c164a70d11>
- **Washington Law Help** Health Care, Your Rights, Living Wills, Powers of Attorney
www.washingtonlawhelp.org
- **Northwest Health Law Advocates** www.nohla.org
- **Children with Special Health Care Needs** The CSHCN program serves children who have serious physical, behavioral or emotional conditions that require health and related services beyond those required by children generally. **425-339-8652** www.snohd.org
Excerpt from www.informingfamilies.org

ADDITIONAL RESOURCES

Medications Understand the purpose of your medications and keep a record of any side effects. When you fill your prescriptions ask the pharmacist to help you be more independent by packaging medications in bubble packs, pill boxes, etc.

Within Reach Provides resource information on health care coverage, specializing in services to families of children with special health care needs. www.withinreachwa.org **800-322-2588**

Washington State Medical Home Website A website designed to support families to partner with health care providers to better understand health issues and make informed healthcare decisions.
<http://medicalhome.org/>

Apple Health Care Provides low cost or FREE health care for Washington youth and families who meet the income eligibility standards. <http://www.hca.wa.gov/free-or-low-cost-health-care/apple-health-medicaid-coverage> **877-543-7669**

GET CONNECTED

IN THIS SECTION:

- RECREATION AND LEISURE
- LEADERSHIP AND EDUCATION
- CONNECTING FAMILIES
- FAMILY SUPPORT CENTERS



Develop Relationships

Meet New People

Participate in Activities Based on Your Interests.



RECREATION AND LEISURE

TIPS TO GET CONNECTED

- Develop a healthy lifestyle, by taking advantage of opportunities in your community. Participate in activities you enjoy, explore your community, and try new things.
 - Many events are low cost, or have a sliding scale fee.
 - Upcoming fairs, community events, museums etc. can be found at www.snohomish.org
 - Check out local recreation and leisure programs such as the YMCA, Parks and Recreation, the Boys and Girls Club, Girl Scouts and Boy Scouts, theatre, dance, neighborhood groups, churches, associations, clubs, and spectator sports etc.
- Develop healthy relationships with people who share similar interests. Share what you learn with others.
 - Develop meaningful relationships between individuals with and without disabilities.
 - Understand different types of relationships, including strangers, co-workers, family, boy/girlfriends, as well as personal boundaries and personal space.
- If you are not sure if an activity will work for you, visit the program, meet the staff, learn about what they have to offer, and be creative in addressing any accommodations you may need.
 - If you need a personal care assistant, ask for an accommodation to have your caregiver attend at no charge, so they can provide you with assistance as needed.
- Become a valued and active member of your community.
- Have fun!!!



RECREATION AND LEISURE

THE BENEFITS OF RECREATION AND LEISURE ARE ENDLESS

PHYSICAL BENEFITS

Physical activity will help you develop a stronger, healthier body. Even if you use assistive devices such as wheelchairs, walkers, or orthotics and rely on others for assistance, you can build fine and gross motor skills, flexibility, strength and coordination that can help you in all areas of your life.



MENTAL BENEFITS

Recreation stimulates the mind as well as the body. It encourages you to be alert, focused, and engaged in the activity. Many decisions and choices are made while engaging in recreation and leisure activities.

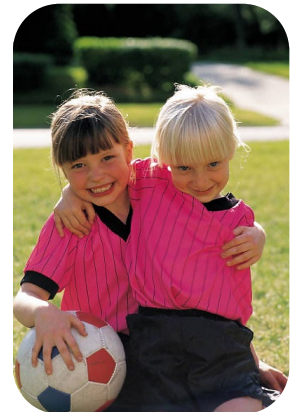
EMOTIONAL BENEFITS

Successful participation helps individuals gain self-confidence and build self-esteem while reducing or eliminating symptoms of stress and depression.

SOCIAL BENEFITS

Participating in recreation and leisure activities is an excellent way to meet and make friends and sustain friendships. It is a great environment to learn from others, especially in settings that include both individuals with and without disabilities.

Social skills are important in all aspects of life including employment, school, and community living. Social skills can be learned, practiced, and perfected through involvement in leisure activities. Social skills may include waiting in line, taking turns, initiating and sustaining conversations, accepting assistance and support from others, listening, and accepting and giving feedback.



INCLUSION CREATES HEALTHY COMMUNITIES

Community organizations, groups, activities and places become stronger and more vital when a diverse range of individuals are welcomed, included, and invited to participate.



Historically, individuals with disabilities have had limited opportunities to participate in their community due to physical, functional, and social barriers. Today, organizations and municipalities have mission statements and strategic plans that embrace principles that value people of different abilities and cultures. Self-advocates and families are working together with these agencies to address barriers and assist individuals with disabilities to fully participate in their community.

RECREATION AND LEISURE

WHAT DOES AN INCLUSIVE COMMUNITY LOOK LIKE?

Inclusion of individuals with disabilities is a value of healthy communities and defined as having three levels.²

THREE LEVELS OF INCLUSION

1. PHYSICAL INTEGRATION

Ensures that a person's right to access is recognized and assured (mandated by the Architectural Barrier's Act of 1968 and the American Disabilities Act). This level is a prerequisite to the following two levels of inclusion.



2. FUNCTIONAL INCLUSION

Functional Inclusion refers to an individual's ability to function within a given environment. Facility staff members must have adequate knowledge and resources in order to appropriately adapt their activities for this level to occur. Once a community accomplishes the first and second levels of inclusion they may then move forward to the third, Social Inclusion.

3. SOCIAL INCLUSION

Social Inclusion is the highest level of inclusion; cannot be mandated and must be internally motivated. It is defined as "one's ability to gain social acceptance and/or participate in positive interactions with peers during recreation activities." (Schleien, et al. 1999, as cited in Nolan, 2005.)



²Nolan, Catherine Veronica. "Best Practices of Inclusion Services: The Value of Inclusion." *Access Today*. Winter 2005, Issue 19. National Center on Accessibility. April 27, 2007. <http://www.ncaonline.org/>

RECREATION AND LEISURE RESOURCES

LOCAL RESOURCES

Aquaexcel Provides aquatic therapy, rehabilitation and recreation opportunities for children and adults in local swimming pool facilities in the area <http://aquaexcel.org/> **360-969-9178**

Coalition for Inclusive Communities A group of individuals committed to promoting more inclusive recreation and leisure opportunities in Snohomish County. **425-388-7320**

Northwest ADA Center Provides tools / resources to help people understand the Americans with Disabilities Act. www.dbtacnorthwest.org **800-949-4232**

Snohomish County Tourism Bureau This website includes events, activities, sights, places to explore and more, www.snohomish.org

Washington State Accessible Outdoor Recreation Guide Provides information about accessible outdoor recreation in Washington. <http://www.parks.wa.gov/> **360-902-8844**
888-226-7688

Washington State Parks Accessible Pass Good for 50% discount on nightly camping/moorage. Free watercraft launching and trailer dump. Available for one-year (short-term disability) or five-year (permanent disability) periods. Note: Simply show your placard, license plate, or issued wallet card along with matching I.D. directly to the park ranger. <http://www.parks.wa.gov/>

NATIONAL RESOURCES

Kids Included Together (KIT) Supports recreation, child development, and youth enrichment programs to include children with and without disabilities. www.kitonline.org

National Parks and Federation Lands Access Pass <https://www.nps.gov/index.htm>

The National Training Center on Inclusion Provides web and live training events that empower providers and their organizations to embrace inclusion. www.kitonline.org/ntci

The National Center on Accessibility Promotes access and inclusion for people with disabilities in parks, recreation, and tourism. <http://ncaonline.org/>

National Center for Physical Activity and Disability Provides people with disabilities with options, information, and resources to help pursue the activities they enjoy. www.ncpad.org

The U.S. Forest Service Provides accessibility guidelines providing guidance for the agency to maximize community participation. www.fs.fed.us/recreation/programs/accessibility



RECREATION AND LEISURE RESOURCES

LOCAL PARKS/RECREATION/LEISURE PROGRAMS

ig Brothers/Big Sisters	www.bbbs-snoco.org	425-252-2227
Boys and Girls Clubs	www.bgcsc.org	425-258-2436
BOY SCOUTS MOUNT BAKER COUNCIL	www.mtbakerbsa.org	425-338-0380
Campfire Snohomish County	www.campfireusasnohomish.org	425-258-5437
Edmonds Parks and Recreation	www.ci.edmonds.wa.us/parksrec.stm	425-771-0230
Everett Parks and Recreation	www.everettwa.org	425-257-8300
Girl Scouts	www.girlscoutswa.org	800-767-6845
Imagine Children’s Museum	www.imaginecm.org	425-258-1006
Lynnwood Parks and Recreation.	www.ci.lynnwood.wa.us	425-775-1971
Marysville Parks and Recreation	www.marysvillewa.gov (Departments/Recreation)	360-363-8400
Mountlake Terrace Parks & Rec	www.cityofmlt.com (City Services/Recreation)	425-776-9173
Redmond Parks and Recreation	www.redmond.gov/ParksRecreation	425-556-2300
Shoreline Parks & Recreation	www.cityofshoreline.com	206-801-2600
Sib Shops	www.arcsno.org	425-258-2459
Snohomish County 4-H	www.snohomishcountywa.gov Search 4-H	425-357-6044
Snohomish County Parks & Recreation	www.snohomishcountywa.gov/parks	425-388-6608
Swimming Pools	Edmonds Yost Lynnwood Recreation Center Mountlake Terrace Pool	425-775-2645 425-744-6440 425-776-9173
Village Theatre	www.villagetheatre.org	425-257-6363
YMCA www.ymca-snoco.org	Everett Marysville Mukilteo Southeast Everett	425-258-9211 360-653-9622 425-353-9622 425-337-0123



LEADERSHIP AND EDUCATION

“Never doubt that a small group of thoughtful committed citizens can change the world; indeed it’s the only thing that ever does”

Margaret Mead



Arc of Snohomish County Leadership and Education



The Arc of Snohomish County supports individuals with developmental disabilities and their families to be knowledgeable and to have the necessary skills and information to advocate and to educate the community about issues that affect individuals with developmental disabilities. Programs are designed to foster inclusion and self-advocacy.

BUILDING LEADERS

- The Arc identifies extended family members, siblings, guardians, and self-advocates who are interested in or want to actively participate in leadership roles.
- Leaders receive information, training and support to effectively advocate for individuals with disabilities and to educate the community, state and local policy makers.
- Leaders collaborate and partner with parent groups, organizations, schools, agencies, and community members to address common needs and concerns among people with disabilities and promote inclusive and accessible communities.

SELF ADVOCACY

- The Arc of Snohomish County supports self-advocates learning about their rights, to increase their advocacy skills, to educate others, and to promote inclusion. The Arc assists local communities in creating self-advocacy groups. The following self-advocacy groups meet monthly: .Women’s group, and Transition Club for students age 18-21 (meets during school year).



SNOHOMISH COUNTY PARENT/FAMILY COALITION

- The Coalition is made up of families, siblings, foster parents, grandparents, guardians, and other interested community members.
- Provides information about legislation and public policies at the local, state, and federal level.
- Disseminates information and teaches families about the social service system, resources in their community, and how participation in their local community increases integration and inclusion of all people with developmental disabilities.
- For legislative updates www.snocopfc.blogspot.com

The Arc of Snohomish County

425-258-2459 info@arcsno.org or www.arcsno.org

The Arc is affiliated with The Arc of Washington State and The Arc of the United States.

CONNECTING FAMILIES

Arc of Snohomish County

Connecting to Families through the Arc of Snohomish County provides outreach, information and support to families who have a family member with a developmental disability.

There are a variety of ways for you to get connected to other families.

- **Parent to Parent:** Matches parents based on similar interests, geographical location, medical issues and specific disabilities etc.
- **Inclusive Community Activities:** Assists families in identifying and connecting to inclusive community resources.
- **Information and Education:** Provides a variety of workshops and classes throughout the year based on unmet needs and issues affecting families.
- **Multicultural Outreach:** Provides outreach to individuals with developmental disabilities and their families from ethnically and linguistically diverse communities to provide information and support.
- **Peer Support:** Provides informational and emotional support to peer support groups. Current groups include
 - Mother's Network
 - Father's Network
 - Adult Caregiver Support Group
 - Padres Unidas
 - Snohomish Autism Spectrum Support Information & Education
- **Sibling Support** Sibshops provide recreation oriented events where siblings (sibs) have a chance to spend time with peers who have brothers and sisters who also have disabilities. Siblings have the opportunity to learn about resources, specific disabilities, share common issues, network and build relationships.
- **Social Events:** Provides several events throughout the year for families to participate in a fun activity and network and meet other families



The Arc of Snohomish County
425-258-2459 info@arcsno.org or www.arcsno.org



FAMILY SUPPORT CENTERS



A Family Support Center is a place where everyone feels they are part of the family. Centers create opportunities for building strengths, accessing resources, connecting with others, and creating a sense of community. Family Support Centers work for social change by engaging families in addressing the issues that affect their lives.

Who comes to a Family Support Center?

Individuals looking for a sense of community and an opportunity to share gifts and learn something new.

Children and Youth looking for a place to meet new friends, develop new skills, and share your talents.

Families who want to spend time with other families to learn, have fun, and provide support.

Community Groups who want to share resources and forge partnerships.

Anyone who wants to make a difference in their community by volunteering.

Everyone is Welcome at a Family Support Center

- Parents receive support and share their interests! Parenting classes, support groups, parents' and kids' night out, resource libraries, and playgroups.
- Neighbors become friends! Potluck dinners, weekend outings, block parties, and multi-cultural community celebrations.
- Volunteers make a difference! Teach a class, organize a community event, chaperone a youth activity, and/or become a mentor or an advisor.
- Kids feel important and become involved! After-school and homework clubs, art classes, music lessons, youth dances, and community service projects.
- Everyone learns and grows! Reading clubs, exercise classes, early brain development, computer training, cooking and nutrition classes, English as a Second Language classes, information, and referrals for assistance.

Who's in Charge?..You!

When you have an idea that will benefit you, your family or your community, the Family Center is there to help you make it happen! Each center is directed by community members (just like you) who serve on intergenerational advisory councils.

What does it Cost?

Most of the Family Center activities are FREE! This is possible because of volunteers, public/private funding service organizations, and businesses.

Turn the page for a list of Family Support Centers in Snohomish County



FAMILY SUPPORT CENTER LOCATIONS

Stanwood Camano Community Resource Center

9612 – 271st St. NW
Stanwood, WA 98292
360-629-5257

www.stanwoodcamanoresources.org

Center for Human Services Northshore Family Center

18414 103rd Ave NE
Bothell, WA 98011
425-205-2004

<http://www.chs-nw.org/>

Volunteers of America Sky Valley Family Support Center

701 First Street
Sultan, WA 98294
360-793-2400

Arlington Family and Community Support Center

18308 Smokey Point Boulevard
Arlington, WA 98223
360-386-7989

<https://arlingtonresourcecenter.org/>

Everett Family Support Center

215 West Mukilteo Blvd
Everett, WA 98203
425-355-6005

<https://everettfamilysupportcenter.org/>

English and Russian Spoken

North Counties Family Services -Darrington

1015 Seeman St.
Darrington, WA 98241
360-436-0308

<http://www.northcountyfamilyyservices.com/>

Familias Unidas Resource Center

215 West Mukilteo Blvd
Everett, WA 98203
425-513-2880

<https://familiasunidaseverett.com/>

English and Spanish Spoken

ABBREVIATIONS, ACRONYMS & TERMS



ABBREVIATIONS, ACRONYMS & TERMS

AAA	Area Agencies on Aging
AAP	American Academy of Pediatrics
ABA	Applied Behavior Analysis
ACCT	Agency Council on Coordinated Transportation
ACHS	Association of County Human Services
ADA	Americans with Disability Act
ADATSA	Alcohol and Drug Addiction Treatment and Support Act
ADD	Attention Deficit Disorder
ADHD	Attention Deficit Hyperactivity Disorder
ADL	Activities of Daily Living (DDA assessment)
ADSA	Aging and Disability Services Administration
AFDC	Aid to Families with Dependent Children - Replaced by TANF
AFH	Adult Family Home - As licensed by DSHS
AG	Attorney General
ALJ	Administrative Law Judge
AOD	Alcohol and Other Drugs
APN	Associated Provider Network
APS	Adult Protective Services
Arc	Advocates for the Rights of Citizens - with Developmental Disabilities
ASD	Autism Spectrum Disorder
ASW	Autism Society of Washington
AT	Assistive Technology
BCBA	Board Certified Behavior Analyst
BD	Behavioral Disability
BIA	Bureau of Indian Affairs
BIAW	Brain Injury Association of Washington
BIENNIUM	Two year fiscal planning periods running from July 1st of the odd year to June 30 th .
BIP	Behavior Intervention Plan

ABBREVIATIONS, ACRONYMS & TERMS

BMP	Behavior Management Plan
CA	Children’s Administration (State)
CA	Community Access
CAPA	Community Alternatives for People with Autism
CARE	Comprehensive Assessment Reporting and Evaluation
CCCS	Consumer Credit Counseling Service
CCS	Catholic Community Services
CD	Communication Disorders
CDC	Center for Disease Control
CEC	Council for Exceptional Children
CFH	Child Foster Home
CFS	Children and Family Services (Children’s Administration)
CH	Companion Home
CHADD	Children with Attention Deficit Disorders
CHDD	Center on Human Development and Disabilities
CIC	Coalition for Inclusive Communities
CIIBS	Children’s Intensive In Home Behavior Supports (DDA waiver)
CLASS Act	Community Living Assistance and Support Services (Federal)
CMIS	Client Management Information System (DDA)
CMS	Center for Medicare and Medicaid Services
CN	Categorically Needy (Medicaid)
CNA	Comprehensive Needs Assessment
CP	Cerebral Palsy
CPP	Community Protection Program
CPS	Child Protective Services
CRA	Civil Rights Act
CRM	Case Resource Manager
CRSA	Community Residential Services Association

ABBREVIATIONS, ACRONYMS & TERMS

CSA	Community Service Authorization
CSHCN	Children with Special Health Care Needs
CSO	Community Services Office (DSHS)
CSTC	Child Study and Treatment Center
CT	Community Transit - Fixed routes throughout Snohomish County
DART	Dial-A-Ride Transportation - Para Transit services through Community Transit
DASA	Division of Alcohol and Substance Abuse - DSHS
DCFS	Division of Children and Family Service - DSHS
DD	Developmental Disabilities
DDA	Developmental Disabilities Administration - State DSHS
DDC	Developmental Disability Council
DME	Durable Medical Equipment
DMHP	Designated Mental Health Professional
DNR	Do Not Resuscitate
DOC	Department of Corrections - State
DOH	Department of Health
DOL	Department of Labor
DOWNSIZE	Refers to the “reduction in population of state institutions (RHCs), nursing homes (SNFs), or Institutions for the Mentally Retarded (IMRs) characterizing the movement away from segregated/congregated settings toward individualized community-based services”.
DPC	Disability Policy Collaboration (The Arc US/United Cerebral Palsy US)
DRC	Dispute Resolution Center - Volunteers of America
DRW	Disability Rights of Washington
DS	Down Syndrome
DSB	Department of Services for the Blind
DSHS	Department of Social and Health Services - State of Washington
DVR	Division of Vocational Rehabilitation - State DSHS
DX	Diagnosis

ABBREVIATIONS, ACRONYMS & TERMS

E&T	Evaluation and Treatment Facility - Community-based, licensed for involuntary treatment, an alternative to sending individuals to Western State Hospital.
EAP	Energy Assistance Program
EBP	Evidence Based Practice
ECEAP	Early Childhood Education and Assistance Program
ECR	Electronic Client Record
EHA	Everett Housing Authority
EPSDT	Early Periodic Screening, Diagnosis and Treatment
ESD	Educational Service District (Snohomish County is in ESD 189)
ESIT	Early Support for Infants and Toddlers (Department of Early Learning)
ESL	English as a Second Language
ESY	Extended School Year
ET	Everett Transit - Public transportation within the Everett city limits
ETP	Exception to Policy
FAPE	Free Appropriate Public Education – Guaranteed as mandated in PL 94-142
FAQs	Frequently Asked Questions
FASD	Fetal Alcohol Syndrome Disorders
FASE	Fetal Alcohol Syndrome/Effects
FBA	Functional Behavioral Assessment
FC	Foster Care
FDA	Food and Drug Administration
FEAT	Families for Effective Autism Treatment
FEPP	Family Educator Partnership Project
FICC	Family Interagency Coordinating Council – Birth-to-six
FPL	Federal Poverty Level
FRC	Family Resource Coordinator - Federal program funds administered at the local level to serve age birth to six aged children that have developmental delays.
FREED	Family Resources, Education and Empowerment for Developmental Disabilities
FSC	Family Support Center

ABBREVIATIONS, ACRONYMS & TERMS

FSP	Family Support Plan
FTE	Full Time Equivalent
FYI	For Your Information
GSE	Group Supported Employment
HASCO	Housing Authority of Snohomish County
HB	House Bill
HCA	Health Care Authority
HCBS	Home and Community Based Services (Waiver Program)
HCRR	Home Care Referral Registry
HCS	Home and Community Services - DSHS
HFA	High Functioning Autism
HHS	Health and Human Services
HOUSING TRUST FUND	State legislation making community funding available for the development of low income / accessible housing options.
HPTF	Homeless Policy Task Force
HSD	Human Services Department - Snohomish County
HUD	U.S. Dept of Housing and Urban Development
I & R	Information and Referral
ICF/ID	Intermediate Care Facility for person with Intellectual Disability
IDD	Intellectual Developmental Disability
IDEA	Individuals with Disabilities Education Act - Part of Public Law 99-457 mandating transition services for High School Graduates.
IDEIA	Individuals with Disabilities Education Improvement Act
IDT	Interdisciplinary Team
IE	Individual Employment
IEP	Individualized Education Program
IFS	Individual and Family Service
ILC	Independent Living Center
IP	Individual Provider

ABBREVIATIONS, ACRONYMS & TERMS

IR	Incident Report
IRC	Internet Relay Chat
IRWE	Impairment Related Work Expenses -Social Security
ISP	Individual Support Plan - Individualized planning process used by DDA
ITA	Involuntary Treatment Act - Law governing the commitment of individuals against their will. To civilly commit an individual who is gravely disabled and/or has a mental disorder and (as a result of that disorder) is a danger to themselves or others.
JLARC	Joint Legislative Audit and Review Committee
JRA	Juvenile Rehabilitation Administration
KIT	Kids Included Together - National Center on Inclusion
L & I	Labor and Industries
LD	Learning Disability
LDA	Learning Disabilities Association of Washington
LEAD	Leadership, Education, Advocacy, and Determination-self advocacy group
LLA	Local Lead Agency
LRE	Least Restrictive Environment
LSR	Licensed Staffed Residential Home (for children and youth)
LTC	Long Term Care
MAA	Medical Assistance Administration - An administration within DSHS managing the state's Medicaid Plan. Includes contracts with providers, payments and monitoring
MAP	Medicaid Assistance Program
MDT	Multidisciplinary Team
MEDICAID	Title XIX of the Social Security Act provides a broad spectrum of health care services for very low income individuals of all ages and disabilities
MEDICARE	Provides limited (primarily acute care) services for individuals who are age 65 and older, blind or disabled Part A: Coverage for hospital and inpatient services Part B: Coverage for doctor visits, outpatient services, durable medical equipment Part C: Makes Medicare services available through private plans (HMO,PPO, etc) Part D: Coverage for prescription drugs (also called Medicare Rx)
MHP	Mental Health Professional

ABBREVIATIONS, ACRONYMS & TERMS

MICP	Medically Intensive Children’s Program
MOE	Maintenance of Effort
MOU	Memorandum of Understanding
MPC	Medicaid Personal Care
NA	Not Applicable
NAC	Northwest Autism Center
NADS	National Association for Down Syndrome
NAMI	National Alliance of the Mentally Ill
NCC	Nursing Care Consultant
NCI	National Core Indicators
NCLB	No Child Left Behind
NF	Nursing Facility
NH	Nursing Home
NICHCY	National Information Center for Children and Youth with Disabilities
NOFAS	National Organization on Fetal Alcohol Syndrome
NORD	National Organization for Rare Disorders
NSA	Necessary Supplemental Accommodation
NWJP	Northwest Justice Project
OAH	Office of Administrative Hearings
OCA	Office of Children’s Affairs
OCD	Obsessive Compulsive Disorder
OCR	Office of Civil Rights
ODD	Oppositional Defiance Disorder
OFM	Office for Financial Management
OJT	On the Job Training
OSEP	Office of Special Education Programs
OSERS	Office of Special Education and Rehabilitation Services
OSPI	Office of Superintendent of Public Instruction

ABBREVIATIONS, ACRONYMS & TERMS

OT	Occupational Therapist
P 20/20	Partnership 20/20
P&A	Protection and Advocacy - Federally mandated agency focused on civil rights
P1	Provider 1
P2P	Parent to Parent
PACER	Parent Advocacy Coalition for Educational Rights
PAN	Planned Action Notice (DDA)
PARA-TRANSIT	Provides service for individuals unable to use public transportation due to disability
PASRR	Pre Admission Screening and Resident Review
PASS	Plan for Achieving Self Support (Social Security)
PAVE	Parents Are Vital in Education
PBSP	Positive Behavioral Support Plan
PCA	Personal Care Assessment
PCP	Person Centered Plan
PCP	Primary Care Provider - Usually a doctor
PDD	Pervasive Developmental Disorder
PDF	Portable Document Format (Read with Adobe Acrobat Reader)
PECS	Picture Exchange Communication System
PL	Public Law
PL 105-115	Individuals with Disabilities Education Act of 1997 (formerly PL 101-476)
PL 105-476	Individuals with Disabilities Education Act of 1990 (formerly PL 94-142 and 99-457)
PL 94-142	Education of Handicapped Children Act of 1975 (now PL101-476)
PL 99-457	Education of Handicapped Amendment of 1986 (now PL101-476)
PSE HELP	Puget Sound Energy Home Energy Low-Income Program
PSS	Project Self-Sufficiency
PT	Physical Therapist
PUD	Public Utilities District
QA	Quality Assurance

ABBREVIATIONS, ACRONYMS & TERMS

QCC	Quality Control and Compliance
RA	Regional Administrator
RAMP	Regional Access Mobility Program
RC	Respite Care
RCL	Roads to Community Living
RCS	Residential Care Services - Division within DSHS, ADSA that licenses and monitors
RCW	Revised Code of Washington - State law
REGION II	Washington is divided into three regions for administration of DSHS services: King, Skagit, Snohomish, Whatcom, Island and San Juan Counties make up Region 2
RFI	Request For Information
RFP	Request For Proposal
RFQ	Request For Qualifications Process to establish a listing of qualified vendors for potential contracting of public funds.
RHC	Residential Habilitation Center
RSN	Regional Support Network - Provides mental health services for Medicaid eligible.
SABE	Self Advocates Becoming Empowered
SAIL	Self Advocates In Leadership
SAVE	Students Against Violence Everywhere
SAW	Self Advocates of Washington
SAY	Sexually Aggressive Youth
SB	Senate Bill
SBD	Severe Behavior Disability
SEAC	Special Education Advisory Council
SEC	Special Education Coalition
Section 504	Section 504 of the Rehabilitation Act of 1973
SEPPAC	Special Education Parent and Professional Advisory Council
SER	Service Episode Record
SETC	Special Education Technology Center
SHB	Substitute House Bill

ABBREVIATIONS, ACRONYMS & TERMS

SHD	Snohomish Health District
SHIP	State Health Insurance Assistance Program
SICC	State Interagency Coordinating Council (birth to three services)
SIS	Support Intensity Scale
SL	Supportive Living
SLA	Service Level Assessment
SLP	Speech Language Pathologist
SNF	Skilled Nursing Facility
SNOTRAC	Snohomish County Special Needs Transportation Coalition
SOC or SOU	Special Offenders Center (or Unit) at Monroe Reformatory (under DOC) where offenders with mental illness are housed
SOF	State Operated Facility
SOLA	State Operated Living Alternative – Community residential living alternatives staffed by state employees, supporting individuals who moved out of institutionalized care
SPC	Statewide Parent Coalition
SPED	Special Education
SR I & A	Senior Information & Assistance
SSA	Social Security Administration
SSB	Substitute Senate Bill
SSDI	Social Security Disability Insurance: Based on earnings and contributions made during employment.
SSI	Supplemental Security Income Based on need; available to low-income individuals with disabilities
SSOTA	Special Sex Offender Treatment Alternative
SSP	State Supplemental Payments
STOMP	Specialized Training of Military Parents
STW	School To Work
SUPPORTED EMPLOYMENT	Employment model enabling individuals with disabilities to work in the community by providing them with the supports they need.
TA	Technical Assistance


ABBREVIATIONS, ACRONYMS & TERMS

TANF	Temporary Assistance to Needy Families
TAP	Transportation Assistance Program
TBI	Traumatic Brain Injury
VOA	Volunteers of America
VPP	Voluntary Placement Program
WAA	Washington Autism Advocacy
WAC	Washington Administrative Code
WAMI	Washington Alliance of the Mentally Ill
WAP	Weatherization Assistance Program
WATA	Washington Assistive Technology Association
WDCSC	WorkForce Development Council of Snohomish County
WEA	Washington Education Association
WIC	Women, Infant, Child Program
WISE	Washington Initiative for Supported Employment
WPC	Waiver Personal Care
WSDS	Washington Sensory Disability Services
WSHA	Washington Speech and Hearing Association
WSIPP	Washington State Institute for Public Policy
WSSEC	Washington State Special Education Coalition




UPDATES AND ADDITIONAL RESOURCES CAN BE FOUND AT:
www.snohomishcountywa.gov/dd

SNOHOMISH COUNTY
DEVELOPMENTAL DISABILITIES




RESOURCE GUIDE




RESOURCES AND CONTACT INFORMATION FOR OVER 350 AGENCIES

SNOHOMISH COUNTY
DEVELOPMENTAL DISABILITIES



COMMUNITY PLAN



CURRENT ISSUES AND EFFORTS THAT ARE BEING MADE
TO IMPROVE THE QUALITY OF LIFE FOR INDIVIDUALS WITH
DEVELOPMENTAL DISABILITIES AND THEIR FAMILIES

Snohomish County
Developmental Disabilities

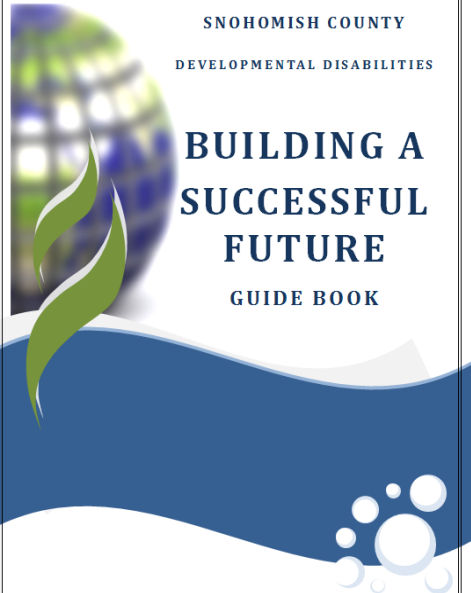
Career Path Services

A Guide to
Employment



SUPPORTS AVAILABLE FOR INDIVIDUALS INTERESTED IN
WORKING AND CONTRIBUTING IN THEIR COMMUNITY

SNOHOMISH COUNTY
DEVELOPMENTAL DISABILITIES



**BUILDING A
SUCCESSFUL
FUTURE**

GUIDE BOOK