DDA:

Ten Tips for Navigating the System

Rachel Nemhauser
Community and Family Support Program Manager
The Arc of King County

Agenda

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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.

Examples of DDA services

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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 (DDLOT)
- Parkview Homebuyers Program
- South Mental Health DD Chemical Dependency program

For a complete list and description of available DDA services

Why is DDA important?

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WELCOME TO THE DEVELOPMENTAL DISABILITIES ADMINISTRATION (DDA)

Supported Employment

Personal Care

- Long-term care is costly, and most people, even those with financial resources, can’t afford to pay for it on their own.
- Although DDA is not a crisis agency, having them available during an unexpected crisis is a critical safety net.
- Being DDA eligible enables the state to more accurately count how many people with disabilities live in Washington in order to better prepare and serve them.

Who can access DDA services?

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- 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

- A medical diagnosis is not enough.

How do you become DDA eligible?

The first step to accessing services from DDA:

Become "DDA Eligible"

- Prove to the state that you meet their definition of developmentally disabled.
- DDA Eligibility is a yes or no question and is based almost completely on test scores and medical records
- The application for DDA eligibility takes less than 30 minutes to complete and cannot be done online.

The DDA Application

Request for DDA Eligibility Determination (14-151)

Consent (14-012)

Notice of Privacy Practices for Client Confidential Information (03-387)

Washington State Voter Registration for applicants age 18 or older

What is a Waiver?

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Becoming DDA eligible provides you with few direct services. In order to access certain resources, including respite care, personal care and employment support, you must also be enrolled on a waiver.

- A waiver is a package of services that increase in levels of support and services, depending on the individual's level of need.
- You must use (or try to use) the services they give you and show that it isn't enough help before they'll give you more.
- When enrolled on a waiver you become eligible for Medicaid, regardless of income. Medicaid can be used as a secondary insurance, and to access personal care.

Why is it called a Waiver?

It is an agreement to *waive* the option to receive services in an institutional setting and choosing instead to receive the same or similar services in their own home and community.

How do you enroll on a Waiver?

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- "I'd like to request a needs assessment in order to be enrolled on a waiver."
  - To request a needs assessment: R2ServiceRequestB@dshs.wa.gov or 1-800-974-4428
  - Expect a response in 1-2 weeks
- Needs assessment: *TIME TO GET REAL*
- Most waivers are at capacity so likely you will be denied initially. Work with your case manager to decide when it's the right time to reapply.
- When requesting a waiver, be sure to explain exactly why you need that wavier and why the other services you currently receive are not adequate.

Waivers are awarded based on urgency of need, not first come first serve, and there is no waitlist. Keep in very close contact with DDA, notifying them of anything new or different including:

- Increase in challenging behaviors
- New diagnosis or medical condition
- New care/support needs
- Pictures and videos are your friends

What is respite care?

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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 "Child Care" 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

What is personal care?

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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.

What to expect from your DDA Case Resource Manager (CRM)

- CRMs hold caseloads of ~75 people.
- You have the right to call or email any time. Allow 48 hours for a response. Don't expect the CRM to reach out to you except for the annual assessment. Therefore, if you are having challenges, need more services, or have questions, you must be the one to seek help.
- If you do not hear back from your CRM or are concerned about their work, contact their supervisor.
    - You can find out who the supervisor is by calling the DDA front desk at **206-568-5700**
- CRMs should know about the DDA services available to you. They have limited knowledge about non-DDA services.

Where do you go with concerns?

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CRMs are doing their best, but DDA is a complicated and ever-changing system so it is easy to make mistakes. If you suspect the information you receive is inaccurate or you are turned down for services, you have a few options:

- Ask for clarification from the CRM
- Talk to their supervisor
- Work your way up the supervisory chain
- Contact The Arc of King County

Contact Us

The Arc of King County

Information and Family Support

English: 206-829-7053 OR Ask@arcofkingcounty.org

Spanish: 206-829-7030 OR Preguntas@arcofkingcounty.org

Rachel Nemhauser

Community and Family Support Program Manager

RNemhauser@arcofkingcounty.org or 206-829-7046