

# Island County Parent to Parent Newsletter

March 2025

Are you anxious about meeting new people? Me too. Join us and engage as little or as much as you want. Check us out. No pressure.



# 2025

## Spring Events & Activities

Island County Parent to Parent: All Ages, All Abilities Welcome!

Saturday

March 22

### Guardianship, Alternatives, Special Needs Trusts & More!

Navigating the legal system can be intimidating. This presentation will include resources and information on local and State resources. Guardianship: Limited vs Full, supported decision making and other options. Special Needs Trusts and how to keep your loved one's benefits in tact. In Person and virtual zoom offered. RSVP for more details. After presentation, we will have a Q&A with attorney Christy Thompson Ibrahim with Jones & Ibrahim



Saturday

April 5

### Autism Awareness & Acceptance BBQ Noon-2pm

Fort Nugent Park Sheltered Picnic Area near Restrooms & Playground 2075 SW Fort Nugent Ave, Oak Harbor We provide the food & entertainment. You bring the whole family & enjoy. Scavenger Hunt, Arts & Crafts, and Activities. Event is subject to cancellation due to weather. Follow our Facebook Page to keep up to date, especially if the weather is questionable. If cancelled, back-up date will be announced in April newsletter.



Sunday

April 13

### Spring Hawaiian Dance Party Sunday, April 7 at Noon-2:00pm

Coupeville Rec Hall 901 NW Alexander St, Coupeville. Noon—2:00pm Come out to enjoy some Dancing, Potluck, Arts & Crafts, and more. If you are able, please bring a side dish, snack or dessert to share. Dress up Hawaiian or come as you are. Everyone welcome.



Thursday,

May 8

### Helping Parent Training: Virtually 6:00pm-7:00pm

Your experience can help others cope & grow. Are you ready to offer support to another parent raising a child with a developmental disability or complex health care need? Training includes: Parent to Parent Services, Helping Parent Role , Grief Process, Communication, How to Support Another Parent To RSVP scan QR Code - Camera—Zoom—Tap



Sunday

June 1

### Sound of Music: Sensory Friendly 2:30pm

Low sound, low music, low lights, & family friendly showing of Sound of Music at the Whidbey Playhouse. Enjoy the delightful blend of music & comedy. We encourage guest to dress up and sing along to the songs. Tickets: Will be available to purchase in April. \$15 per person No tickets will be available at the door for purchase. Seats are first come first serve. Sponsored by Kiwanis Oak Harbor. Link to buy tickets posted soon.



Saturday

July 12

### M Bar C Ranch: Western Days with Parent to Parent 10:00am-2:00pm

The M-Bar-C Ranch is a real working ranch for children & adults with intellectual/developmental disabilities and their families! Ride horses, be cowhands, dress up in the costume, explore the western town, eat chow (free hotdog lunch), take a wagon ride, play games, do arts and crafts, and run around the grounds. 200lb limit on horseback riding, horses are before lunch at noon. Hayrides start after lunch. RSVP required.



Want to know more about Parent to Parent? Check out our website and Facebook page.  
(360)632-7539 Call/Text

Questions? Contact Tiffany with Island County Parent to Parent Support & Resources for Special Needs Families. <https://www.islandcountywa.gov/198/Parent-to-Parent> (360)632-7539 call/text or email [t.wheeler-thompson@islandcountywa.gov](mailto:t.wheeler-thompson@islandcountywa.gov) All events are subject to change/cancellation. Check our Facebook Page for up to date info. All Events are All Abilities, All Welcome!



**Island County Parent to Parent Presents:**

## **Guardianship & Special Needs Trusts: Why Do I Need To Know More?**



**Saturday, March 22nd**

**11:00am-12:15pm**

**Hybrid version:**

**WSU Extension**

**406 N Main Street Coupeville  
& Zoom Option**

Use QR Code to RSVP  
& For Up-To-Date Information

[https://www.eventbrite.com/e/1114147578399?  
aff=odddtcreator](https://www.eventbrite.com/e/1114147578399?aff=odddtcreator)



### **Topics Discussed:**

- Guardianship
- Alternatives to Guardianship
  - Power of Attorney
- Supported Decision Making
- How to know if Guardianship is appropriate
- First & Third Party Special Needs Trusts
- ABLE Account vs DDET

### **Thinking about your loved ones future?**

Navigating the legal system can be intimidating. This presentation will include resources and information on local and State resources.

Guardianship: Limited vs Full, supported decision making and other options.  
Special Needs Trusts and how to keep your loved one's benefits in tact.

After presentation, we will have a Q&A with attorney  
Christy Thompson Ibrahim with Jones & Ibrahim

Questions? Contact Tiffany Wheeler-Thompson (360)632-7539 call/text

All events are subject to change & cancellation. Check our Facebook Page for up to date information

# Traveling Tips

When traveling with a disability, key tips include: thorough research on accessible options at your destination, contacting airlines and hotels in advance to request accommodations, carrying necessary medical information, planning for breaks, and considering a travel agency specializing in accessible travel; always clearly communicate your needs to ensure proper support throughout your trip

## Traveling through SeaTac Airport?

Travelers with non-visible disabilities such as autism, PTSD, or hearing loss can pick up Invisible Disabilities Sunflower lanyards

at SEA. ☀️ The Sunflower lanyard communicates that passengers wearing it may need extra help while traveling. Request a free lanyard at the info desks pre-security between Checkpoint 3 and Checkpoint 4 and post security on Concourse A.



### Before the flight

- Reach out to TSA Cares two weeks prior to your travel for assistance with accessibility.
- Start reading Social Stories about traveling in an airplane.
- Consider applying for TSA PreCheck.
- Help your kiddos get some physical exercise beforehand.
- Check out airline clubs and lounges, which often have kids rooms.

### Airplane travel tips



### for kids with disabilities



### What to bring in a carry-on

- A change of clothes for everyone, extra diapers if needed, baby wipes, and Ziploc bags
- Comfortable headphones, ear plugs, or noise-cancelling headphones
- A small blanket
- Activities! A tablet, coloring or sticker books, sensory toys/fidgets, chewies, and plenty of snacks.

### Prepare for medical & behavioral situations

- Make a plan for toilet use during the flight. Pack supplies in a backpack that you can easily hang on the back of the door.
- Talk to the flight attendants about your child, loud sounds, behaviors, medical issues, etc. before others get on the plane.
- Consider writing a note for flight attendants to read aloud to passengers.



### Protect your equipment & medication

- Know your rights under the Air Carrier Access Act.
- Label your wheelchair or other checked equipment with your contact info and instructions.
- If any of your equipment gets damaged, file a report with the airline before you leave the airport.
- Keep medicine in your carry-on bag, and make sure it's labelled. You're allowed to bring ice packs.

### Plan Ahead!

- Check with your doctor
- Make reservations early
- Consider accessible transportation

### Arrange for Assistance!

- Ask for assistance at the airport
- Request a seat with lift up arms
- Bring extra supplies; extra batteries for hearing aids and communication devices; extra supplies for your wheelchair like tubes, patch kites, converter if needed

### Consider Travel Insurance

- Check your travel insurance to make sure it covers your needs, list any long-term medical conditions or chronic illnesses in your travel insurance.

For more tips: <https://disabilityinfo.org/fact-sheet-library/transportation/travel-tips-for-people-with-disabilities/>



Ready, Set, KNOW...



Life's a little easier with  earned income tax credit

# Earned Income Tax Credit

*If you are a taxpayer with a disability, or have a child with a disability, you may qualify for a refund that puts extra dollars in your pocket.*

**The IRS estimates that as many as 1.5 million people with disabilities miss out on a valuable credit** for low to moderate income workers because they fail to file a tax return.

Many of these non-filers fall below the income threshold requiring them to file; however, in order to claim the EITC, you have to file a tax return—even if you don't owe taxes for the previous year.

Those who qualify could pay less federal tax, pay no tax at all or even get a tax refund that puts an extra \$2 to \$6,431 into their pocket.

## Eligibility for EITC

To qualify for EITC, you must have earned income from employment, self-employment or another source that does not exceed income limits (see chart on the right) as well as meet a few additional criteria explained at [www.irs.gov/eitc](http://www.irs.gov/eitc). Social Security benefits or Social Security Disability Income (SSDI) do not count as earned income.

## Disability and EITC

Taxpayers may claim a child\* of any age as a qualifying child if the person has a permanent disability and you both meet all other EITC requirements. The tax law definition of totally and permanently disabled is:

- ⦿ The person cannot engage in any substantial gainful activity because of a physical or mental condition.
- ⦿ A doctor determines the condition has lasted or the doctor expects it to last continuously for at least a year or lead to death.

\*child: son, daughter, adopted child, stepchild, foster child or a descendant of any of them such as a grandchild; brother, sister, half brother, half sister, step brother, step sister or a descendant of any of them such as a niece or nephew.

## EITC and Public Benefit Programs

The law is clear that tax refunds, including refunds from tax credits such as the EITC, are not counted as income for purposes of determining eligibility for benefits (such as Social Security disability benefits, Medicaid, and food assistance programs). This applies to any federal program and any state or local program financed with federal funds.

Use the EITC Assistant at [irs.gov/eitc](http://irs.gov/eitc) to determine eligibility and estimate the amount of your credit.



## WHAT WOULD YOU DO IF YOU HAD MORE MONEY?

### Income Limits for Tax Year 2018:

- ⦿ \$49,194 (\$54,884 married, filing jointly) with three or more qualifying children
- ⦿ \$45,802 (\$51,492 married, filing jointly) with two qualifying children
- ⦿ \$40,320 (\$46,010 married, filing jointly) with one qualifying child
- ⦿ \$15,270 (\$20,950 married, filing jointly) with no qualifying children

**Investment income** must be \$3,500 or less for the year.

### Maximum Credit Amounts:

- ⦿ \$6,431 with three or more qualifying children
- ⦿ \$5,716 with two qualifying children
- ⦿ \$3,461 with one qualifying child
- ⦿ \$519 with no qualifying children

**Remember: To claim EITC, you must file a tax return even if you owe no tax.**

Find out if you qualify for EITC. Ask your tax return preparer or visit: [irs.gov/eitc](http://irs.gov/eitc).

# IRS Notice 2014-7, Difficulty of Care Payments Excludable from Income



*If you are an Individual Provider (IP) who lives with your client, the income you earn for providing care services can be excluded from your federal income taxes.*

*DSHS cannot provide Tax Advice. If you have questions about how the information below impacts your tax situation, consult a Tax Professional.*

On January 21, 2014, the IRS issued [Notice 2014-7](#). The Notice explained that the IRS treats certain payments for personal care services as “Difficulty of Care payments,” which are excluded from being subject to federal income taxes. The exclusion covers income earned through the provision of personal care services when the Medicaid client and Provider live in the same household. As written, the IRS Notice only excludes payments for personal care services provided under Home and Community Based Services (HCBS) waiver programs, such as COPES, that operate under section 1915(c) of the Social Security Act.

<https://www.dshs.wa.gov/altsa/irs-notice-2014-7-difficulty-care-payments-excludable-income>

## With An ABLE Account, Tax Refunds Won't Impact Your Benefits Eligibility.

**A tax refund for people with disabilities will not impact their eligibility for:**



- Social Security disability
- Medicaid
- SNAP (Supplemental Nutrition Assistance Program)

The Achieving a Better Life Experience (ABLE) Act of 2014 was enacted to help blind and disabled people save money to maintain health, independence, and quality of life. With these accounts, the account beneficiary, family, and friends can make contributions using post-taxed dollars. Although not a tax deduction, ABLE money will grow in the account without being taxed, providing disability relief. To open an ABLE account, the

onset of your disability must have occurred before turning 26 years old.

<https://www.washingtonstateable.com/>

Island County Parent to Parent is not offering tax advice nor legal representation on the above resources. Just information that may benefit your family during tax time.

Contact your tax preparation provider for more details.

# Have you checked out our website recently?

Oh boy, there is lots of new content, resources, information and more.

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

Hard copies of these resource guides, Family Toolkits and “Island County Transition: School-age to Adulthood In Depth Guide: English” are also available. Email [t.wheeler-thompson@islandcountywa.gov](mailto:t.wheeler-thompson@islandcountywa.gov). Provide your contact information to ensure a reply.

## Island County Disability Resources

- ◆ Island County Disability Resource Guide: English and Spanish
- ◆ Island County Autism Resource Guide: English and Spanish
- ◆ Island County Autism Spectrum Disorder website.
- ◆ Island County Behavioral/Mental Health Resource Guide: English

## Other resources: Ages & Stages

- ◆ P2P Resource Birth to Three
- ◆ P2P Resource Three to Six
- ◆ P2P Resource Six to Fourteen
- ◆ P2P Resource Fourteen to Twenty One
- ◆ P2P Resource Twenty One-Adulthood

## Transition Support & Resources

- ◆ Transition Packet Info, Timelines and Checklists
- ◆ Transition IEPs, Services, Planning
- ◆ Transition DDA
- ◆ Transition Employment Support
- ◆ Transition HS vs College
- ◆ Transition Advocacy and Social Emotional
- ◆ Transition Resource Federal State Local
- ◆ Transition Legal and Financial Planning
- ◆ Transition Healthcare
- ◆ Transition-Toolkit PAVE

## Island County Parent to Parent

### Support & Resources for Special Needs Families in Island County

Tiffany Wheeler-Thompson ,Coordinator

105 NW 1st Street Coupeville, WA 98239

(360)632-7539 call/text

Email: [t.wheeler-thompson@islandcountwa.gov](mailto:t.wheeler-thompson@islandcountwa.gov)



\*\*Check us out on Facebook for up-to-date resources, information and activities \*\*

[www.facebook.com/islandcountyparent2parent](https://www.facebook.com/islandcountyparent2parent)



#### We have resource guides on our website:

\*Island County Parent to Parent Disability Resource Guide

\*Parent to Parent Autism Spectrum Disorder Resource Guide

\*Island County Behavioral Health Resource Directory

\*Island County School Age to Adulthood Transition Guides

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

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