



Supported Parenting

a new service under the Individual & Family Services (IFS) waiver

Teaching, parent coaching and other supportive strategies for parents and expectant parents with IDD.



Supported Parenting is for DDA clients who have children of their own (or are expecting) and are enrolled in the Individual & Family Services (IFS) waiver. Services may include teaching, parent coaching and other supportive strategies in areas critical to parenting which are designed to build parental skills around the child’s developmental domains.

Services are Provided by the following licensed, registered or certified professional contracted with the Developmental Disabilities Administration to provide Supported Parenting.

- Audiologist
- Licensed practical nurse
- Marriage and family therapist
- Mental health counselor
- Occupational therapist
- Physical therapist
- Registered nurse or licensed practical nurse
- Speech/language pathologist
- Social worker
- Psychologist
- Certified ASL instructor
- Nutritionist
- Counselors registered or certified in accordance with the requirements of chapter 18.19 RCW
- Certified dietitian
- Recreation therapist registered in Washington and certified by the National Council for Therapeutic Recreation
- Psychiatrist
- Professional advocacy organization

To Request Supported Parenting, talk to your DDA Case Manager. If you are not currently receiving a DDA service, call the toll-free number in your area (below) or send a request through DDA’s Service Request & Information online form: dshs.wa.gov/dda/service-and-information-request.

Region 1

Spokane: 800-319-7116 Yakima: 866-715-3646

Region 2

Seattle: 800-974-4428 Everett: 800-567-5582

Region 3

Tacoma: 800-735-6740 Olympia: 888-707-1202



To learn more about other IFS services and benefit amounts, visit: informingfamilies.org/ifs.

EXAMPLES

Supported Parenting

Betty, who is a client of DDA, has help from her family to raise her daughter, but she needs support preparing healthy meals for her child. Betty used her IFS Waiver Allocation and hired a Supported Parenting Provider who is a dietitian to help her learn about how to prepare nutritious meals for her daughter.

Dusty, a client of DDA and a father of a 6 year old son, hired a Supported Parenting Provider to help develop a daily morning schedule for his son that includes breakfast, a shower, appropriate clothing, and being ready on time for school.

Jaime, a client of DDA and a mother of a 5 year old son, hired a Supported Parenting Provider to learn and practice American Sign Language. This has helped the family communicate with each other and with others in the community.