

Ages 40 and Up & Middle Age Checklist



Ready, Set, Know

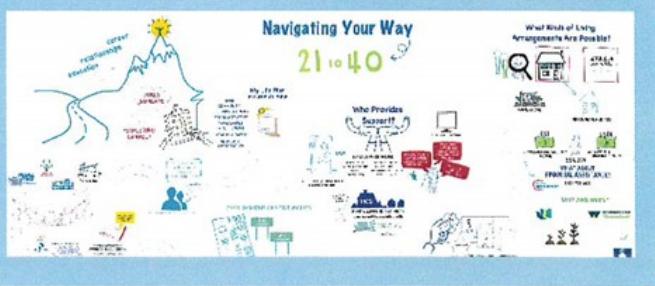
RESOURCES

Ages Twenty One to Forty



NAVIGATING YOUR WAY

The following resources are described in *Navigating Your Way, Ages Twenty One to Forty* is the fifth in a series of videos that provides a bird's eye view of services, supports and resources for every stage of life. Visit informingfamilies.org/21-40 to watch the video.



SERVICES

Developmental Disabilities Administration (DDA)
Provides case management and a wide range of supportive services for children and adults with Intellectual/Developmental Disabilities in Washington State. Learn more: dshs.wa.gov/dda.

Home and Community Services (HCS)
HCS provides a range of services for elders and adults with disabilities. Find your local HCS office at dshs.wa.gov/altsa/resources or through Community Living Connections at wclc.org.

FINANCIAL

Supplemental Security Income (SSI)
A cash benefit administered by the Social Security Administration for individuals with low income who are aged, blind or disabled: 1-800-772-1213; ssa.gov.

Supplemental Security Disability Income (SSDI)
A cash benefit for adult children with a disability whose parent is deceased or retired: 1-800-772-1213; ssa.gov.

ABLE Savings Accounts
A way for individuals with disabilities to save money without losing financial eligibility for government benefits such as SSI: washingtonstateable.com.

DD Endowment Trust Fund
A public-private partnership special needs trust that shelters and protects assets that would otherwise disqualify someone for government benefits, such as SSI and Medicaid: ddetf.wa.gov.

HEALTH CARE

Apple Health
Medicaid health care coverage for children and adults. Visit wahealthplanfinder.org to learn more.

HOUSING

Many people apply for a rental subsidy from their Local Housing Authority. Availability and wait times vary by location. Visit resources.hud.gov to find a HUD office near you.

For additional information, such as affordable housing locators and home ownership programs, visit informingfamilies.org/housing.

SUPPORT & ADVOCACY

Local Arc Chapters provide information, resource referral and advocacy. Visit arcwa.org/aboutus.

Parent Coalitions are parent-led groups throughout the state that help parents and guardians organize their voices and be heard on issues important to them at local, state and federal levels. To find a Parent Coalition near you, visit: arcwa.org/takeaction.

Parent to Parent (P2P) provides emotional support and information to families of children with special health care needs or other disabilities: arcwa.org/parent-to-parent.

People First of Washington
Self advocacy chapters throughout the state provide opportunities for individuals to connect with each other and learn valuable self-advocacy skills. For more information, visit peoplefirstofwashington.org.



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HELPFUL IDEAS AND PLANNING

Adult Sibling Toolkit

Tips and conversation starters for talking to adult siblings about their potential roles and responsibilities as family caregivers and/or guardians. Visit: informingfamilies.org/sib-toolkit to download a free copy.

My Life Plan

Free online planning tool for every stage of life. Visit mylifeplan.guide to get started.

Star Form

Worksheet for identifying sources of support to reach any goal: informingfamilies.org/star.

Supported Decision Making/Alternatives to Guardianship

Supported Decision Making is an approach that offers less restrictive alternatives to guardianship, such as Powers of Attorney for medical and financial decisions, Representative Payee to manage Social Security benefits, and a trusted relationship with family or others who can provide good advice.

Learn more about Supported Decision Making, as well as different types of guardianship, at: informingfamilies.org/sdm.

RECREATION & COMMUNITY CONNECTIONS

The Family Community Connections Guidebook

Information and Resources for Families and Individuals with I/DD in Washington State. Includes worksheets for identifying people, places and ideas to help broaden your family member's social circle and community connections. Download a free copy: informingfamilies.org/publications.

Special Olympics Washington

Sports, health, education, social connection and community building. To find a program near you, visit specialolympicswashington.org.

Think College

Provides resources for adults with intellectual disabilities to pursue post-secondary education. Visit thinkcollege.net.

LOCAL POST SECONDARY/EDUCATION AFTER HIGH SCHOOL

Think College <https://thinkcollege.net/>

Provides resources for adults with intellectual disabilities pursue post-secondary education.

All colleges and universities have developed some means by which students can request and receive specific disability-related accommodations. The goal of these accommodations is to level the playing field so that students with disabilities can have equal access to the programs and activities offered in their college environment.

Examples of such accommodations may include:

Extended time and a distraction-reduced environment for exams

Note-takers for lectures

Access to certain assistive technology

Housing accommodations

Very helpful toolkit for college/university/secondary education with Autism or other disabilities

<https://www.autismspeaks.org/sites/default/files/2018-08/Postsecondary%20Guide.pdf>

For a comprehensive list of post-secondary options, check the Island Transition Guide

<https://www.islandcountywa.gov/198/Parent-to-Parent>

DEVELOPMENTAL DISABILITY ADMINISTRATION (DDA) (Formerly DDD)

A division of DSHS. Assists individuals with developmental disabilities and their families to obtain services and supports based on individual preference, capabilities and needs. Services are based on DDA guidelines and available funding.

DSHS Statewide Disability Support **(800)491-5266** www.dshs.wa.gov/disability-support

Island County - Region 2

Oak Harbor (360)544-6543 www.dshs.wa.gov/dda

Island County Region 2: Eligibility and Intake: (425)977-6520

General Questions for Region 2 (360)544-6539

To request a DDA Application Packet in English or Spanish, contact Island County Parent to Parent (360) 632-7539 call/text t.wheeler-thompson@islandcountywa.gov

ISLAND COUNTY DEVELOPMENTAL DISABILITY PROGRAM

Coordinates, funds, and manages local services for children from birth to three and for adults 21 and over who have developmental disabilities. We work actively with families, schools, the business community, as well as local, state, and federal governments to facilitate full contribution for all citizens who experience developmental disabilities. Our underlying belief is that all individuals with developmental disabilities have the skills, interests, and talents to enhance their community and have a responsibility to do so. We also know that employment is a powerful way to contribute both to the larger community as well as to continue to grow and learn. To contact the coordinator for Island County Developmental Disabilities please call or e-mail Mike Etzell at **(360) 678-7883** or MikeEt@islandcountywa.gov

EMPLOYMENT ASSISTANCE

Division of Vocational Rehabilitation (DVR) 360-240-4732 OH (800)637-5627

Helps individuals with disabilities participate fully in their communities and become employed. Provides individualized employment services and counseling to people with disabilities. Also provides technical assistance and training to employers about the employment of people with disabilities.

Service Alternatives (800)292-6697

Community & Employment Services (CES), a division of Service Alternatives, Inc., provides a multitude of services designed to support people finding and keeping meaningful employment in their communities.

Washington Vocational Services (WVS) (360)419-0910—Burlington (425)774-3338—Everett

Provides employment services to persons with a variety of disabilities while specializing in services to person who are deaf or hard of hearing and person with disabilities who desire customized employment services.

Sherwood Community Services (425)334-4071

Sherwood never stops believing in the abilities and potential of people.

Pathways to Employment www.pathways.dshs.wa.gov

Helps people with a disability make informed decisions about going to work.

Plan to Work Washington (866) 497-9443 <http://plantowork.org/>

Plan to Work is a *free* and *voluntary* service available to individuals in the state of Washington who are currently receiving disability benefits from the Social Security Administration and want to work. We answer questions about how work affects benefits, and identify work incentives to support career goals.

WorkSource Whidbey (360)675-5966

Provides employment and training services to the public through partnership of government, non-profit and community service organizations. Dedicated to meeting the needs of our local business by building a skilled workforce and contributing to our region's economic growth.



Ready, Set, KNOW...

Disability Employment Services & Supports

Ages
14-21

High School Transition Plan

High school transition planning officially begins at age 16, but you can start as early as age 14. Be sure to include employment-related goals in the student's IEP, such as: identifying career interests and abilities; learning self-advocacy and social skills; riding the bus; improving communication; and using technology.

Pre-employment services, offered by the Division of Vocational Rehabilitation (DVR), provide job exploration and work readiness for competitive, integrated employment after high school for students with IEPs and 504 plans ages 16-21 (or as young as 14 if included in the IEP). Talk to your IEP team or contact DVR to learn more: dshs.wa.gov/dvr.

Ages
18-21

DVR Transition Liaison

Division of Vocational Rehabilitation (DVR) Transition Liaisons partner with school districts to help students enrolled in High School Transition programs prepare for and find employment. Be sure to include the school's DVR Transition Liaison/Counselor as part of the student's IEP team. For more information, visit: dshs.wa.gov/dvr and click on the link for School Transition, or call 1-800-637-5627.

Ages
21 +

Adult Services

DVR provides short-term employment services to assess, train and find job placements for eligible adults with disabilities. Contact DVR for an application and a determination of eligibility. For a listing of local DVR offices, visit: dshs.wa.gov/dvr.

In addition to DVR, most individuals with I/DD will need DDA long term supported employment services, which are provided to DDA eligible individuals age 21 and older who are enrolled in the Basic Plus, Core, or Community Protection waivers. Enrollment is limited to available funding. To learn more and/or request services, visit: dshs.wa.gov/dda.



Ages 18-21: High School Transition Programs

When a student turns 18, they have the option to graduate OR walk the stage with their peers and continue on to a transition program until age 21.

Remaining in school until age 21 offers the benefit of a guided transition to adult life, a bridge to adult services, and the development of independent living skills.

Transition programs vary by location. For example, through *School to Work*, some school districts partner with county DD programs, DVR and others, with the goal of helping students to leave school with a job and make a seamless transition into adult life.

Not all counties have funding to provide this type of wraparound service (beyond what DVR offers in schools), so it's important to ask your school what kinds of activities and support its transition program offers. Some schools may even have more than one program to consider.

FINANCIAL ASSISTANCE

Supplemental Security Income (SSI) <https://www.ssa.gov/benefits/ssi/> (800)722-1213

The program provides monthly payments to adults and children with a disability or blindness who have income and resources below specific financial limits. SSI payments are also made to people age 65 and older without disabilities who meet the financial qualifications. You may be eligible to receive SSI monthly payments even if you are already receiving Social Security Disability Insurance or retirement benefits.

GUARDIANSHIP AND ALTERNATIVES TO GUARDIANSHIP

WHAT IS GUARDIANSHIP?

Guardianship, also, referred to as conservatorship, is a legal process, utilized when a person can no longer make or communicate safe or sound decisions about his/her person and/or property or has become susceptible to fraud or undue influence. Because establishing a guardianship may remove considerable rights from an individual, it should only be considered after alternatives to guardianship have proven ineffective or are unavailable. What types of guardianships are there?

Guardianship of Estate: responsible for financial and estate matters only.

Guardianship of Person: responsible for non-financial decision making.

Guardianship of Person and Estate: a full guardianship of person and estate.

Alternatives to guardianship may include: Representative or substitute payee, Case/care management, Health care surrogacy, Trusts, Durable powers of attorney for property, Durable powers of attorney for health care, Living wills, Joint checking accounts, etc

APPLE HEALTH: HEALTH INSURANCE ACCESS

Washington Health Plan Finder

https://www.wahealthplanfinder.org/_content/Homepage.html 1-855-923-4633; TTY 1-855-627-9604

WAHealthPlanFinder.org is the official insurance exchange for Washington State use this site to apply for Apple Health for Kids, Medicaid, and Affordable Care Act (ACA) health plans.

Health Care Authority/Apple Health/Medicaid <http://www.hca.wa.gov/> (800)562-3022

Managed Care Health Plans offered by Apple Health

Amerigroup (800)600-4441

Community Health Plan of WA (800)440-1561

Coordinated Care Corp (877)644-4613

Molina Healthcare of WA (800) 869-7165

United Healthcare Community Plan (877)542-8997

*Many Apple Health recipients may qualify for a free cell phone with minutes/data. Call your Apple Health provider for more details.

EMPLOYMENT ASSISTANCE

Division of Vocational Rehabilitation (DVR) (360)240-4732 OH (800)637-5627

Helps individuals with disabilities participate fully in their communities and become employed. Provides individualized employment services and counseling to people with disabilities. Also provides technical assistance and training to employers about the employment of people with disabilities.

Island County School Transition Coordinator/DVR: (564)900-0407

ISLAND COUNTY DEVELOPMENTAL DISABILITY

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FAMILY SUPPORT & RESOURCES

Island County Parent to Parent: Tiffany Wheeler-Thompson, Coordinator
call/text (360)632-7539 Email: t.wheeler-thompson@islandcountywa.gov

Island County Parent to Parent provides support and resources to families that care for a child/adult with disabilities and/or special healthcare needs.

<https://www.islandcountywa.gov/198/Parent-to-Parent>

Parent to Parent Services No Cost Services:

- Support
- Resources
- Newsletters
- Support Meetings
- Educational Workshops
- Social/Recreational Events
- Presentations in our Community

You are not alone. Reach out anytime. Parent to Parent is here to help you. All events are All Ages, All Abilities unless otherwise stated. Events and activities are subject to cancellation/rescheduling. Always check our Facebook Page for up-to-date info, especially if an event is outdoors.

Page 8 has a list of various resource guides from Parent to Parent

CHECK OUT THE PARENT TO PARENT WEBSITE FOR A WIDE RANGE OF ISLAND COUNTY DISABILITY RESOURCE GUIDES

Resources at your fingertips. Check out Island County Parent to Parent website.

<https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx>

Our Facebook Page has tips, tools, information, resources, up to date details on events, etc.

<https://www.facebook.com/islandcountyparent2parent>

- Island County Disability Resource Guide English & Spanish
- Island County Autism Spectrum Disorder Resource Guide English & Spanish
Island County Autism Resources for Families website in English and Spanish www.pilotace.org
- Island County Behavioral Health Resource Guide
- Island County Transition School Age to Adulthood Guide

RECREATION/SPORTS/SOCIAL

Special Olympics of Washington

<http://specialolympicswashington.org/>

Special Olympics programs for children ages 8 and up through adulthood with intellectual disabilities who love sports and want the challenge of competing with their peers. The programs run year round offering competition in several sports. The goal is to provide a physical fitness with an emphasis on sportsmanship, friendships, and FUN!

South Whidbey Coordinator –Dave Lenox lenoxhouse@verizon.net (Bocce, Basketball Skills, etc)

Mike Etzell (360)678-7883 mikeet@islandcountywa.gov (Basketball)

North Whidbey Coordinator – Chris Becker (360)320-2549 wispecialolympics@gmail.com (Bowling, Basketball, Track, Cycling, Bocce Ball, Soccer Skills)

Art as a Way Carol Way carol@artsaway.org (360)730-1135

Teaching life skills through art. DDA respite funds accepted.

Camano Center (360)387-0222

Offers support, resources and a variety of classes and events throughout the year..

SELF ADVOCACY

People First of Island County

Self-advocacy chapter provides opportunities for individuals to connect with each other and learn valuable self-advocacy skills. For more information contact Diane (360)914-1494



MIDDLE ADULT YEARS CHECKLIST

Growing and thriving through middle adult years and beyond is just as important as planning for earlier life transitions. Use the checklist below to help identify next steps and key resources.



Person-Centered Planning

Create a vision for where you want to live and what you want your life to look like in the next five years or more.

- Complete My Life Plan for help to identify goals and support needs in every area of life. Visit mylifeplan.guide to get started.
- Include your strengths, interests, skills and preferences in all planning.
- Get ideas for future planning at futureplanning.thearc.org.

Financial/Legal

Apply for financial benefits, ID, trust/savings/checking:

- Washington State ID
- Social Security Benefits
- Birth certificate
- Bank Account
- Special needs trust (ddtf.wa.gov) and/or ABLE Savings Account (washingtonstateable.com).

Identify supported decision-making options or guardianship (if needed):

- Representative payee
- Power of attorney
- Informed consent
- ▶ Learn more about supported decision making and guardianship: informingfamilies.org/sdm

Connecting & Learning

- Maintain connections with friends, family, faith groups, and other important relationships.
- Enroll in community classes and activities for learning and fun.
- Participate in self advocacy or other peer-run support group.

Community Living

Identify the kinds of support or assistance needed to live as independently as possible:

- Help with activities of daily living (e.g., dressing, bathing, hygiene, cooking, shopping, housekeeping, toileting)
- Money management/budgeting
- Decision-making
- Transportation/Bus Pass
- Emergency response
- Connecting to community resources and opportunities
- Finding and maintaining employment
- Other

Identify sources of support:

- Siblings/other relatives
- Assistive technology
- Community resources
- Eligibility-based paid services
- Other

Apply for Services:

- Developmental Disabilities Administration (DDA): dshs.wa.gov/dda; or Home & Community Services (HCS) if not DDA eligible: dshs.wa.gov/ALTSAs/resources.
- Division of Vocational Rehabilitation (for short term, initial job readiness and placement): dshs.wa.gov/dvr

Housing

- Apply for rental assistance through your local Housing Authority: awha.org/find-a-housing-authority.
- Use the affordable housing finder for listings of apartments. Searchable by city or housing program: aptfinder.org.

Assistive Technology

Identify technology that maintains or increases independence, communication and connection:

- Smart phone
- Tablet/iPad
- Smart home technology to control lights, temperature, appliances, doors.
- Health & safety apps
- Internet/WiFi
- Other

DID YOU KNOW?

NW Access Fund offers low interest loans for assistive technology: nwaccessfund.org.

Persons enrolled in DDA's Individual & Family Services (IFS) waiver may be eligible for assistive technology evaluations, training and technical assistance.

Community First Choice (CFC) has an annual allotment to pay for assistive technology devices. Talk to your DDA case manager to learn more.

Health & Safety

Prepare for changes in physical and mental health, including memory loss and dementia.

- Establish a baseline of health and cognitive abilities.
- Track and document changes in memory or cognition.
- ▶ Dementia Action Collaborative dshs.wa.gov/altsa/dementia-action-collaborative.
- Identify new skills or support needed to assist with health, mobility, cognition, and safety.



RESOURCES

Ages Forty and Older



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HELPFUL IDEAS AND PLANNING

Adult Sibling Toolkit

Tips and conversation starters for talking to adult siblings about their potential roles and responsibilities as family caregivers and/or guardians. Visit: informingfamilies.org/sib-toolkit to download a free copy.

Center for Future Planning

The national Arc's Center for Future Planning also has tools and information on future planning at futureplanning.thearc.org.

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