



PRE-MEETING SUPPORT & RESOURCE TOOLKIT



Every annual service planning meeting with your Developmental Disabilities Administration (DDA) Case Manager includes a conversation about your goals and the supports needed to reach those goals.

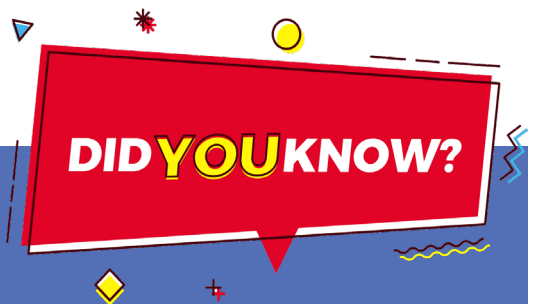
Some supports will come from publicly-funded services, and some from free or low cost community resources. Use this two page worksheet to help guide the conversation during your annual person-centered planning meeting.

DDA SERVICES TO HELP WITH DAILY LIFE

If you are a client of DDA, you may be eligible to receive help at home and in the community. Below are some examples of how DDA can help. Your Case Manager can talk to you about the specific services to assist with these and other needs and goals:

- Dressing, bathing, cooking, shopping, housekeeping and other activities of daily living
- Learning/improving daily living skills (such as: budgeting, bill paying, safety in the kitchen, shopping, etc.)
- Support to find and maintain employment
- A break for parent/family caregiver (respite)
- Support to live in my own home
- Things to do outside my home
- Making friends and connecting with others in the community
- Making home and/or vehicle more accessible
- Specialized medical equipment
- Skilled nursing services (in home)
- Speech, movement, hearing and language therapy
- Training for family or other caregivers to understand behaviors and provide support

Other Goals/Notes



You do not have to know which specific DDA services to request (although it's perfectly okay if you already have services in mind).

All you need to do is express your needs and goals to live a safe, healthy and meaningful life (or your family member's needs and goals, if they are the client whose service plan is being created).

Let your DDA Case Manager know your needs and goals (similar to examples on the left) and they can help you identify the best services to meet those goals based on eligibility and available funding.

For information about specific DDA services and programs to meet these and other needs and goals, visit: dshs.wa.gov/dda.



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Use the following resources to help identify support from non-DDA agencies, community services and non-profit organizations.

ASSISTIVE TECHNOLOGY

- NW Access Funds
- WA Assistive Technology Act Program
- Other _____

COMMUNITY SERVICE AGENCIES & ORGANIZATIONS

- Area Agency on Aging
- County Social & Health Services
- Community Services Office
- Grange
- Other _____
- Lions/Service Clubs
- Salvation Army
- Senior Center

EMPLOYMENT AND BENEFITS PLANNING

- Division of Vocational Rehabilitation (DVR)
- DDA Supported Employment
- Ticket to Work
- Other _____
- Worksource

FINANCIAL

- SSI/SSDI
- Special Needs Trust
- Other _____
- Checking/Savings Account
- ABLE Account

FOOD, HOUSING & UTILITY ASSISTANCE

- Local Housing Authority
- Low Income Home Energy Assistance Program
- Local utility assistance program
- Other _____
- Basic Food
- Women Infant & Children (WIC)

HEALTH AND SAFETY

- Apple Health
- Help Me Grow Washington (Health Hotline)
- Health Insurance Premium Payment Program
- Other _____
- Ready.gov
- Smart 9-1-1

PLANNING FOR THE FUTURE

- Center for Future Planning (The Arc US)
- [MyLifePlan.guide](#)
- Other _____

RECREATION AND LEARNING

- Camp
- Community Center
- Community College
- Faith Community
- Library
- Other _____
- Parks & Recreation
- People First
- Special Olympics
- Unified School Sports
- YMCA

TRANSPORTATION

- Medicaid Transportation Broker
- Reduced Bus Fare
- Bus Travel Training
- Other _____
- Door to Door (Local Paratransit)

ADDITIONAL RESOURCES for INFORMATION & SUPPORT

- The Arc ([arcwa.org](#))
- Informing Families ([informingfamilies.org](#))
- Open Doors ([multiculturalfamilies.org](#))
- Parent to Parent ([arcwa.org/parent-to-parent](#))
- PAVE ([wapave.org](#))
- WA Father's Network ([fathersnetwork.org](#))