

HELP WANTED

Resources and Support for Parents of Children
with Intellectual and Developmental Disabilities



Agenda

- 1) The Arc of King County
- 2) Parent to Parent
- 3) The Developmental Disabilities Administration
- 4) Respite Care and Personal Care
- 5) Online Support
- 6) Virtual Resources and Directories

Our Goal

To further the civil rights movement for all persons with intellectual and developmental disabilities to thrive as equal, valued, and active members of the community

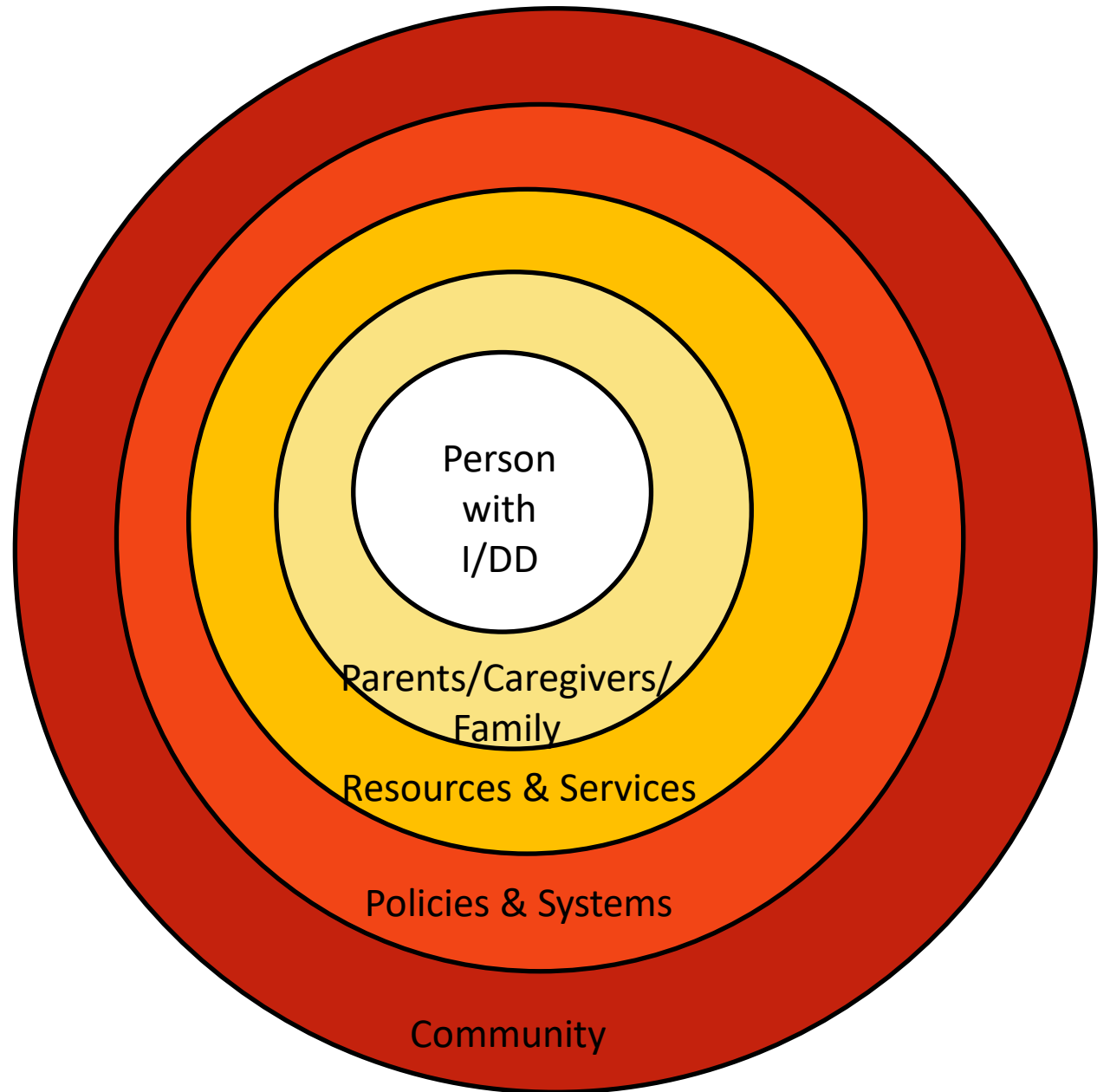


We promote and protect the human and civil rights of people with intellectual and developmental disabilities, actively supporting their full inclusion so that they can live, learn, work, and play in the community – making the world a better place for us all.



OUR PHILOSOPHY

For individuals with I/DD to live full, active, integrated lives in their community, The Arc of King County uses a holistic approach that empowers the individual to live a life of their choosing through information and family support, development of quality resources and services, systems and policy advocacy, disability awareness, acceptance, and inclusion throughout the community.



PARENT TO PARENT

SUPPORT FOR PARENTS/CAREGIVERS/FAMILY



Parent to Parent understands the emotions, myths, and realities of parenting a child with a disability. We don't necessarily solve a family's problems, but we are willing to listen and share our own experiences. **We may not be therapy but we sure can be therapeutic!**

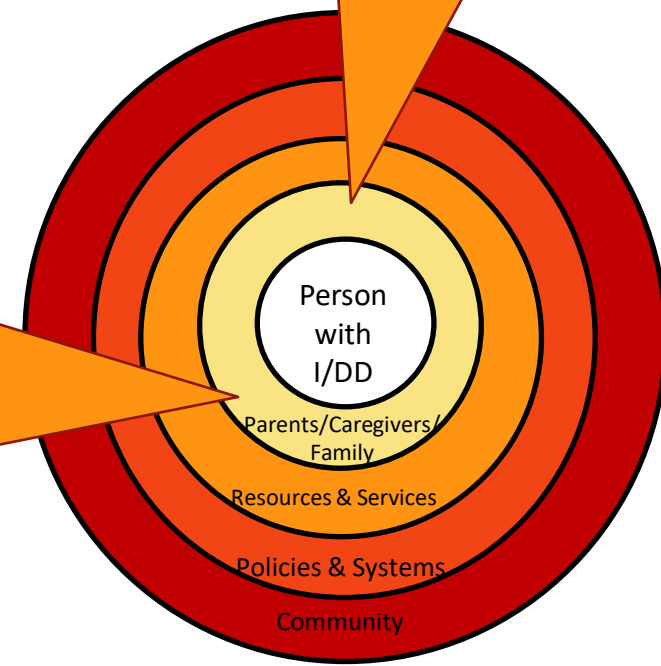
Emotional Support to Reduce Isolation

- Weekly *in-person (currently virtual)* support groups
- Multiple online support groups
- Social opportunities for the entire family
- One on one Helping Parent matches
- Telephone and in-person consultation



Resources and Information to Empower and Encourage

- Assistance in understanding and navigating complex systems
- Special Education, DDA, Housing, Guardianship, Financial Planning and Medicaid support
- Introduction to disability-friendly community resources and opportunities



THE ARC AND PARENT TO PARENT OUR WORK IN ACTION

“As parents, we have access to so many professionals: doctors, therapists, teachers, case managers and more. But there are certain kinds of information and support that we can only get from other parents.” - Rachel Nemhauser, Supervisor, P2P King County

THE FUTURE LOOKS BRIGHT
Saturday, April 3rd, 2021

The Arc of King County presents a multi-part virtual future planning workshop for adults with developmental disabilities, their parents and siblings.

For questions, to request accommodations or to RSVP: JKim@arcokingcounty.org

For people with I/DD: 10:30-10:45 am Your Future, Your Choices

For Parents: 9:30-10:45 am Planning to Your Adult: Planning for their Future

For Siblings: 12:15-1:45pm Preparing to Step-in

Virtual Parent Support
The Arc of King County is Parent to Parent present online support groups for parents and caregivers during the COVID-19 Crisis.

JULY & AUGUST 2020

Monday, 8:00am
Community & Questions
An African American Support Group
Host: Richard Muller
RMuller@arcokingcounty.org
<https://www.arc.org/hotline/>
No session on August 10th

Wednesday, 8:30am
Silver Tsunami
Support for Senior Parents
Host: Tracie Warren, MSW
TWarren@arcokingcounty.org
<https://www.arc.org/hotline/>

Thursday, 10:15am
Coffee and Conversation
For All Parents and Caregiver
Host: Rachel Nemhauser
Nemhauser@arcokingcounty.org
<https://www.arc.org/hotline/>

A variety of online support options for parents of people with intellectual and developmental disabilities in and around King County, WA.

For information about our support options for parents of people with intellectual and developmental disabilities, please contact 2id@arcokingcounty.org or RNemhauser@arcokingcounty.org

Sign-in information for all webinars can be found in our event page on calendar.

The Arc
King County

AUTISM EXCHANGE

A professionally-facilitated 5-part conversation for autistic adults and the parents of autistic children.

February 21st Love and Intimacy
April 18th Autism in the Media
June 13th Sexuality and Dating
11am-12:30pm via zoom

Space is limited and RSVP is required.
To reserve a spot or request accommodations please contact 2id@arcokingcounty.org or RNemhauser@arcokingcounty.org

The Arc
King County

WEBINAR WEDNESDAY
Supporting Wheelchair Users

JANUARY 27TH, 2021
7-8:30PM VIA ZOOM

Shared insights for parents, professionals, and people with intellectual and developmental disabilities, from those who roll with it.

<https://www.arc.org/hotline/>
<https://www.zoom.us/j/96927632260>
@arcokingcounty.org

The Arc
King County

WORK OUT WITH US

Join us on the 1st and 3rd Friday of each month at 2pm for SpinClub, a free virtual exercise experience for people of all abilities!

- Multiple Trainers - follow the one that's right for you!
- No equipment needed!
- A fantastic workout for the whole family!

For more information about SpinClub <https://www.spinclub.com>

For questions twarren@arcokingcounty.org

TO JOIN A CLASS: <https://us02web.zoom>
<https://us02web.zoom>

The Arc
King County

Creating Connections
DDA: Who, What, Why and How?

A webinar featuring Rachel Nemhauser, Community and Family Support Program Manager at The Arc of King County, for parents and caregivers of loved ones with developmental disabilities.

SATURDAY, JANUARY 16, 2021
10-11:30AM
<https://us02web.zoom.us/j/85453548353>

No RSVP is required. Contact Rachel Nemhauser at RNemhauser@arcokingcounty.org or 206-829-7546 with question or accessibility requests.

The Arc
King County

The Arc of King County y de Padre a Padre presentan

SMOOTH TALKERS
EN ESPAÑOL
REUNION FAMILIAR PARA USUARIOS DE AAC

Sábado 6 de Abril 2019
Hora: 10:30am - 12:00 ml
Lugar: Norwalk Library
32501 Norwalk Way
Norwalk, WA 98556

Quien: Niños de todos los idiomas y capacidades nivel de habilidades que hablen tecnología para comunicarse y sus familias

Sábado 11 de Mayo 2019
Hora: 10:30am - 12:00 ml
Lugar: Kent Library
212 2nd Ave N, Kent, WA 98102

Esta reunión no es una terapia o capacitación de AAC, es una reunión para familias. Los que tienen experiencia o intereses similares en nuestra comunidad. Les esperamos!

Sábado 15 de Junio 2019
Hora: 10:30am - 12:00 ml
Lugar: Puyallup library
Puyallup, WA 98443

Si español es hablado, les pedimos confirmar su asistencia RSVP. Para preguntas o registrarse RSVP contacta a Patricia Gonzalez en PatriciaGonzalez@arcokingcounty.org o 206-829-7027

The Arc
King County and Gender Diversity Present

THRIVING ON TWO SPECTRUMS

A bi-monthly support event for trans/gender-diverse youth with developmental disabilities and their families

EVERY OTHER MONTH
4TH SUNDAY, 2-4PM

May 26, 2019 | Sept. 29, 2019
July 28, 2019 | Nov. 24, 2019

Professionally facilitated by Neuro- and Trans/Gender-diverse adults, along with parents of Neuro- and Trans/Gender-diverse children, this one of kind event will provide information and emotional support for parents, along with a laid back, recreational opportunity for young people.

Your unique family deserves unique support. Join us.

RSVP is best one week prior to each event to genderdiversity.org or 1-800-403-0201

Please also see section of group calendar to review the group schedule. During the call, we will receive additional information including meeting location. RSVP is required to receive additional support to available.

The Arc of King County Presents

CHAT TILL WE'RE SPEECHLESS

A VIRTUAL SUPPORT GROUP FOR ADULTS (18+) WITH DEVELOPMENTAL DISABILITIES

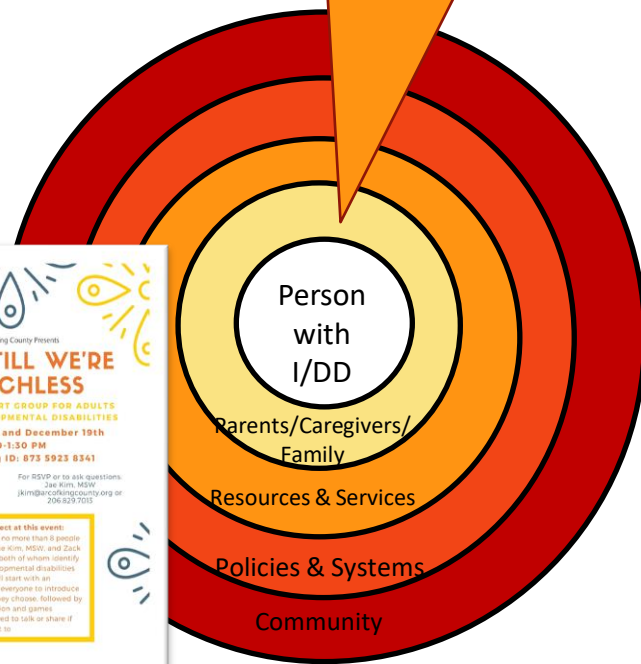
November 28th and December 19th
12:00-1:30 PM
Zoom Meeting ID: 873 5923 0341

Please consider having your parent or caregiver join you during this meeting if possible.

For RSVP or to ask questions:
Jae Kim, MSW
jkim@arcokingcounty.org
206.829.7015

What to expect at this event:

- a small group of no more than 8 people
- facilitated by Jae Kim, MSW, and Zack Sobolew, MSW, both of whom identify as having developmental disabilities
- the meeting will start with an opportunity for everyone to introduce themselves if they choose, followed by open conversation and games
- no one is required to talk or share if they choose not to



WHAT IS THE DEVELOPMENTAL DISABILITIES ADMINISTRATION (DDA)?



- ❖ The portion of our **state government**, within DSHS, responsible for providing support and care to people with intellectual and developmental disabilities across their lifespan.
- ❖ Where people with developmental disabilities go to get help for in-home, out-of-home, and community-based services
- ❖ For those who will require long-term services and support, DDA will play a critical role.
- ❖ Formerly called DDD

WHY DDA?

EXAMPLES OF DDA SERVICES



Short Term Services

- Overnight Planned Respite (age 18 and older)
- Emergency respite
- Behavior Support Team (Ages 3-17)

Long Term Services

- Personal Care
- Respite Care
- Supported Employment
- Behavior Support
- Supported Living
- Waivers

Other Perks to being a DDA Client

- School to Work
- Housing or Rental Assistance
- Developmental Disabilities Life Enrichment Trust (DDLLOT)
- Parkview Homebuyers Program
- South Mental Health DD Chemical Dependency program



[For a complete list and description of available DDA services](#)

WHO CAN ACCESS DDA SERVICES?

❖ Anyone who has a developmental disability **as defined by Washington State.**

- Not dependent on income
- Exception: Immigration Status

❖ The disability must:

- Have originated before you turned eighteen
- Continue or can be expected to continue indefinitely
- Results in substantial limitations

❖ Your diagnosis must be one of the following:

- Developmental Delays (only until age 9)
- Intellectual Disability
- Cerebral Palsy
- Epilepsy
- Autism (NOT Autism 1)
- Another neurological condition



HOW DO I ACCESS DDA SERVICES

Watch [this](#) webinar.

Check out this presentation.



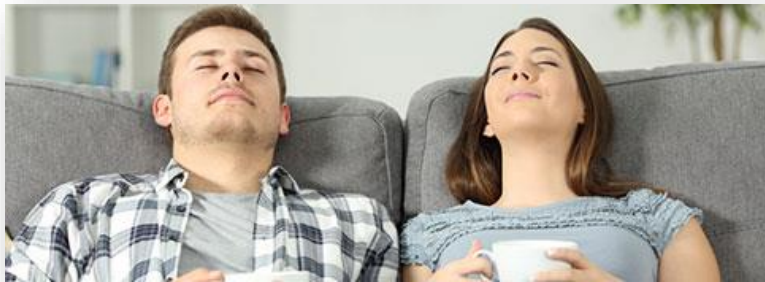
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Contact [The Arc of King County](#).



WHAT IS RESPITE CARE?

Purpose: To allow the primary caregiver a break so that they can continue being the primary care giver, preventing out of home placement.



- ❖ Short-term, intermittent relief for parents/caregivers, where the person with a disability receives care from another person so that the main caregiver can take a break.
- ❖ Respite care is NOT “Childcare” while the parent is at work
 - But it can provide childcare while the parent is at work...
- ❖ The many forms of Respite Care:
 - One-on-One care in your home or the local community for a few hours at a time
 - After-school care, camps, adult day centers, specialized classes, etc. offered by a DDA contracted organization
 - Overnights, weekends, or longer care at a friend/relative's house or licensed facility
- ❖ To find respite care:
 - Contact your DDA Case Manager
 - Lifespan Respite NW [Respite Vouchers](#)
 - Any social or recreational activity can be respite care!

WHAT IS PERSONAL CARE?

Purpose: To provide DIRECT assistance to a person with disabilities with their Activities of Daily Living (ADLs)

What a Personal Care Provider CAN do:

Bathing	Dressing
Toilet Use	Eating
Meal Prep	Essential Shopping
Telephone Use	Personal Hygiene
Bed Mobility	Travel to Medical
Transfer	Ordinary Housework
Wood Supply	Locomotion
Body Care	Meds Management



- ❖ Can't provide childcare, supervision, or skilled nursing.
- ❖ Can be provided in the client's home, an Adult Family Home, Assisted Living Facility, or Nursing Home. It can also be provided in the community if it meets the client's care needs.
- ❖ Only parents of clients 18 and over can become paid caregivers.
- ❖ To find a caregiver:
 - Contact your DDA case manager
 - Contact contracted caregiving staffing agencies
 - Carinacare.com
 - Those already providing care can become contracted providers
 - Parents of those 18+ can be a paid caregiver

VIRTUAL PARENT SUPPORT

The Arc hosts multiple [online support groups](#) for parents and caregivers.

- Facebook and Google Groups
- Tightly moderated
- Stay connected with resources, upcoming workshops, support and social opportunities
- Groups tailored to the specific needs of the Spanish-speaking and African American communities

Some community options:

- [Eastside and Seattle Area Special Needs Moms](#)
- [Down Syndrome Community of Puget Sound](#)
- [Raising Autistic Kids of Washington](#)
- [Moms of Autistic Teens and Young Adults – Washington](#)
- [Washington State Fathers Network](#)
- [WAAA Autism Resource Connections](#)
- Other suggestions?



ONLINE RESOURCES AND DIRECTORIES

- The Arc of King County's [Resource Guide](#), [Community Calendar](#), [Information and Resource Line](#), and [Webinar Library](#): For information related to systems, resources, support, recreation, parent support and more
- [WAAA's Resource Directory](#): for a list of providers who have experience working with youth and adults with I/DD
- [Crisis Support](#): Children's Crisis Outreach Response System, helps families achieve stability, helps prevent future crisis, and helps children remain in their homes
- [Wright's Law](#): For Special Education law and interpretation
- [The DD Ombud's Office](#): For advocacy-related information for improvement of systems devoted to people with disabilities
- Others?





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