



# HELP WANTED

Resources and Support for Parents of Children  
with Intellectual and Developmental Disabilities



## Agenda

- 1) The Arc of King County
- 2) Parent to Parent
- 3) The Developmental Disabilities Administration
- 4) Respite Care and Personal Care
- 5) Social Security
- 6) School-To-Work
- 7) Online Support
- 8) Virtual Resources and Directories

Our Goal

To further the civil rights movement for all persons with intellectual and developmental disabilities to thrive as equal, valued, and active members of the community



We promote and protect the human and civil rights of people with intellectual and developmental disabilities, actively supporting their full inclusion so that they can live, learn, work, and play in the community – making the world a better place for us all.



# THE ARC OF KING COUNTY'S PROGRAMS

- Disability-related workshops, classes and presentations
- Healthy Relationships
- Housing Stability
- Information and Family Support
- Parent to Parent
- Supported Living/Representative Payee
- IEP Parent Partner Program
- Silver Tsunami



# PARENT TO PARENT

SUPPORT FOR PARENTS/CAREGIVERS/FAMILY



Parent to Parent understands the emotions, myths, and realities of parenting a child with a disability. We don't necessarily solve a family's problems, but we are willing to listen and share our own experiences. **We may not be therapy but we sure can be therapeutic!**

## Emotional Support to Reduce Isolation

- Weekly virtual and monthly in-person support groups
- Multiple online support groups (Facebook and Google)
- Social opportunities for the entire family
- One on one Helping Parent matches
- Telephone and in-person consultation



## Resources and Information to Empower and Encourage

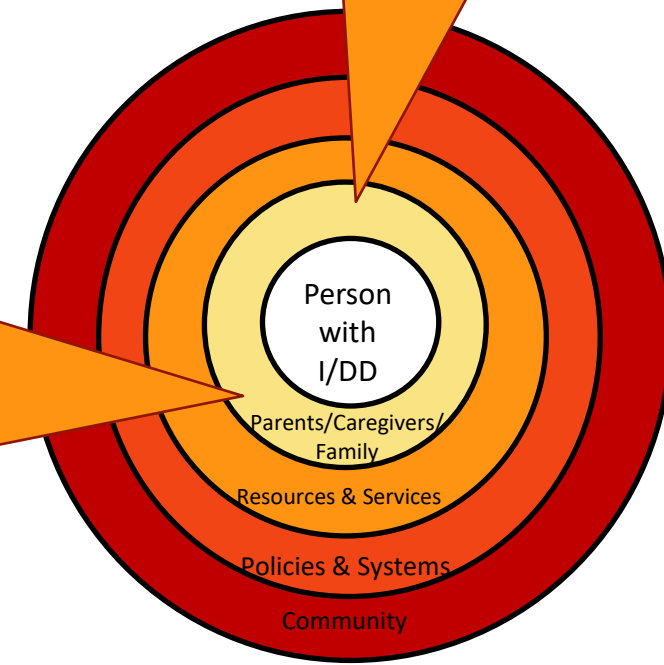
- Assistance in understanding and navigating complex systems
- Special Education, DDA, Housing, Guardianship, Financial Planning and Medicaid support
- Introduction to disability-friendly community resources and opportunities



English

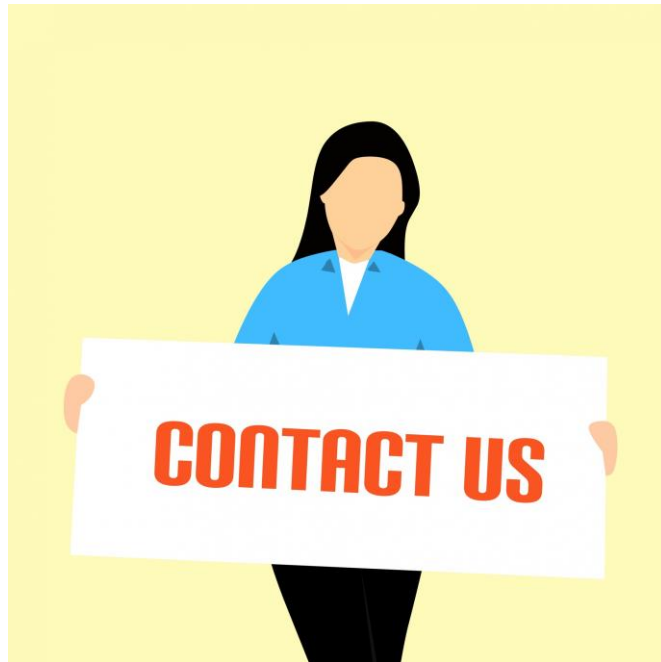


Spanish



# PARENT TO PARENT

SUPPORT FOR PARENTS/CAREGIVERS/FAMILY



To contact The Arc of King County and Parent to Parent

**English:** 206-829-7053 OR [Ask@arcofkingcounty.org](mailto:Ask@arcofkingcounty.org)

**Spanish:** 206-829-7030 OR [Preguntas@arcofkingcounty.org](mailto:Preguntas@arcofkingcounty.org)

**Korean** (email only): [Jkim@arcofkingcounty.org](mailto:Jkim@arcofkingcounty.org)

# WHAT IS THE DEVELOPMENTAL DISABILITIES ADMINISTRATION (DDA)?



- ❖ The portion of our **state government**, within DSHS, responsible for providing support and care to people with intellectual and developmental disabilities across their lifespan.
- ❖ Where people with developmental disabilities go to get help for in-home, out-of-home, and community-based services
- ❖ For those who will require long-term services and support, DDA will play a critical role.
- ❖ Formerly called DDD

# WHY DDA?

## EXAMPLES OF DDA SERVICES



### Short Term Services

- Overnight Planned Respite (age 18 and older)
- Emergency respite
- Behavior Support Team (Ages 3-17)

### Long Term Services

- Personal Care
- Respite Care
- Supported Employment
- Behavior Support
- Supported Living
- Waivers

### Other Perks to being a DDA Client

- School to Work
- Housing or Rental Assistance
- Developmental Disabilities Life Enrichment Trust (DDLLOT)
- Parkview Homebuyers Program
- South Mental Health DD Chemical Dependency program



[For a complete list and description of available DDA services](#)



# WHO CAN ACCESS DDA SERVICES?

- ❖ Anyone who has a developmental disability **as defined by Washington State.**
  - Not dependent on income
  - Exception: Immigration Status
- ❖ The disability must:
  - Have originated before you turned eighteen
  - Continue or can be expected to continue indefinitely
  - Results in substantial limitations

- ❖ Your diagnosis must be one of the following:
  - Developmental Delays (only until age 19)
  - Intellectual Disability
  - Cerebral Palsy (evidence of direct support needed in two or more areas)
  - Epilepsy
  - Autism (NOT Autism 1)
  - Another neurological condition



# HOW DO I ACCESS DDA SERVICES?

Getting services is a two-step process:

1. DDA eligibility
2. Enrollment on a waiver

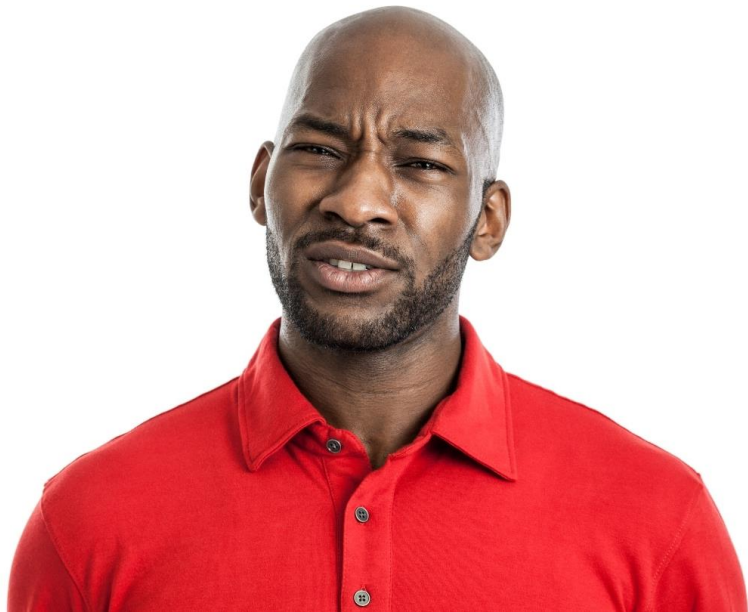
Watch [this](#) webinar.

Check out this presentation.



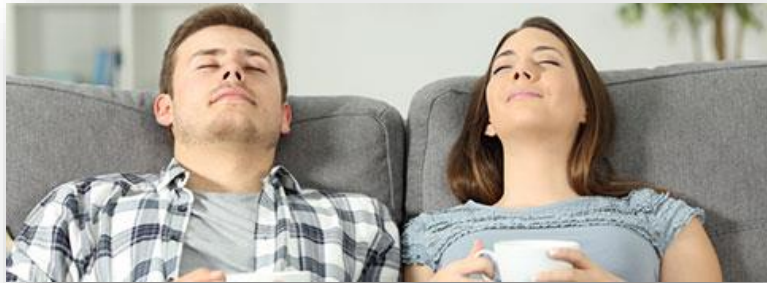
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Contact [The Arc of King County](#).



# WHAT IS RESPITE CARE?

Purpose: To allow the primary caregiver a break so that they can continue being the primary care giver, preventing out of home placement.



- ❖ Short-term, intermittent relief for parents/caregivers, where the person with a disability receives care from another person so that the main caregiver can take a break.
- ❖ Respite care is NOT “Childcare” while the parent is at work
  - But it can provide childcare while the parent is at work...
- ❖ The many forms of Respite Care:
  - One-on-One care in your home or the local community for a few hours at a time
  - After-school care, camps, adult day centers, specialized classes, etc. offered by a DDA contracted organization
  - Overnights, weekends, or longer care at a friend/relative’s house or licensed facility
- ❖ To find respite care:
  - Contact your DDA Case Manager
  - Lifespan Respite NW [Respite Vouchers](#)
  - Any social or recreational activity can be respite care!

# WHAT IS PERSONAL CARE?

Purpose: To provide direct assistance to a person with disabilities with their Activities of Daily Living (ADLs)

## What a Personal Care Provider CAN do:

Bathing	Dressing
Toilet Use	Eating
Meal Prep	Essential Shopping
Telephone Use	Personal Hygiene
Bed Mobility	Travel to Medical
Transfer	Ordinary Housework
Wood Supply	Locomotion
Body Care	Meds Management



- ❖ Can't provide childcare, supervision, or skilled nursing.
- ❖ Can be provided in the client's home, an Adult Family Home, Assisted Living Facility, or Nursing Home. It can also be provided in the community if it meets the client's care needs.
- ❖ Only parents of clients 18 and over can become paid caregivers.
- ❖ To find a caregiver:
  - Contact your DDA case manager
  - Contact contracted caregiving staffing agencies
  - Carinacare.com
  - Those already providing care can become contracted providers

# SUPPLEMENTAL SECURITY INCOME (SSI)



- SSI provides **monthly payments to people with disabilities and older adults who have little or no income** or resources.
- You must qualify both medically and financially to be eligible.
- When a child is under 18, financial determination is based on parents' income.
- When a child is 18 or over the parents' finances are no longer considered.
- To apply: <https://www.ssa.gov/ssi/text-apply-ussi.htm>

# KING COUNTY SCHOOL-TO-WORK (S2W) PROGRAM

- A system-wide and student/family partnership that connects students with developmental disabilities to employment services early, while students are still in their high school transition programs.
- Only for students in their high school transition programs who are also DDA clients
- S2W has the motto “Jobs by June” with the goal that all students obtain paid employment prior to exiting their high school transition programs, the year they turn 21.
- For more information:  
<https://kingcounty.gov/en/legacy/depts/community-human-services/developmental-disabilities/services/school-to-work>



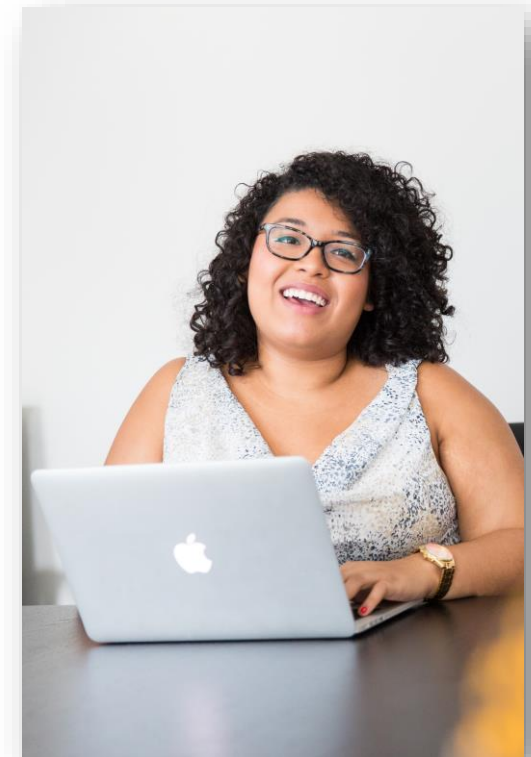
# VIRTUAL PARENT SUPPORT

The Arc hosts multiple [online support groups](#) for parents and caregivers.

- Facebook and Google Groups
- Tightly moderated
- Stay connected with resources, upcoming workshops, support and social opportunities
- Groups tailored to the specific needs of the Spanish-speaking and African American communities

Some community options:

- [Seattle-area Parents of Children with Disabilities](#)
- [Down Syndrome Community of Puget Sound](#)
- [Raising Autistic Kids of Washington](#)
- [Moms of Autistic Teens and Young Adults – Washington](#)
- [Washington State Fathers Network](#)
- [WAA Autism Resource Connections](#)
- Other suggestions?



# ONLINE RESOURCES AND DIRECTORIES

- The Arc of King County's [Resource Guide](#), [Community Calendar](#), [Information and Resource Line](#), and [Webinar Library](#): For information related to systems, resources, support, recreation, parent support and more
- [WAA's Resource Directory](#): for a list of providers who have experience working with youth and adults with I/DD
- [Crisis Support](#): Children's Crisis Outreach Response System, helps families achieve stability, helps prevent future crisis, and helps children remain in their homes
- [Wright's Law](#): For Special Education law and interpretation
- [The DD Ombud's Office](#): For advocacy-related information for improvement of systems devoted to people with disabilities
- Others?







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