



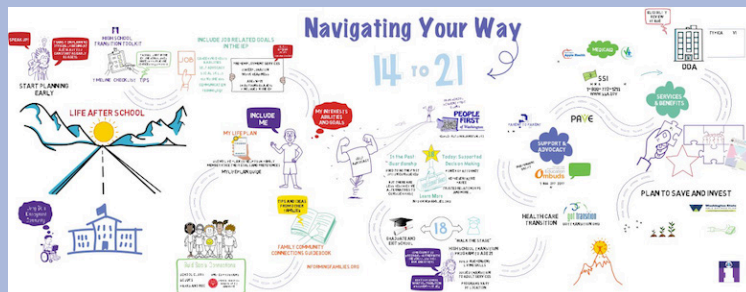
# RESOURCES

## Ages Fourteen to Twenty One



### NAVIGATING YOUR WAY

The following resources are described in *Navigating Your Way, Ages Fourteen to Twenty One* is the fourth 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/14-21](http://informingfamilies.org/14-21) to watch the video.



### SERVICES

#### Developmental Disabilities Administration (DDA)

Case management and supportive services for children and adults with Intellectual/Developmental Disabilities in Washington State. Learn more at: [dshs.wa.gov/dda](http://dshs.wa.gov/dda).

#### Division of Vocational Rehabilitation (DVR)

Pre-Employment services provide job exploration and work readiness for students with IEPs and 504 plans ages 16-21—or as young as 14 if included in the IEP. Visit [dshs.wa.gov/dvr](http://dshs.wa.gov/dvr) to learn more.

### HEALTH CARE

#### Apple Health

Medicaid health care coverage for children and adults. Visit [wahealthplanfinder.org](http://wahealthplanfinder.org) to learn more.

#### Early Periodic Screening, Diagnosis, and Treatment (EPSDT)

EPSDT provides children who receive Medicaid regular check up and treatment for medical issues found during an exam up to age 21. Call 1-800-562-3022 and ask about EPSDT services.

#### Got Transition

The Child Neurology Foundation has information and tools for transitioning to adult health care. Visit [gottransition.org](http://gottransition.org) to learn more.

#### WithinReach

Helps families connect with the resources they need to be healthy and safe. Call the Help Me Grow Washington Hotline at 1-800-322-2588 or visit [parenthelp123.org](http://parenthelp123.org).

### FINANCIAL

#### Supplemental Security Income

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](http://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](http://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. [ddefw.wa.gov](http://ddefw.wa.gov)

### SUPPORT & ADVOCACY

**Office of Education Omuds (OEO)** resolves complaints, disputes, and problems between families and public schools. 1-866-297-2597; [oew.wa.gov](http://oew.wa.gov)

**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](http://arcwa.org/parent-to-parent).

**Partnerships for Action, Voices for Empowerment (PAVE)** provides information, training and support to families. [wapave.org](http://wapave.org)

#### People First of Washington

Self advocacy chapters throughout the state, including creating Student First chapters in high schools. For more information, visit [peoplefirstofwashington.org](http://peoplefirstofwashington.org).



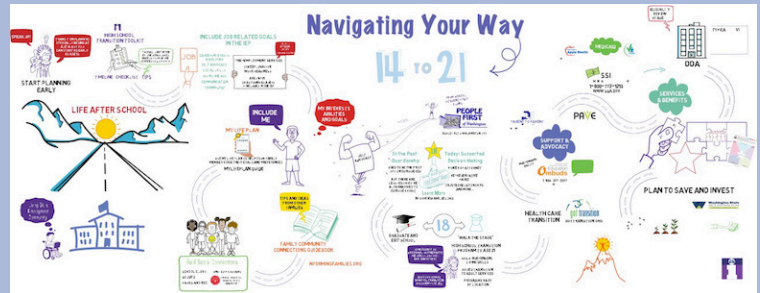
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### HELPFUL IDEAS AND PLANNING

#### High School Transition Toolkit

A free four page toolkit that includes a timeline and checklist for identifying specific goals to include in the student's individual education program, or IEP. To order a print copy, or download a PDF in English or Spanish, visit: [informingfamilies.org/transition-toolkit](http://informingfamilies.org/transition-toolkit).

#### Star Form

Worksheet for identifying sources of support to reach any goal: [informingfamilies.org/star](http://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](http://informingfamilies.org/sdm).

### RECREATION & COMMUNITY CONNECTIONS

**The Family Community Connections Guidebook** Information and Resources for Families and Individuals with Intellectual and Developmental Disabilities 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 in English or Spanish: [informingfamilies.org/publications](http://informingfamilies.org/publications).

#### Special Olympics Unified

Special Olympics Unified school programs bring students with and without disabilities together to participate in sports, clubs and other school events that promote an inclusive school environment. To learn more about Unified, visit: [specialolympicswashington/unified](http://specialolympicswashington/unified).