



DD Parent Provider Training

Creating a Meaningful Life

Ground Rules

- Treat others with respect
- Be ready to take notes
- Silence or turn off your:
 - Email
 - Instant messaging
 - Cell phone
 - Social media
 - Games or distracting programs



Agenda

Agenda Items

Objective of the Session

Welcome and Introductions

Ready or Not Questionnaire

Education

From Entitlement to Eligibility Services

Person-Centered Planning

Housing

Employment

Community Integration

Social Security Benefits

Guardianship and Alternative to Guardianship

Letters of Intent, Wills and Special Needs Trusts

Self-Determination and Choice

Resources

Objective of the Session



After completing this session, you will have the insight, knowledge, and tools to make sure your loved one has a meaningful life now — and in the future.

Welcome and Introductions

Please share:

- Your name
- County you are from
- Loved one's name and age
- What you seek to learn



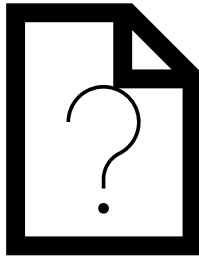


Lesson 1

Education

Ready or Not Questionnaire

Use this form to record your thoughts, insights, ideas and questions.



Ready or Not Questionnaire

Please fill out this questionnaire to share during the Parent Provider Training.

Sometimes there are unexpected circumstances or events that can drastically change the life of your loved one. The loss of their primary care provider due to injury, illness or death needs to be taken into consideration in thinking about their future.

What is your son/daughter's current status if something was to happen to you?

1. If someone needed to step in to assist your son/daughter do you have an Assistant's "How to" Notebook and/or iMovie's in place that explains your loved one's daily routine, likes, dislikes, etc? Yes No

If No, please share what is keeping you from creating such a notebook/iMovies.

Lack of information regarding this issue Limited Finances Other:

2. Does your loved one have another approved and certified Community First Care Provider(s) other than you working with them that they are comfortable being assisted by, so that if something happens to you, that provider understands your loved one's needs? Yes No

If No please share what is preventing you from having a backup care provider.

Lack of information regarding this issue Limited Finances Other:

Making the Transition From School Services

Students are entitled to:

- Free, appropriate public education (FAPE)
- Being in the least restrictive environment (LRE)
- Specially designed instruction (SDI)
- Related services
- Preparation for further education, employment, and independent living

Services are documented in the student's Individual Education Plan (IEP).

[Tools for High School Transition- Informing Families](#)

Making the Transition to the Adult System

Once a student exits school, eligibility for services and supports is determined by agencies outside the school system.

- Services are **not** guaranteed.
- Self-advocacy is necessary.
- Services may be provided if there is enough staff, capacity, or funds to provide services.



Individualized Education Plan (IEP)

Focus on independent living. Identify skills and abilities that will help your loved one be as independent as possible, such as:

- Shopping
- Cooking
- Communication
- Housekeeping
- Transportation training
- Money management and budgeting



IEP and Employment Goals: What You Can Do

- Reinforce work-related skills at home.
- Enlist friends and relatives in the job search.
- Request different work experiences to find the right fit and build a resume
- Push hard to make sure your loved one has a job before leaving school.



Post-Secondary Education Requirements

- Make all programs and services physically accessible to all students
- Provide auxiliary aids, notetakers, and appropriate equipment
- Accommodate academic participation of qualified students in college classes and activities

[WSU Roar Program](#)



Post-Secondary Education **Not-Required To**

- Provide specific auxiliary aids if the college provides a method of assistance that allows equal opportunity
- Provide academic modifications if these modifications would fundamentally alter the nature of the course or program or place an undue burden on the institution
- Lower admission criteria for applicants with disabilities
- Diagnose a disability or conduct testing and assessment of learning difficulties, physical or mental impairments
- Provide personal attendants
- Provide personal or private tutors
- Prepare IEPs

Post-Secondary Education Funding Sources

Scholarships	Division of Vocational Rehabilitation (DVR)
<p>Private companies, organizations, schools, and more offer special financial aid and scholarship opportunities for students with disabilities.</p>	<p>DVR may provide full or partial tuition based on financial eligibility and other assessments.</p>

Person-Centered Future Plan

A Person-Centered Future Plan should reflect the wishes of the person with a disability as well as those of:

- Parents
- Siblings
- Extended family members
- Friends
- Other important people

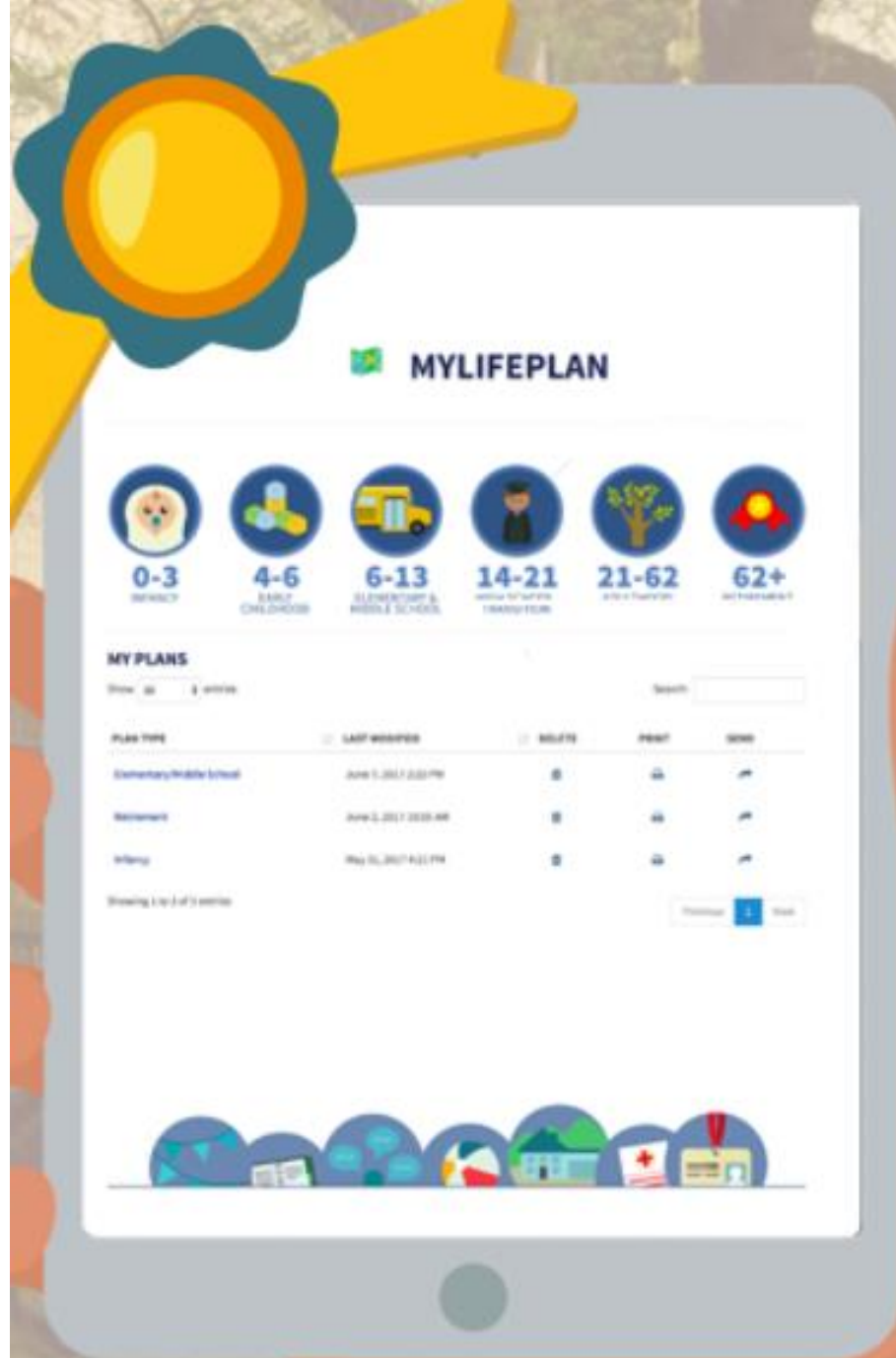
Person-Centered Planning

A Person-Centered Future Plan should include information about all aspects of a person's life:

- Daily routines, needs, and supports
- Living arrangements
- Finances
- Doctor and medical history information
- Education history
- Personal details

Creating the Plan

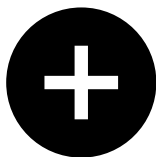
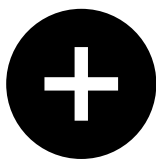
- Start by asking what the person needs to maintain their daily routine.
- Use a team-based approach.
- Use resources as a guide.
 - Schools (not all schools offer this service)
 - DVR
 - Informing Families
 - Futureplanning.thearc.org
 - Mylifeplan.guide



Activity: Getting Started

1. Find a partner.
2. Work with your partner to begin an action plan for what you will do to create a Future Plan for your loved one.
3. Share ideas with the class.

Assistive Technology



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

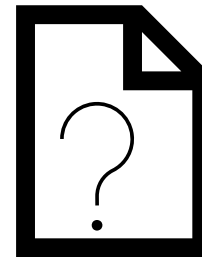
Assistive Technology Funding

- <http://nwaccessfund.org/> NW Access offers low interest loans for assistive technology
- [iCanConnect](#)-Visually and Hearing impaired
- DDA's Waiver Services Waiver for assistive technology evaluations, training, and technical assistance – IFS – Waiver limit based on annual allotment, Basic and Core – Aggregate Service limit around 6,000 example [WAC 388-845-0210](#)
- Community First Choice (CFC) – Annual Allotment



Lesson 2

Community Integration



Question 5

Ready or Not Questionnaire

Think, Pair, Share

1. On your own, answer the questions below.
 - a. Would your loved one remain living in the home environment that they are in now if you were unable to continue caring for them?
 - b. If you do not know where your loved one would live, what is preventing you from having a residential plan?
2. Find a person you have not worked with yet, and share your answers.
3. Share with the class, if you are comfortable.

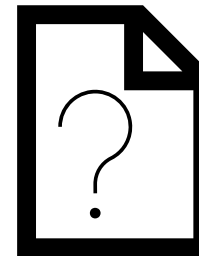
Residential and Housing Options

Individual

- CFC Personal Care
- Parent Provider
 - Respite provider
 - Overnight respite
- Individual Provider
 - CarinaCare.com
 - Agency Providers

Residential

- [Adult Family Home](#)
- [Supportive living](#)
- Shared living (Private arrangement)
- [State operated living alternative \(SOLA\)](#)
- [Section 8 or subsidized housing](#)
- Alternative living or companion home



Question 6

Ready or Not Questionnaire

Does your loved one have a job or are they seeking employment?

Benefits of Employment

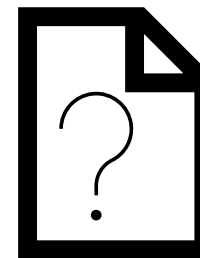
- Better lifestyle
- Paychecks to fund housing, bills, etc.
- Expanded skills
- Opportunities for friendship
- Increased self-esteem
- Sense of belonging



Employment Supports

- School-to-work transition program (not available everywhere)
- DVR (short-term support)
- Developmental Disabilities Administration (DDA) (long-term support)
 - Basic Plus and Core waivers
 - Employment services
 - Employment provider agency
 - Job developer
 - Job coach

[DVR vs DDA](#)



Question 7

Ready or Not Questionnaire

Has your loved one ever had a benefit analysis?

Benefit Analysis

- Reduces fear and misunderstanding
- Prevents the possibility of a crisis
- Informs people that they can earn and save money while remaining eligible for essential benefits
- Improves employment and economic outcomes

Social Security Benefit Analysis- helps with parent retirement and how it will affect disabled child- Example a stepmom was a higher wage earner than birth mom- so it was decided she would officially adopt her adult stepdaughter in order for her stepdaughter to receive higher benefits when she retired.

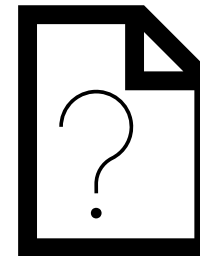
DVR Analysis – reviews effects of employment on SSI and state and federal benefits

Benefit Analysis Video



Work-Related Expenses Approved by Social Security

- Student earned income exclusion
- Impairment Related Work Expense ([IRWE](#))
- Plan for Achieving Self-Support ([PASS](#))
- Blind Work Expense ([BWE](#))



Question 8

Ready or Not Questionnaire

Is your loved one involved in community activities or events?

Benefits of Community Integration

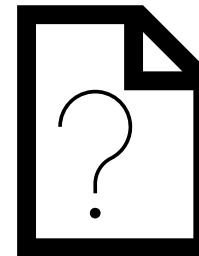
- Build friendships outside the family
- Create a circle of support (family, friends and neighbors)
- Identify and connect with groups that share similar interests: athletic, faith-based, creative arts, humanitarian, civic and cultural
- People Need Purpose
- Maintain Social Confidence after graduation
- Build Self-Advocacy Skills

Community Integration Video



Respite Care Video





Question 9

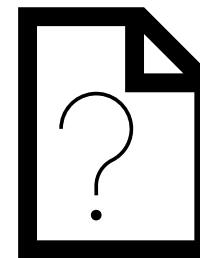
Ready or Not Questionnaire

Does your loved one perform any volunteer work in the community?

Volunteering

- Serving meals at soup kitchens
- Stocking food pantries
- Preparing and delivering meals to seniors
- Helping keep communities beautiful
- Spending time with isolated people
- Helping care for pets and other animals





Question 10

Ready or Not Questionnaire

Group Discussion

Does your son or daughter have natural supports that assist and advocate to help them have meaningful relationships in their life?

What can you do to assist them in getting these natural supports?

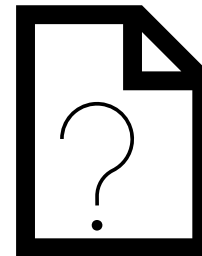
[Community Inclusion – DDA Service](#)

[Community Engagement DDA Service](#)

[Specialized Habilitation- DDA Service](#)

Natural Support Sources

- Family
- Friends
- Co-workers
- Clubs and social organizations
- Civic and professional organizations
- Recreation centers
- Volunteer opportunities
- Child-care providers
- Religious and faith communities
- Sports and hobbies



Question 11

Ready or Not Questionnaire

Are you your loved one's Social Security Payee?

Do you have an alternate payee designated?

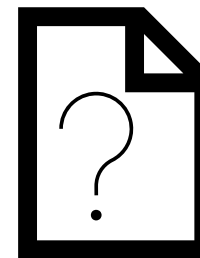
Social Security Benefits

- SSI (Supplemental Security Income) or SSDI (Social Security Disability Insurance) payee
 - Alternate or representative (SSI) payee
- Charge flat-fee room and board or shared expenses
 - Shared expenses: Rent or mortgage, electric and water bill divided by the number of people in the home
- Notice of guardianship
- [Marriage and Social Security benefits](#)
- Food assistance through [WASHCAP](#)
 - WAC 288-492-0030



Lesson 3

Guardianship



Question 12

Ready or Not Questionnaire

What do you have in place to help your adult loved one make important decisions?

- Representative payee
- [Power of Attorney](#)
- Person-centered planning
- Supported Decision Making
- Trust and savings plan
- Guardianship/alternate guardian
- Full guardianship
- Limited guardianship
- Guardian of estate
- Guardian of person
- Guardian of person and estate
- NSA- DDA

Guardianship

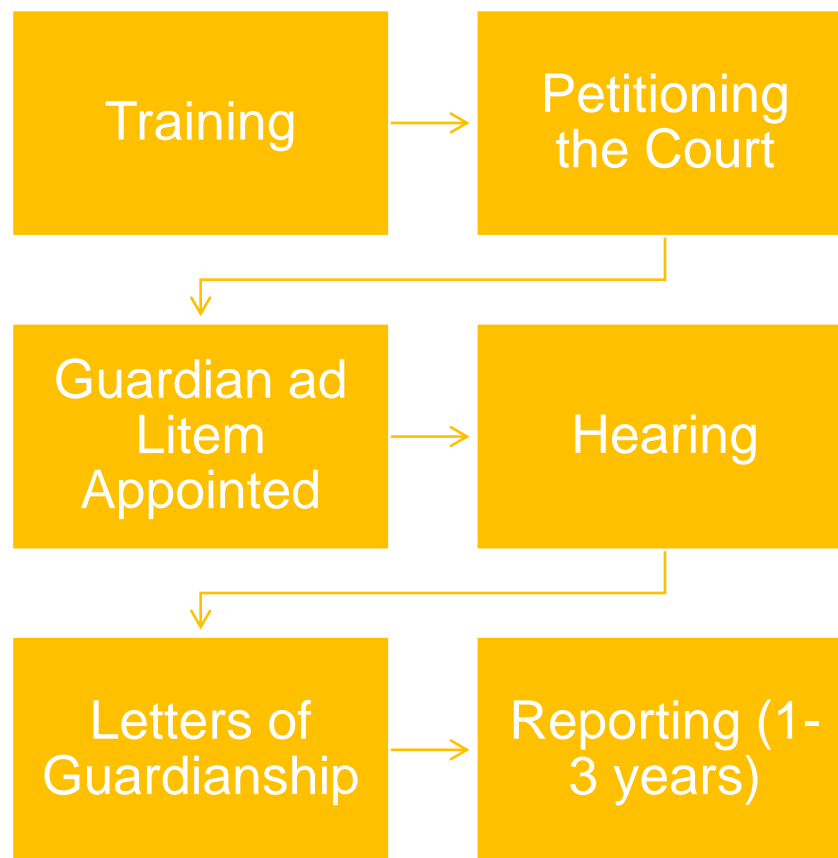
Guardianship

- Restrictive of personal rights
- Based on competency
- Reviewed every one to three years
- Can be modified as skills and experience develop
- Ward of the State

Categories of Guardianship

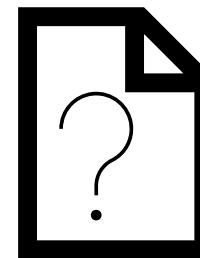
- Guardian of the Estate
- Guardian of the Person
- Guardian of the Person and Estate

Filing for Guardianship



Alternatives to Guardianship

- Representative Payee
- Power of Attorney (POA)
- Special Needs Trust
- Informed Consent
- Supportive Decision Making
- Vulnerable Adult Protection Order
- Necessary Supplemental Accommodation (NSA)



Question 13

Ready or Not Questionnaire

What do you have as a legal document(s) explaining what is to happen in the event of your death?

- Letter of Intent (instructions about how your loved one will be supported)
- Will

Instructions:

1. In your small group, answer question 13.
2. Discuss why you have or have not completed a will or letter of intent or your plans to create one.

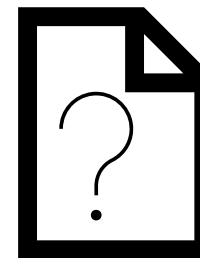
Letter of Intent

- Provides guidance for care and support
- Records your hopes, desires, instructions, and goals for the future of your loved one
- Changes as your loved one changes

Will

- Establish a Special Needs Trust
- Leave assets to another family member or friend (morally obligated gift) expecting them to take care of your loved one
- Leave your loved one a gift or inheritance





Question 14

Ready or Not Questionnaire

Do you have in place a mechanism to shelter and protect resources so your loved one can continue to live the lifestyle you have been providing for them in the event you are no longer there to provide the extras? Also to protect their eligibility for financial need-based programs from being affected because someone gave them a financial gift or they inherit money after yours or any other family member's death?

- Private Special Needs Trust
- WA State Endowment Trust (Life Opportunities Trust)
- WA State ABLE (Achieving a Better Life Experience) Plan

Special Needs Trust

- Inheriting money, property or other assets could lead to a reduction or elimination of benefits if not in a trust.
- Money or property in a trust does **not** count toward SSI and Medicaid resource limits.
- Trust types:
 - WA State endowment trust fund
 - Third-party trust
 - Self-settled trust
 - WA State ABLE savings account
 - Private trust

[Trust vs Able](#)

WA State Disabilities Trust Fund Part 1



WA State Disabilities Trust Fund Part 2



Family Testimonials



WA State ABLE Savings Account Part 1

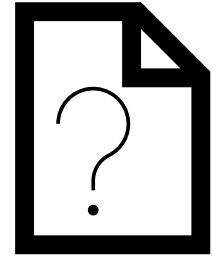


WA State ABLE Savings Account Part 2



Family Testimonials





Question 15

Ready or Not Questionnaire

Are you or your loved one involved in any support or advocacy groups?

Advocacy

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

Margaret Mead



Self-Determination and Choice

Families and concerned citizens have been advocating for self-determination and choice for people with disabilities and their families since the 1950s.

- Children living at home and adults living in their local community instead of being institutionalized
- Free and appropriate education in the public schools
- Skill-building and work opportunities
- Social and recreational services

How to Participate

- The Arc of Washington
 - Action Alert Center
 - Advocacy Days
 - Local Arc Chapters
- Parent Coalitions
- Parent to Parent Groups
- WA State Fathers Network
- Self-Advocates In Leadership
- People First of Washington
- Allies In Advocacy



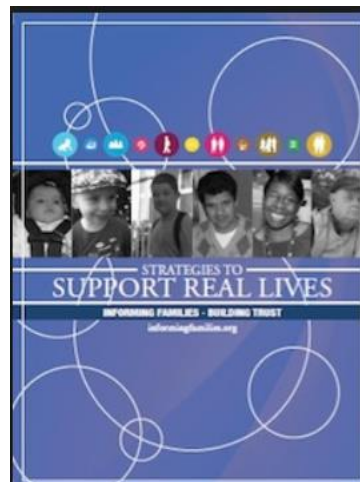


Lesson 4

Resources and Conclusion

Resources

- www.informingfamilies.org
- www.disabilityrightswa.org
- PAVE (Partnership for Action, Voices for Empowerment)
www.wapave.org



Disability Rights
WASHINGTON



Partnerships for Action, Voices for Empowerment

**Thank you for your
time and attention!**

If you have any questions, please call
The Arc of Washington State toll free
at 1-888-754-8798.