



**Resource Packet for Aging and Senior Parents/Caregivers of
Adult Children with Intellectual and Developmental Disabilities**

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Find more information in The Arc of King County's Resource Guide at www.arcofkingcounty.org
The Arc of King County address 2650 S. 200th St Suite 101 SeaTac, WA 98198
Phone 206.829.7053 **TTY** 877.666.2348
Fax 206.364.8140
EMAIL ask@arcofkingcounty.org

11/4/2025

How to Write a Letter of Intent

From: <https://www.bridges4kids.org/articles/2005/11-05/Russell111-18-05.html>

- What would happen if you suddenly became unable to provide your child with the necessary supports he needs? Without you, your child would become dependent on other caregivers who simply do not possess all of your personal knowledge and insight. However, there are steps you can take now to minimize the natural disruption and disorientation that will occur upon your death or if you become unable to care for your child during your lifetime
- Writing a letter of intent is a critical step in the planning process. This critical document permits parents to communicate vital information about their son or daughter to future caregivers.
- No one else knows your child as well as you do, and no one ever could. You are a walking encyclopedia of your child's history, experiences, habits, and wishes
- How can you, as a parent, be assured that your son or daughter will lead as complete a life as possible after your death? What can you do to make sure their, and your hopes and aspirations are realized?
- Parents, you are the experts on your child. You receive a lot of important advice from professionals, but no one understands your son or daughter's needs and desires better than you. If you become incapacitated or die, it is vital that future caregivers have access to your knowledge.
 - For instance, one mother wrote in her Letter of Intent for her son, "Don't forget that he only takes his medication with cherry Jell-O." See how vital it is to put this kind of information in a letter to future caregivers?
- Alex Haley, the American biographer and author once said, "When a parent dies, it's like a library burning." Parents, you have spent a lifetime advocating for your child and becoming an expert on his or her needs. Don't let that expertise perish when you die or become incapacitated. Write your knowledge and wishes for your adult child in a Letter of Intent.
- Although a letter of intent is one of the most important estate planning documents a parent can prepare, it is not a formal legal document that must be created by an attorney. The goal of a letter of intent is to memorialize your knowledge of your child's needs so that you may guide future caregivers, guardians and trustees in providing the best possible care to your child. Simply put, a thoughtful letter of intent ensures that those who come after you need not waste precious time figuring out the best way to manage and care for your child. A letter of intent should be revised to remain current.

Letter of Intent

Personal information

- Full name of adult:
- Are there any other names you or your adult have used throughout his or her lifetime under which your adult's information may be listed or records might be kept?
- Name your adult is usually called:
- Current address and phone number:
- Adult's former addresses and phone numbers:
- Social security number:
- Date of birth:

Family Information

- Full name of parents/caregivers:
- Parents/Caregivers address and telephone number:
- Family Social Security Numbers: (Needed to access Social Security benefits)
 - Mother:
 - Father:
 - Siblings:
- Two people who know the most information about your adult:
- Name, address and phone number:
- Name, address and phone number:
- Siblings (addresses and contact information):
- Stepparents (current or previous):

- **Former Spouses:**

Professional contacts

- **Attorney:**
 - **Name, address and phone number**
- **Clergy or spiritual advisor:**
 - **Name, address and phone number**
- **Holidays celebrated and traditions:**
- **Birthday traditions:**
- **Special events (vacations, etc.):**
- **Favorite places to visit in the community where people are familiar:**
- **Favorite foods:**
- **Foods your adult particularly dislikes:**
- **Is there a particular person who can provide comfort in an emergency (clergy, friend)?**

Medical Information

- **Place of birth:**
- **Diagnosis of Individual with Disability:**
- **Current Height:** **Current Weight:**
- **Allergies:** **Blood type:**
- **Identify any people, including relatives, whom you would NOT want to play a role in your child's life.**

- Provide the name of the person (and alternates if possible) whom you prefer to be a primary advocate and a friend for your child.
- What are the three most important things you would want someone to consider when planning for your child's future?
- What are three of the most important things you want your child to know about your planning?

Legal and financial information

- Where is your will located?
- If you envision your child living in the family home, what arrangements have been made regarding that home (ownership, title, etc.)?
 - Where can those documents be found?
 - What financial arrangements have you made to provide funds for maintenance and other upkeep on the home, while considering the effect on your child's eligibility for public benefits?
- If your child is an adult, who currently consents to medical care?
 - If your child consents to medical care, does he/she need some assistance with decisions?
 - If so, whom would you suggest provide this assistance?
- If you currently provide consent to medical care (either formally or informally), whom would you suggest assume this role?
- Have you made any funeral arrangements for you or your child?
 - Do you have any special wishes for the final services? Please describe.
- If your child is over 18 years old, how does she/he handle her/his finances at this time?
 - What assistance does she/he receive?

- Who would be your first choice to provide this assistance?
- Who would be your second choice?
- List any life insurance policies that name your child (or a trust established for your child) as either the beneficiary or insured. Provide the name of the company, status of your child (owner, beneficiary, other) and contact information, and amount of insurance.
- If you have a trust how do you prefer the money in your child's trust to be spent?
- For example, to supplement government benefits by paying for recreation, dental care, special equipment, annual vacations. What should the trust funds NOT pay for?

Records

- Location of birth certificate, social security card, etc:
- Attach any relevant evaluations that clarify your child's disability and needs:
- Other thoughts
- You may have other information, such as clothing size and preference, non-verbal communications, or family information, that you may wish to add. Please include any information which you feel would be helpful.
- Please remember to share this information and facts about benefits, asset limitations, and other legal/financial matters as needed with those who will provide support for your child.



Life
Enrichment
Options

Life Enrichment Options
P.O. Box 117
Issaquah, WA 98027-0006
425.395.6688
info@lifeenrichmentoptions.org

www.lifeenrichmentoptions.org

Guidelines for Educating Your Child Toward Independent Living

Following are some of the guidelines Life Enrichment Options (LEO) considers important when young adults with developmental disabilities want to experience independent living. These skills apply to living in an Adult Family Home situation, or more independently in an apartment. Although they will not be living independently until they are over 21, it is necessary to start learning these skills as soon as possible.

- Should be capable of rising and dressing independently.
- Be able to shower and complete all personal hygiene activities independently (shaving, brushing teeth, etc.). May still require some oversight/assistance.
- Toileting independently.
- Prepare simple breakfast and lunch independently. (Be able to pour cereal, milk & juice; make a simple sandwich).
- Laundry skills, at least with supervision.
- Able to self-medicate with/or without supervision - able to put pills in mouth & swallow.
- Dial 911 for emergencies; respond to fire alarm and fire drills with minimal cueing.
- Participate in general upkeep of their rooms, or apartment – keeping their personal items in their own space, with minimal support.
- Understanding they don't wear the same clothes day after day.
- Be able to use the phone.
- Know how to respect other's privacy and personal space.
- The ability to socialize with others.
- Be able to follow rules, understanding the care provider is not their parent, yet is not just a friend but one who can make rules to be followed.
- Know how to use a key to lock the door.

Life Enrichment Options is a 501(c)(3) nonprofit organization registered with the Washington State Secretary of State.
For verification, call the State's Charities Hotline at 1-800-332-GIVE.



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- **Know how to work as a team doing household chores -- table setting, unloading dishwasher, trash removal, etc.**
- **Know how to say thank you.**
- **Know how to ask for help.**
- **Knowing appropriate behavior with the opposite sex.**
- **Be able to be left safely alone for four hours.**

Important transition factors for families:

- **Write down all important doctor and routine information: who are important people in the resident's life; how to support the resident; what specific things frighten the resident. It's an overwhelming process to start but it is so very helpful to a caregiver to have as much information as possible.**
- **Have realistic expectations of the caregiver and of your son or daughter.**
- **Respect your son or daughter's choices and goals and supporting them in what they choose.**
- **Be ready to let go. You are still the most important people in their lives, and you will continue to be, but everyone needs a chance and the space to make a new life away from the family home.**

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Making My Own Healthcare Decisions For People with Disabilities

INSTRUCTIONS

The goal of this letter is to help more people with disabilities make their own decisions about their health.

The letter can:

- » Explain how you make decisions to your doctors.
- » Explain how you act when you are upset, worried, or confused.
- » Explain what the doctor can do if you are upset, worried, or confused.
- » Tell the doctor when you want help making decisions and when you don't.
- » Explain that you want someone else to make decisions for you only if you can't make the decision by yourself, with help.

To use this letter:

1. Read the letter and decide if you need help understanding it or completing it.
2. Make a line through any parts of the letter that you don't want.
3. Complete any parts of the letter that you didn't make a line through.
4. Sign the letter.
5. Share the letter with your Supporters.
6. Ask your Supporters to sign the letter.
7. Give a copy of the letter to each of your doctors.
8. Ask the doctors if they have any questions about the letter.



Call your local chapter of The Arc or state's
protection and advocacy program if you need help.

This letter can be used as a supported decision-making agreement.

Anyone can sign a supported decision-making agreement.

A supported decision-making agreement is a form that describes when you want help to make your own decisions. It also says who you want to help you.

Some states have their own supported decision-making agreement that you may want to use instead.



This letter cannot be used as a healthcare power of attorney.

A power of attorney is a document that lets someone else make decisions for you when you cannot make them for yourself.

You get to decide who that person should be. You can pick someone you trust.

You can also change your mind. You can pick someone else, or you can decide not to have a power of attorney at all.

Each state has its own power of attorney form. You must use your state's form.

Some states have different words for a healthcare power of attorney, but they mean the same thing. Your state's healthcare power of attorney might be called:

- » Medical power of attorney
- » Healthcare proxy
- » Healthcare representative
- » Healthcare surrogate
- » Healthcare advanced directive
- » Advocate for healthcare decisions

A power of attorney is different from guardianship because you choose to sign a power of attorney and you choose the person who might make your decisions.

In a guardianship, a court decides that you cannot make your own decisions. The court will pick your guardian.

Powers of attorney and guardianship can be hard to understand.



Call your local chapter of The Arc or state's protection and advocacy program for questions about powers of attorney or guardianship.

You can still use this letter, even if you have a power of attorney. You can attach this letter to your state's power of attorney form.

It may help your doctors decide when you can make your own decision and when someone else should make the decision.



Making My Own Healthcare Decisions

A Letter for My Doctors

Today's Date: _____

Dear doctors and other healthcare providers:

This letter explains how to help me make my own decisions about my health.

It also explains who I want to help me when I'm making decisions. Those people are called my Supporters.

Sometimes I need help making decisions, but that doesn't mean I can't make my own decisions.

1. Sometimes my Supporter will come to my appointment with me. Please talk to me, not to my Supporter.
2. Sometimes my Provider will bring me to my appointment. My Provider is someone from an agency that provides me services for my disability. Please talk to me, not my Provider. They don't make decisions for me.
3. Explain things in a way that I can understand.
4. Ask me if I have any questions.
5. Check to make sure that I understand what you are saying.
6. Give me important information in writing. Make sure it is written in a way that I can understand.
7. Ask me if I would like to talk with my Supporter.
8. Give me time to think about what you are saying.
9. Give me time to talk to my Supporter, if I want to.
10. My Supporter may ask questions to help me understand my decision.
11. My Supporter may help me tell you what my decision is.
12. Please respect my decision.

When I am upset, worried, or confused, it may take me longer to make decisions.

Describe here how the doctor will know that you are upset, worried, or confused.

If I seem upset, worried, or confused, you can:

- » Talk to me calmly until I'm ready to make a decision.
- » Ask if I want to talk to my Supporter.
- » Ask if I want to have my appointment on a different day.
- » Other [describe here]:

I WANT THE FOLLOWING PEOPLE TO BE MY SUPPORTERS.

I will add pages if I have more than two Supporters.

I will make a line through any sections that I do not want.

Supporter 1

Name: _____

Address: _____

Phone number: _____

Email address: _____

This Supporter can help me make doctor appointments. ☐ Yes ☐ No

This Supporter can talk to doctors even if I am not there. ☐ Yes ☐ No
If yes, please provide me the form I need to sign.

This Supporter can see my medical records. ☐ Yes ☐ No
If yes, please provide me the form I need to sign.

This Supporter can help me with insurance questions. ☐ Yes ☐ No

This Supporter **CANNOT** do these things.

Supporter 2

Name: _____

Address: _____

Phone number: _____

Email address: _____

This Supporter can help me make doctor appointments. ☐ Yes ☐ No

This Supporter can talk to doctors even if I am not there. ☐ Yes ☐ No
If yes, please provide me the form I need to sign.

This Supporter can see my medical records. ☐ Yes ☐ No
If yes, please provide me the form I need to sign.

This Supporter can help me with insurance questions. ☐ Yes ☐ No

This Supporter **CANNOT** do these things.

I have a healthcare power of attorney:

☐ Yes (please ask me for a copy)

☐ No

I only want someone else to make healthcare decisions for me if I cannot make them for myself, even with help.

Someone else can make healthcare decisions for me only for as long as I cannot make them for myself.

Doctors must follow the law in my state to decide when I cannot make my own decisions.

Doctors who understand me and my disability should help decide when I cannot make my own decisions, even with help.

In an emergency please contact:

Name: _____

Address: _____

Phone number: _____

Email address: _____

Please check one box:

- ☐ I read and understood this letter.
- ☐ Someone read this letter to me. I understand what the letter says.

My signature: _____

My name: _____

My address: _____

My phone number: _____

My email address: _____

My date of birth: _____

Supporter 1: I agree to support this person to make healthcare decisions in the way that they ask.

Supporter 1 Signature

Today's Date

Supporter 2: I agree to support this person to make healthcare decisions in the way that they ask.

Supporter 2 Signature

Today's Date



The Arc of King County Legal Decision Making

This document is not legal advice. Please discuss your individual situation with an attorney. Contact The Arc of King County at 206.829.7053 or ask@arcofkingcounty.org with questions.

This document contains information about:

1. Independent Decision Making,
2. Supported Decision-Making Agreements (SDMA),
3. Power of Attorney (POA),
4. Durable Power of Attorney (DPOA),
5. Legal Guardianship – Limited or Full
6. Conservatorship – Limited or Full,
7. Protective Arrangement, and
8. Guardianship for Native American adults.

Always keep in mind the rights and self-determination of the person in which support options are being considered. There are several options for families to meet the needs of your loved one while supporting their rights, promoting self-determination, and ensuring their health and safety. Guardianship should **ONLY** be considered if less restrictive options do not meet the individual's needs. Many parents are told by schools or other parents that they will need to apply for guardianship for their loved one. This is not always the case. Sometimes, to assure the well-being of a loved one with disabilities, well intentioned parents and caregivers may feel the need to have control of their loved one's decision making, to nurture and to protect them. However, it is likely the more parents and caregivers manage the person with disability's decision making, the less responsibility the person with disability and others will take on, and the more reliant they will become on parents and caregivers.



1. Independent Decision Making:

Independent Decision Making is the least restrictive option for legal decision making and naturally occurs at age 18 if another decision-making option has not been previously set up.

Independent Decision Makers can still informally communicate with others to help make legal decisions. Instead of seeking to manage every interaction and decision, parents and caregivers can act as supporters. Sometimes the shift from control to support can be as simple as some small adjustments to the language used: Instead of telling someone what to do, ask them what they want to do. Making this a gradual process will give you or your loved one a sense of security in the process of moving towards greater self-determination. The more parents, caregivers, and other support people can work together to adapt and understand each other the better independence skills will develop.

Created by Tracie Warren and Updated by Sandra Urite 4/19/23.



The Arc of King County Legal Decision Making

2. Supported Decision-Making Agreement (SDMA):

Supported Decision-Making (SDM) is an alternative to guardianship. It allows people with disabilities to choose people close to them to help them gather and understand information, make decisions, and communicate those decisions to others. It ensures a person's right to make their own important life decisions and to have their decisions respected with the support of the people they choose.

In 2020, Washington State passed a law that formalizes Supported Decision-Making as an alternative to guardianship. The law gives adults with disabilities the right to enter into a Supported Decision-Making Agreement (SDMA) with other adult(s) of their choice* who will provide the person with the support they want.

What does an agreement include?

- The names of the adult who will be supported and the person(s) who will support them.* Both the adult with a disability and their supporter(s) must sign the agreement in front of two witnesses and/or a notary public.
- The kind of decisions the adult wants help with, including decisions about where they live, where they work, how they spend their time, or how they manage their health care and finances.
- The kind of help the adult wants when making a decision, including help with gathering information, understanding options, or communicating their own choices.
- (Optional) Limited decision-making power to their supporter by using other guardianship alternatives in addition to a supportive decision-making agreement, including a Power of Attorney for health care and/or financial decisions, as well as Representative Payee to manage Social Security benefits.

*In order to act as a supporter, people chosen must not fall into a category listed in [RCW 11.130.730](#).

A SDMA can be changed or ended by the adult with a disability at any time.

Step by Step

- Choose the supporter(s) you want to help you make decisions.
- Meet to talk about the kinds of decisions and help you want and need.
- Make an Agreement that spells out how you will be supported. Be sure to sign a release of information if you want your supporter(s) to communicate with others on your behalf.
- Sign the SDM Agreement. The agreement must be signed by both you and your supporter(s) in front of two witnesses and/or a notary public.
- Complete and sign: Motion and Order re: Supported Decision Making.
- File the 3 documents (SDMA, Motion to Order and Order) with the Court.

For a SDMA form, click [here](#); and for the Motion (OPA 100) and Order re: Supported Decision Making (OPA 101) forms, click [here](#)



The Arc of King County Legal Decision Making

3. Power of Attorney (POA)

Power of Attorney (POA) is a legal document that gives an identified individual (the **agent**) the right to speak and/or make decisions on behalf of another individual (**principal**) if they are unable to do so for themselves (Click [here](#) for RCW 11.125).

An individual who has an intellectual or developmental disability may adopt a POA so that the agent can make legal decisions on their behalf, however, should the person with disability disagree with the agent or make a different decision than the agent, the person with disability's decision overrides that of the agent. A POA can be either temporary, or be put in place for routine, ongoing support.

Power of Attorney can be used for financial decision making, medical decision making or both. Sometimes a person with a disability may struggle getting to the bank to open a new account or may need assistance communicating with physicians about decisions surrounding medications, therapies, and other medically necessary decisions. For both types of decisions, the agent can assist the person with disability by providing advice and clarification.

The only way to enact a POA is for the person with disability (principal) to grant the authority in writing for someone else (the agent) to act on their behalf. An agent can be granted broad authority through the POA that lasts a lifetime or be limited to a specific legal transaction, such as the sale of property. The rules and requirements for POAs vary from state to state, but it is typically an inexpensive and relatively simple process to complete.

The person with disability should, of course, choose an agent whom they can trust. An agent can be a family member, close friend or even an attorney. The person with disability decides what powers to give their agent through the POA and can revoke the POA at any time, unless they become deemed mentally incapacitated, in which case the POA ceases.

The POA is individualized to represent exactly what the person with disability needs assistance with. A POA requires the signature of the person with disability and can either be signed by a witness that is a non-interested party, or Notary signed. There are numerous POA templates that can be found online.

C

4. Durable Power of Attorney (DPOA):

The Durable Power of Attorney (DPOA) allows the agent to continue acting on behalf of the principal even if they become mentally incapacitated or too ill to make decisions on their own. The person with disability must, however, be 'mentally competent' when they first complete and sign the POA. A POA is a document through which the person with disability gives the agent legal authority to act for them; a DPOA includes language indicating that the power will continue even if the person with disability becomes incapacitated. If the document lacks this kind of language, the POA is not "durable," and it terminates if the principal becomes incapacitated.

The language used in the DPOA document determines the extent of the agent's powers. The document may give powers over financial affairs, healthcare, or both. Financial powers may be



The Arc of King County Legal Decision Making

narrow or broad. A DPOA may be written to take effect immediately or to take effect only when the person becomes incapacitated. DPOAs should include language describing how incapacity will be determined.

DPOAs have many advantages. They are relatively simple and inexpensive to arrange compared to legal guardianships. The agent under the POA/DPOA is a fiduciary, meaning legally required to manage the person with disability's assets in the interest of the principal. POAs/DPOAs can be revoked easily when the principal has the mental capacity to do so. There are numerous DPOA forms that can be found online. For a sample of a DPOA template:

https://www.washingtonlawhelp.org/files/C9D2EA3F-0350-D9AF-ACAE-BF37E9BC9FEA/attachments/392A5117-D581-FCE9-5BF2-E382E46B92AC/9608en_power-of-attorney-documents.pdf

5. **Legal Guardianship:**

Guardianship is a legal proceeding that removes some, or all, of an individual's decision-making rights about where to live and work, her health care decisions, and whether they can marry.

Guardianship can be **LIMITED** (limited authority under the law) or **FULL** (full authority under the law).

If the guardianship is **LIMITED**, it means that the Court grants the authority to make specific decisions identified in a Court order and may be limited in duration.

If the guardianship is **FULL**, it means that the Court authorizes someone to make **ALL** decisions regarding the care, medical decisions and living arrangements of the person with a disability.

A guardian can be a parent, sibling, family member, friend, or professional agency.

Because guardianship places significant restrictions on a person's fundamental rights, there is a rigorous process in place to assess whether guardianship is needed.

What must be shown to establish legal guardianship?

- a. Lack of capacity of the person with disability to make essential health, safety, and self-care decisions.
- b. It is necessary to prevent harm to the disabled person; and
- c. The needs of the disabled person cannot be met by a less restrictive option or protection agreement.

6. **Conservatorship:**

Conservatorship is a legal proceeding that removes some, or all, of an individual's decision-making rights to manage their financial affairs and estate.

Conservatorship can be **LIMITED** (limited authority under the law) or **FULL** (full authority under the law).



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If the conservatorship is **LIMITED**, it means that the Court grants the authority to make specific decisions identified in a Court order and may be limited in duration.

If **FULL** conservatorship, it means that the Court authorizes someone to make **ALL** decisions regarding financial and estate matters.

What must be shown to establish conservatorship?

- a. Lack of capacity of the person with disability to manage their assets and financial affairs.
- b. It is necessary to prevent harm to the disabled person; and
- c. The needs of the disabled person cannot be met by a less restrictive option or protection agreement.

7. Protective Arrangement:

In this option, the Court appoints a person to help with specific tasks, such as approving medical treatment, limiting visits from someone who might harm you, selling property, signing a contract, etc.

It is a less restrictive alternative to guardianship or conservatorship. However, the legal process is practically the same.

For Legal Guardianship/Conservatorship/Protective Arrangement in King County:

- The petition must be filed in the Superior Court of the county where the person with disability resides.
- The Court schedules the hearing (within 60 days).
- The Court appoints a Court Visitor.
- The Court appoints an attorney (for the person with disability).
- If the person's assets are less than \$3,000, the county will pay for the costs of the process, the Court Visitor, and the attorney.
- Lay guardians must complete an online training and then complete the declaration of completion form. The training module and the **Declaration of Completion** form are [here](#)

After guardianship is established, guardians will be required to report to the court every 12, 24, or 36 months.

8. Legal Guardianship for Native American Adults:

For Native American adults, a guardianship proceeding is often brought into tribal court instead of state court. Many Indian Tribes have their own guardianship codes and court requirements. Before deciding whether to file a guardianship involving a Native American person in tribal court or state court, contact the tribe or a lawyer who regularly appears in the tribal court.

Tribal courts may provide a less formal and more culturally sensitive forum for decisions regarding incapacitated tribal members. Tribal court may be the only available forum with a working relationship with the Bureau of Indian Affairs (BIA) or tribal programs delivering BIA services.



The Arc of King County Legal Decision Making

King County Superior Court

- ☐ **King County Courthouse:** 516 3rd Ave, Room W-382, Seattle, WA 98104, (206) 296-9092
King County Courthouse districts are: All of King County north of I90 and including Mercer Island, Bellevue, Issaquah, North Bend, Vashon, and Maury Islands
- ☐ **Maleng Regional Justice Center:** 401 4th Ave, Room 3-D, Kent, WA 98032, (206) 205-2526
The Maleng Regional Justice Center districts are: All of King County south of I90, excluding those assigned to the King County Courthouse area.

Additional Resources:

Contact **The Arc of King County** at 206.829.7053 or ask@arcofkingcounty.org for additional information or questions.

If I think an adult is being abused, neglected, or financially exploited what should I do?

- Call 1-866-ENDHARM to ask for **Adult Protective Services (APS)** to investigate. APS may explore whether to pursue guardianship, other alternatives.

For more information on Guardianship/Conservatorship/Protective Arrangement:

<https://informingfamilies.org/new-washington-adult-guardianship-law/>

Resources to Establish/Maintain Guardianship/Conservatorship/Protective Arrangement:

- **Guardianship/Conservatorship/Protective Arrangement Forms:**
<https://www.courts.wa.gov/forms/?fa=forms.contribute&formID=139>
- **Or contact the Family Law Facilitator:** <https://kingcounty.gov/courts/superior-court/family/facilitator.aspx>

Legal Resources:

- **Northwest Justice Project CLEAR** (income limits apply): <https://nwjustice.org/get-legal-help>
- **King County Bar Association Neighborhood Legal Clinics:** <http://www.kcba.org/For-the-Public/Free-Legal-Assistance/Neighborhood-Legal-Clinics>

Worksheet for Costing Out Expenses of the Person with the Disability

This Person's Income

Government Benefits _____
Employment _____

**TOTAL MONTHLY
INCOME** _____

This Person's Expenses

Housing: Rental _____ Utilities _____ Maintenance _____ Cleaning items _____ Laundry costs _____ Other _____ Care Assistance: Live-in _____ Respite _____ Custodial _____ Other _____ Personal Needs: Haircuts, beauty shop _____ Telephone (basic, TT) _____ Cigarettes _____ Books, magazines, etc. _____ Allowance _____ Other _____ Clothing _____ Employment: Transportation _____ Workshop fees _____ Attendant _____ Training _____ Other _____ Education: Transportation _____ Fees _____ Books, materials _____ Other _____	Special Equipment: Environment control _____ Elevator _____ Repair of equipment _____ Computer _____ Audio books _____ Ramp _____ Guide dog _____ Technical instruction _____ Hearing Aids/Batteries _____ Wheelchair _____ Other _____ Medical/Dental Care: Med/Dental visits _____ Therapy _____ Nursing services _____ Meals of attendants _____ Drugs, medicine, etc. _____ Transportation _____ Other _____ Food: Meals, snacks-home _____ Outside of home _____ Special foods _____ Other _____ Social/Recreational: Sports _____ Special Olympics _____ Spectator sports _____ Vacation _____ TV/VCR or rental _____ Camps _____ Transportation _____ Other _____	Automobile/Van: Payments _____ Gas/Oil/Maintenance _____ Other _____ Insurance: Medical/Dental _____ Burial _____ Automobile/Van _____ Housing/Rental _____ Other _____ Miscellaneous: Other _____ Other _____ Other _____ TOTAL EXPENSES _____ (Subtract) MONTHLY INCOME + GOVERNMENT BENEFITS _____ (Equals) SUPPLEMENTARY NEEDS _____
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Guardianship or Rep Payee Schedule of Nominal Events

Frequency	Action	What	Entity	Date
MONTHLY	Receive	Monthly SSI or SSDI benefit	Social Security	
	Receive	Wage stubs	Employer	
	Receive	Statements of room and board	DSHS	
	Receive	PPR statements	DSHS	
	Receive	HWD statements	HCA	
	Receive	Utility Bills	Public Utilities	
	Receive	Phone/Internet	Communications	
	Pay	Room and Board or Rent	Landlord or AFH	
	Pay	Utilities: water/sewer/garbage/gas/electric	Public Utilities	
	Pay	Cell phone/Internet	Communication company	
	Pay	HWD	Healthcare Authority	
	Pay	PPR	Care Provider or Agency	
	Pay	Fill Orca Purse or automate monthly Access Pass	King County Metro	
	Report	Monthly earnings by 6th	Social Security	
	Monitor	Assets to be sure under \$2000 on the 1st	Social Security	
	Monitor	Monthly earnings for SGA	Social Security	
ANNUALLY				
	Participate	Annual Assessment/CARE assessment	DDA or HCS	
	Receive	Individual Support Plan	DSHS/DDA or HCA	
	Receive	Annual Inspection Housing Authority/ Section 8	Housing Authority	
	Receive	SSA 1099 and W-2s	Social security and employer	
	File	Federal Tax return 1040	IRS	
	File	Representative Payee Report	Social Security	
	File	Eligibility Review for Long Term Care	DSHS/DDA	
	File	SNT 1041 or K-1 as needed	IRS	
	File	Income report for Housing Authority	Housing Authority	

2-7 YEARS	Receive	Court order for next Guardianship cycle (2-3 yrs)	King County Court
	Receive	New Letter of Guardianship (2-3 yrs)	King County Court
	File	Guardianship Report (2-3 yrs)	King County Court
	File	Court order for guardianship fees (2-3 yrs)	King County Court
	File	New letters of Guardianship (2-3 yrs)	DSHS/DDA case manager and long-term care
	File	New letters of Guardianship (2-3 yrs)	Care Provider
	File	SS review every 3-7 years as requested	Social Security
	File		

Table of Useful Acronyms / Terms

ABLE	A Better Life Experience saving plan
AFH	Adult Family Home – Licensed Facility by DSHS – 5 or more residents
The Arc	Non-profit associated with advocacy for people with I/DD
CP	Care Provider
DDA	Developmental Disabilities Administration – Part of DSHS
DSHS	Washington State Department of Social and Health Services
DACB	Disabled Adult Child Benefits- Social Security SSDI benefits when parents are retired or disabled or deceased
HWD	Healthcare for Workers with Disabilities – Medical Insurance Program managed by DSHS; monthly charge.
ISP	Individual Support Plan – Created Annually by DSHS Case Worker
PCP	Personal Care Provider – Monthly payment to CP by DSHS
ORCA	Metro Ride Card – Purse and Permits loaded through website
PPR	Personal Participation Rate – additional payment to CP based on income
RRFP	Metro Regional Reduced Fare Permit
SGA	Substantial Gainful Employment- max income SS allows for SSDI payment
SNT	Special Needs Trust
SSA	Social Security Administration
SSDI	Social Security Disability Insurance
SSI	Supplemental Security Income
WA DD Endowment Trust	Washington State Developmental Disabilities Endowment Trust (A special needs trust for Washington State DD clients)

What documents do I need to save?

Any correspondence from Social Security
Paystubs from wages
Bank Statements
Receipts for items spent on behalf of the person
Current Individual Support Plan
Letters of Guardianship
Current Guardianship papers
Guardianship Reports
Durable Power of Attorney
Tax returns up to six years
Medical records with diagnosis of disability
Neuro psychological evaluations
Last IEP from school
Will
Trust papers
Section 8 papers (?)
Room and Board Contract

Professional Guardian Law and Legal Definition

Professional guardian means an individual, agency, or organization that provides guardianship services to individuals. Professional guardians get paid for their services. They will be reimbursed for out of pocket expenses also. They act at the direction of an entity that receives funding or compensation for services provided as a guardian. Professional guardian may be public or private.

Private Professional Guardians are professionals with experience in the issues related to guardianship. They may possess the desire to positively influence the lives of people who are mentally disabled. The fee prescribed for professional guardianship services must be reasonable and approved by the court when a guardian is appointed.

A guardian is generally paid an amount which is not more than five percent of the ward's yearly income. The amount may vary slightly, but in no case should the guardian's compensation be fixed at less than fifty dollars for a year. If the guardian performs extraordinary services, s/he may file a petition before the court pointing out such extraordinary services. In such cases, the court may, after notice to interested parties and hearing thereon, authorize reasonable additional compensation. Such additional compensation shall be payable from the estate of the ward.

Professional guardian is not a caregiver. The duties of a guardian, generally speaking, are to oversee the welfare and safety of the person under guardianship, and to attend to the needs of the individual, using his or her assets wisely. A guardian has a legal duty, called a "fiduciary duty", to act in the best interests of the individual.

To become a Certified Professional Guardian an individual must complete the following:
(courts.wa.gov/guardianportal/index.cfm?a=gardianportal:cpg&content=indcert)

1. Complete the online application.
2. Pay an application fee.
3. Submit an Authorization and Release Form.
4. Submit fingerprints for a criminal background check.
5. Request official transcripts from every college or university attended.
6. Provide proof of each relevant professional license or certification currently held.
7. Submit a detailed credit report with a Fair Isaac Corporation (FICO) score.
8. If an individual has declared bankruptcy in the seven years prior to his or her application, the applicant must provide copies of relevant documents.
9. Submit a sworn statement the he or she has read and agrees to abide by the continuing disclosure requirements of GR 23 and all other requirements imposed by rule or statute for CPGs.
10. Complete the University of Washington Guardianship Certificate Program.
11. Pay the Initial Certification Fee.

Professional Guardian Agencies

Guardian search form- Washington Courts
<https://www.courts.wa.gov/guardianportal/>

Able Guardianship Service
<http://ableguardianship.com/>
(360) 515-9020

Bridge Ministries
<http://bridgemin.org/guardianship-services/>
(425) 885-1006

Darrin Guardianship Services (Geriatric)
<http://darringuardianshipservices.com/guardianship/>
(425) 277-6009

Guardianship Services of Seattle
<http://www.trustguard.org/>
(206) 284-6225

Ohana Fiduciary Corporation
<http://www.ohanafc.com/>
(206) 782-1189

Share & Care House
<https://shareandcarehouse.org/>
(253) 841-8886
(253) 564-4194
(206) 764-4849

Representative Payee Resources

A representative payee is a person or an organization. We appoint a payee to receive the Social Security or SSI benefits for anyone who can't manage or direct the management of his or her benefits. A payee's main duties are to use the benefits to pay for the current and future needs of the beneficiary, and properly save any benefits not needed to meet current needs. A payee must also keep records of expenses. When we request a report, a payee must provide an accounting to us of how he or she used or saved the benefits.

NOTE

Being an authorized representative, having power of attorney, or a joint bank account with the beneficiary is not the same as being a payee. These arrangements do not give legal authority to negotiate and manage a beneficiary's Social Security and/or SSI benefits. In order to be a payee, you must apply for and be appointed by Social Security.

Carter Payee Services-

<https://carter-payee.com/>

206.575.2220

CrissCross Representative Payee-

<https://crisscross.org/>

866-380-9708

Propel Support Services-

<http://www.propelsupportservices.com/>

13036 SE Kent-Kangley Rd.

Suite 438

Covington, WA 98030

206.947.4288

Share and Care House-

<https://shareandcarehouse.org/representative-payee>

11460 First Ave South, Seattle, WA 98168

206-764-4849

Payee: Mon, Wed, Fri 11a-3p

Sound Waves Payee-

<https://www.soundwavespayee.org/>

PO Box 22492

Seattle, WA 98122

206.607.9907



FINANCIAL PLANNING

For people with intellectual & developmental disabilities

**This document is not legal advice. Please discuss your individual situation with an attorney.
Contact The Arc of King County at 206.829.7053 or ask@arcofkingcounty.org with questions.**

When you, or your loved one with a disability, receives public benefits, financial planning is crucial! Currently in Washington state, there are three major financial planning options for people with Intellectual and Developmental Disabilities (I/DD) that can help to protect public benefits like Social Security and Medicaid. The following document will first explain the purpose of establishing a will and second outline Special Needs Trusts (including the Developmental Disabilities Endowment Trust Fund) and ABE accounts that can be established for your loved one with I/DD. It is important to remember that you can use one or all of these tools for you or your loved one's future.

Wills and Trusts Overview

A Will is the legal document that controls the distribution of your property at death and serves several important purposes. In Washington, if a parent dies without a Will and is survived only by their children, the parent's estate will be divided equally among those children. For individuals with disabilities, the direct inheritance of money may disqualify them from Supplemental Security Income (SSI), or needed Medicaid services, like housing, job coaches, and other benefits. While this problem can often be fixed after a parent dies, it is a cumbersome process and people may be disqualified from benefits until the problem is remedied. Parents of children or adults with disabilities should therefore have a Will which directs all monies into a Special Needs Trust (SNT). A SNT can provide funds for items not covered by government benefits such as clothes, vacations, and gifts. Proper language in a SNT is critically important and an attorney familiar with SNTs should be consulted.

When setting up your Will with a SNT, you can select the Trustees to handle funds inherited by minor children and adults with disabilities. When a person with a disability inherits money, it may leave that individual vulnerable to exploitation; a trust with a chosen Trustee helps safeguard this vulnerability. The choice of a Trustee is very important because this is the person who manages the assets of the trust and decides when distributions should be made for the beneficiary with disabilities. Without a will, the parent will have had no say in who this Trustee is. Because the trust may continue for many years, it is good to select a Trustee who understands the Beneficiary's needs and who is roughly the same age as the Beneficiary. A professional Trustee may be chosen if the estate is large or if there are no family members that are able to serve as Trustee. The Developmental Disabilities Endowment Fund is a SNT operated by the State of Washington, and another option to consider, particularly for families who cannot think of someone who is trustworthy and knowledgeable enough to serve as Trustee. The Trustee must be very careful in making disbursements from the trust for the benefit of the beneficiary so as not to jeopardize eligibility for SSI and Medicaid. Increasingly, Social Security reviews the administration of SNTs to determine whether the beneficiary continues to qualify for SSI and Medicaid. If a Will with a SNT is created, it is important to change bank accounts, life insurance policies, and retirement benefit beneficiary designations to specify the trust as the Beneficiary for the portion of funds left to the person with disabilities.

While some SNTs are used for bequests in Wills, other SNTs can be set up immediately. Relatives and friends who may consider naming your child with a disability in their Wills should be advised that such a bequest must be done properly to avoid disqualification of benefits. Any such bequest should be made to a SNT, *not the individual*. If you know that someone is planning such a gift, you can set up a SNT right now, of which you could be the Trustee while you are alive. In addition, people with disabilities can save funds more than Medicaid asset limits by setting up a SNT to protect their wages or settlements. The trust can purchase a condo, a house, a specialized vehicle, or other things that a person wishes to save money to buy.

Overview originally drafted by Thompson & Howle, Attorneys at Law. Later revised by attorney Larry A Jones and most recently by attorney Karen M Thompson.

Frequently Asked Questions & Answers About Wills and SNTs

What is a Special Needs Trust?

A Special Needs Trust (SNT) provides a way for a person with a disability to receive financial support while remaining eligible for federal benefits such as Supplemental Security Income (SSI) and Medicaid. Almost all Developmental Disability Administration (DDA) services are reliant on Medicaid funding. There are set resource limits that the SSI recipient's assets need to stay below to maintain their benefit status. If assets go above the resource limit the recipient will lose those government benefits. For a single adult, the resource limit is \$2,000. For a married couple, it is \$3,000. If the money is properly distributed directly to the SNT, then the Beneficiary will be able to access the assets owned by the trust, without losing their benefits.

Who can contribute to a trust?

Person with a disability:

Self-Settled Trust (aka First Party Trust): a person with a disability (Beneficiary) is contributing his or her own assets into the trust. There is a "Medicaid payback provision".

Family member or friend:

Third Party Trust: Anyone but the Beneficiary may contribute to and establish a trust for a person with a disability. The Beneficiary cannot be the one to administer the trust; it needs to be established by a third party. There is no "Medicaid payback provision".

What is Medicaid Payback Provision?

Any funds left in the self-settled trust after the Beneficiary passes away must be used to pay back the government for Medicaid benefits that the beneficiary had received. This is sometimes referred to as Medicaid Recovery.

What are the options to establish a SNT?

Developmental Disability Endowment Trust Fund (DDEFT): Is an option available to clients of the Developmental Disabilities Administration (DDA), see further into this document for more details.

Private Special Needs Trusts: An individual may be the Beneficiary of more than one type of SNT. The self-settled aka first party SNT must be established and funded before the Beneficiary is age 65. A third party SNT has no age limit for funding. A private SNT can be established as a first party or third party SNT. The Trustee can be a family member or an organization of your choosing. Unless a family member is the Trustee there are Trustee fees associated with that service. An attorney will

draft the private SNT. It is important to ensure your attorney is knowledgeable on the Medicaid and SSI rules regarding SNTs. The cost of an attorney varies, when speaking with attorneys ask about their flat fees to set up a SNT.

How do I include a SNT into my Will?

There are two ways to direct your inheritance to a SNT in your Will.

- 1) **Provision to establish Third Party Special Needs Trust:** You may leave direction in your Will to establish a third party SNT starting immediately upon your death. This can be edited or revoked prior to death and nobody else can contribute.
- 2) **A stand-alone Third Party Special Needs Trust:** when a Will directs inheritance to a third party SNT that is already established. If you believe that other family members or loved ones are planning to leave money inform them about the SNT.

Is it easier to leave my inheritance to someone else who understands my wishes and uses the money to meet the beneficiary's needs?

It may seem easier but ultimately it is a safer option to establish a SNT. For example, if the person you leave the money to is in an accident and is liable to pay for damages, is sued, files bankruptcy, or goes through a divorce the inheritance intended for the family member with a disability is not protected. There are no legal ramifications for siblings abiding by the wishes of the parent to distribute the funds for the person with a disability.

What if I am not a DDA client but want to participate in a pooled trust?

Contact The Arc of King County for updated SNT resources.

How should I ensure the trust funds are being used in the Beneficiary's best interest?

- Choose the Trustee wisely, they make decisions regarding the trust.
- Include a Trust Protector, or someone to oversee the interest of the Beneficiary, within the drafting of the trust. The Trust Protector can be a friend or family member that provides checks and balances of the trust. The Trustee needs approval from the Trust Protector to distribute funds.
- Include a Letter of Intent within the trust, a detailed description of the individual's needs and what the trust should be used for to assist the trustee.
- When a person agrees to become a Trustee, that person assumes a fiduciary duty, which means they are required to act in the best interest of the trust Beneficiary, not in the Trustee's own self-interest. A Trustee can be sued for violating their fiduciary duty. To report suspected financial exploitation, call 1-866-END-HARM

Special Needs Trust Resources

The Arc of King County - www.arcofkingcounty.org, 206.829.7053, ask@arcofkingcounty.org.

Special Needs Trust Resource Guide: <https://arcofkingcounty.org/resource-guide/legal/special-needs-trusts-wills.html>

Disability Rights of Washington - <https://www.disabilityrightswa.org/>, 206-324-1521, info@dr-wa.org

NOLO Law for All

How to leave property to a special needs trust:

<http://www.nolo.com/legal-encyclopedia/how-leave-property-special-needs-trust.html>

Choosing a trustee for a special needs trust:

<http://www.nolo.com/legal-encyclopedia/choosing-trustee-special-needs-trust.html>

When should you consider a pooled trust?:

<https://www.specialneedsalliance.org/blog/when-should-you-consider-a-pooled-trust/#:~:text=There%20are%20usually%20enrollment%20and,a%20family%27s%20special%20needs%20planning.>

Book: Special Needs Trusts: Protect Your Child's Financial Future (10th Edition)

Authors: Attorneys Kevin Urbatsch & Jessica Farinas Jones

This book is located in King County Seattle Public Library System

Book: Special Needs Trust Administration Manual: A Guide for Trustees (2005 edition)

Authors: Barbara D Jackins, Richard S. Blank, Ken W. Shulman, Peter M. Macy, & Harriet H. Onello

The Developmental Disabilities Endowment Trust Fund (DDEFT)

Establishing a private SNT is not the only financial planning option families have for their loved one's future. The Developmental Disabilities Endowment Trust Fund (DDEFT), formerly called the Developmental Disabilities Life Opportunities Trust (DDLOT) is a pooled trust that enables families or individuals to open first or third party SNTs with a minimal cost.

The DDEFT can be used to pay for things like education, transportation, vacations, personal care support, clothing, and more. The Trust cannot pay for expenses such as housing/shelter costs (like rent, heat, water, etc.) or food. These costs should be paid through Social Security such as SSI.

To be eligible for the DDEFT first or third party SNT the individual with a disability must:

- (1) be under the age of 65 at the time of enrollment
- (2) reside in Washington State
- (3) meet the state definition of developmental disability as determined by a representative of the Washington State Developmental Disabilities Administration (DDA). In this definition, the developmental disability must have occurred before the age of 18.
- (4) Additionally, for first-party SNTs, the trust must be irrevocable and funded with the beneficiary's own assets.

Depending on the type of trust set up, the savings in a DDEFT may be subject to Medicaid payback. There is no payback required in a Third-Party trust; however, Medicaid/Medical Assistance Recovery will occur in a self-settled First Party trust.

Contribution to the trust can occur until the individual turns 65 years old. An attorney is not required to set up this trust. The state offers some incentives in the form of state matching funds on fees. The DDEFT has selected The Arc of Washington State to act as the Trust Manager. For up-to-date information regarding the DDEFT, refer to this website: ddetf.wa.gov/ or call 1-888-754-8798 EXT 1.

If you are unsure whether the DDEFT or a private trust is best for you or your loved one, consult with both DDEFT and an attorney familiar with the DDEFT and private SNTs to discuss your circumstances.

The Washington State ABLE Savings Plan (ABLE Accounts)

The Washington State ABLE Savings Plan (also known as ABLE Accounts) is form of 529 Account Tax Favored Qualified ABLE program in IRS code. In other words, it is a savings plan for people with Financial Planning

Updated 5/14/2025

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disabilities who receive Supplemental Security Income (SSI) benefits or Social Security Disability Insurance (SSDI). An ABLE Account can be used by people with disabilities to save money for qualified expenses without having their savings impact their eligibility for Social Security and Medicaid. Qualified expenses include: basic living expenses, housing, transportation, education, assistive technology, employment training, personal support services, legal fees, health and wellness.

There are different reasons why a family or individual would open an ABLE savings account in addition to, or instead of, a Special Needs Trust. One of the major advantages offered through an ABLE account is the ability to use funds for housing related expenses, which you cannot do with a Special Needs Trust.

To be eligible for an ABLE Account, the individual with a disability must: receive SSI or SSDI OR have their licensed physician sign a document ([sample disability certificate](#)) including the diagnosis and stating that they have "marked and severe" functional limitations which began before age 26. have documentation that the disability or condition occurred / existed before the age of 26

Savings will be available on a prepaid debit card that can be used anywhere a MasterCard can be used (cannot be used at an ATM). There are three different investment options: conservative, moderate and aggressive. It is important to note that savings in an ABLE Account are subject to Medicaid payback, after the person with disability passes away. For up-to-date information on investments and costs, see the Washington State ABLE Savings Plan website: www.washingtonstateable.com or call 1-844-600-2253

If you have general questions about ABLE Accounts, please contact the Arc of King County. For questions specific to you and your loved one's finances, contact a financial planner or a private attorney.

The Do's and Don'ts of Planning for Your Grandchildren with Special Needs

Grandparents want the best for their children and grandchildren

They often give gifts while alive or make provisions for their loved ones after they are deceased. Grandparents who are in a position to leave money to grandchildren often want to do something for their grandchild(ren) who have disabilities. They often worry that they may need additional assets or assistance to lead a quality life. Grandparents are sometimes told not to leave their grandchild(ren) with disabilities anything because the grandchild(ren) may lose government benefits. People are often confused as to what to do or not to do.

Grandparents can leave money to their grandchild(ren) with special needs. There are very special ways to do it! Money must be left in such a way so that government benefits are not lost. Assets more than \$2,000 will cause the loss of certain government benefits for a person with a disability.

Money should not be left to the grandchild directly but should be left to a special needs trust. The special needs trust was developed to manage resources while maintaining the individual's eligibility for government benefits. The trust is maintained by a trustee on behalf of the person with special needs. The trustee has discretion to manage the money in the trust and decides how the money is used. The money must be used for supplemental purposes only. It should only supplement, or add to benefits (food, shelter or clothing) that the government already provides through Supplementary Security Income (SSI). It must not supplant or replace government benefits. If properly structured by a knowledgeable special needs attorney, the special needs trust assets will not count towards the \$2,000 SSI limits for an individual.

Brief Summary of Do's and Don'ts!

Do's:

- 1) Make provisions for your grandchild(ren) with special needs. Leave money to their special needs trust. The special needs trust is the only way to leave money without losing government benefits.
- 2) Coordinate all planning with the child's parents or other relatives. Notify the caregivers when you plan for grandchild(ren). Plan with others.

The Do's and Don'ts of Planning for Your Grandchildren with Special Needs

3) Leave life insurance, survivorship whole life policies and annuities to the individual's special needs trust. The special needs trust can be named as the policy beneficiary. When the insured or annuitant dies, the death benefit is paid to the special needs trust. The special needs trust then has a lump sum of money to be used in caring for the grandchild(ren).

4) Consult with trained financial and legal professionals with expertise in special needs estate planning.

Don'ts:

1) Do not disinherit your grandchild(ren) who have a disability. Money can be now left to a properly drawn special needs trust. It does not make sense to disinherit these grandchild(ren).

2) Don't give money to your grandchild(ren) with a disability under UGMA or UTMA (Uniform Gift or Transfer to Minors Act). Money automatically belongs to the child(ren) upon reaching legal age. Government benefits can be lost!

3) Don't leave money to a grandchild with special needs through a will. Money left will be a countable asset of the individual - and may cause the loss of government benefits.

4) Don't leave money to a poorly set up trust. Money left in an improperly drafted trust can result in the loss of government benefits.

5) Do not leave money to relatives to "keep or hold" for the individual with special needs. The money can be attached to a lawsuit, divorce, liability claim or other judgment against the relative.

<http://www.metlife.com/specialneeds%20or%20call%201-877-638-3375>



LEGAL SUPPORT RESOURCE LIST

For people with intellectual & developmental disabilities

Disclaimer: The decision to retain an attorney is a very personal one, and an important one – a decision you must make carefully based on your own judgment and evaluation of that attorney. We strongly recommend you contact more than one attorney and interview each of them carefully to be sure they feel “right” for your legal and financial situation before making any decisions about who should represent you.

This information is only one source of information among many sources that may be available to identify and locate an attorney (or other legal services) for disability-related legal matters. This information is simply available to help guide you and intended to provide **general** information for people seeking legal counsel and advice in King County about disability-related issues. It is not meant to be comprehensive. The Arc of King County does not verify, match, validate, approve or confirm the services that each of the attorneys provides nor does it guarantee, endorse, or warranty (express or implied) the legal ability, competence, quality or reliability of any individual attorney, law firm, or legal services provided on these pages. We will attempt to keep a list of attorneys up-to-date as frequently as possible, but we may not be aware of or know about every attorney, law firm, or legal service that can assist you with a disability law-related issue. We will not refer you to a specific attorney or service nor will we provide any sensitive or confidential information provided to us by you to any attorney or service – this is your sole responsibility.

Questions? Contact The Arc of King County at 206.829.7053 or ask@arcofkingcounty.org.

Attorneys listed below represent individuals/families with the following disability-related legal services:

- Free and Low-Cost Legal Services
- Legal Guardianship
- Estate Planning including Wills and Trusts
- Social Security Appeals
- Vulnerable Adult Protection Orders, Abuse, and Neglect
- Special Education
- Immigration
- Discrimination Law
- Family Law

FREE AND LOW-COST LEGAL SERVICES	
NEIGHBORHOOD LEGAL CLINICS <i>Provide 30 minutes consultations with an attorney. Available at 34 locations throughout King County. Attorney will: provide legal advice for civil legal issues, help answer papers, summons and requests, and provide referral and resource information.</i> http://www.kcba.org/pbs/NLC.aspx To Access: Call (206) 267-7070 Tuesday - Thursday from 9:00 AM - 12:00 PM	NORTHWEST IMMIGRANT RIGHTS PROJECT <i>For low-income immigrants, refugees, and asylum seekers seeking legal representation.</i> https://www.nwirp.org/ To Access: Call (800) 445-5771 on Monday - Friday from 9:30 AM - 12:00 PM and 1:00 PM - 4:00 PM
DISABILITY RIGHTS WASHINGTON <i>Provides general information about legal rights, strategies about how to become a stronger self-advocate, community education and training, and legal services for disability rights violations.</i> http://www.disabilityrightswa.org/ To Access: Call (206) 324-1521 or in WA State (800) 562-2702 Monday - Friday 9:00 AM -12:00 PM and 1:00 PM - 4:00 PM	SEATTLE COMMUNITY LAW CENTER <i>Helps people who are already receiving SSI or SSDI when they have a problem with their benefits; also helps people who are homeless and applying for Social Security benefits</i> http://seattlecommmlaw.org/ To Access: Call (206) 686-7252 on Monday - Friday between 9:00 AM - 5:00 PM
N.W. JUSTICE PROJECT <i>Provides civil legal assistance and representation to low-income families and individuals.</i> www.nwjustice.org To Access: - Referral through 2-1-1 - Referral through Neighborhood Legal Clinics - CLEAR Line: Call 1-888-201-1014 Monday - Friday from 9:15 AM - 12:15 PM	COLOMBIA LEGAL SERVICES <i>Advocates and provides civil legal aid to marginalized people in community.</i> http://www.columbi legal.org/ To Access: - Referral through 2-1-1 - Referral through Neighborhood Legal Clinics.
WASHINGTON LAW HELP <i>A guide to free civil legal information and materials for individuals to solve legal problems. Includes, in some cases, detailed instructions and forms to help you represent yourself in court.</i> http://www.washingtonlawhelp.org/	

ATTORNEYS WHO ASSIST WITH GUARDIANSHIP	
For more information and resources regarding guardianship, please see The Arc of King County's Guardianship Resource Page: http://www.arcofkingcounty.org/index.php/what-we-offer/resource-guide/search-by/sub-category?value=Guardianship	
SEATTLE	
DELERANKO, Florence 601 Union Street, Suite 3232 Seattle, WA 98101 Phone: (206) 682-8400 Website: http://thompsonhowle.com/	NICOLAISEN, Andrea 7010 35th Avenue NE Seattle, WA 98115 Phone: (206) 523-0442 Email: andreanicolaisen@comcast.net
BROTHERS & HENDERSON, P.S. 2722 Eastlake Avenue E Seattle, WA 98102 Phone: (206) 324-4300 Website: http://www.brothershenderson.com/	RIDGWAY, Sheila C 701 5th Avenue Suite 4640 Seattle, WA 98104 Phone: (206) 855-6420 Website: http://www.ridgwaylawgroup.com/
ELLENBOGEN, Helene 11320 Roosevelt Way NE Seattle, WA 98125 Phone: (206) 223-5500 Website: http://www.familylawofseattle.com	REDINGER, Denise 1200 Westlake Avenue N Seattle, WA 98109 Phone: (206) 774-0900 Website: http://www.redingerlaw.com/
SARLES, Neil R. 3418 NE 65th Street, Suite A Seattle, WA 98115 Phone: (206) 682-1771 Website: http://www.neilsarles.com/	Jones & Ibrahim, PLLC 16025 NE 85th St. Suite 103 Redmond, Washington 98052 Phone: (206) 405-3240 Website: https://www.seattledisabilitylaw.com
TARUTIS LAW. Northgate Office Building 9750 Third Avenue NE, Suite 375 Seattle, WA 98115 Phone: (206) 223-1515 Website: https://www.tarutislaw.com/	Reed Longyear Malnati Ahrens, PLLC 801 Second Avenue Suite 1415 Seattle, WA 98104 Phone: (206) 624-6271 Email: info@reedlongyearlaw.com Website: http://reedlongyearlaw.com/
Lauri L. Nelson, JD Seattle, WA Phone: 206-717-4793 Email: lauri@LauriLNelsonLaw.com Website: www.LauriLNelsonLaw.com	

SOUTH KING COUNTY	
DEMARCO, Frank SCHISEL, Julie 860 SW 143rd Street Burien, WA 98166 Phone: (206) 242-9876 Website: http://www.isand.com/	McDANIEL, Beth 272 Hardie Avenue SW Renton, WA 98057 Phone: (425) 251-8880 Website: http://www.bethmcdaniel.com/
EAST KING COUNTY	VASHON ISLAND
McDANIEL, Beth 2370 130th Avenue NE Suite 103 Bellevue, WA 98005 Phone: (425) 251-8880 Website: http://www.bethmcdaniel.com/	KNUDSON, Jon 17232 Vashon Hwy SW Vashon, WA 98070 Phone: (206) 463-6711 Email: jonknudsonlaw@gmail.com Website: http://www.lawofficesjonwknudson.com/
King County Superior Court Family Law Facilitators	
<i>Family Law Facilitators will review completed guardianship forms before you submit them to the court. They will NOT give direction or advice on how to complete the forms, however they WILL verify that the forms are complete. Fee of \$30 may be waived if person seeking guardianship is low-income. Office is located inside the courthouse.</i> Walk-in hours: Monday - Friday: 9:30 AM - 12:00 noon; Wednesday - Friday from 2:15 PM-4:00 PM http://www.kingcounty.gov/courts/superior-court/family/facilitator.aspx Seattle Office: 516 Third Avenue Room W-382, Seattle, WA 98104 Phone: (206) 477-2553 Kent Office: 401 Fourth Avenue N. Room 3-D, Kent, WA 98032 Phone: (206) 477-2781	

ATTORNEYS WHO ASSIST WITH ESTATE PLANNING including WILLS and TRUSTS	
For more information about Estate Planning please refer to our Special Needs Trust Guide: http://www.arcofkingcounty.org/images/ResourceGuide/TheArcofKingCountySpecialNeedsTrustPacket.pdf	
SEATTLE	
DELERANKO, Florence 601 Union Street, Suite 3232 Seattle, WA 98101 Phone: (206) 682-8400 Website: http://thompsonhowle.com/	Reed Longyear Malnati Ahrens, PLLC 801 Second Avenue Suite 1415 Seattle, WA 98104 Phone: (206) 624-6271 Email: info@reedlongyearlaw.com Website: http://reedlongyearlaw.com/
SARLES, Neil R. 3418 NE 65th Street, Suite A Seattle, WA 98115 Phone: (206) 682-1771 Website: http://www.neilsarles.com/	RIDGWAY, Sheila C 701 5th Avenue Suite 4640 Seattle, WA 98104 Phone: (206) 855-6420 Website: http://www.ridgwaylawgroup.com/
TARUTIS LAW. Northgate Office Building 9750 Third Avenue NE, Suite 375 Seattle, WA 98115 Phone: (206) 223-1515 Website: https://www.tarutislaw.com/	REDINGER, Denise 1200 Westlake Avenue N Seattle, WA 98109 Phone: (206) 774-0900 Website: http://www.redingerlaw.com/
Jones & Ibrahim, PLLC 16025 NE 85th St. Suite 103 Redmond, Washington 98052 Phone: (206) 405-3240 Website: https://www.seattledisabilitylaw.com	BROTHERS & HENDERSON, P.S. 2722 Eastlake Avenue E Seattle, WA 98102 Phone: (206) 324-4300 Website: http://www.brothershenderson.com/
ELLENBOGEN, Helene 11320 Roosevelt Way NE Seattle, WA 98125 Phone: (206) 223-5500 Website: http://www.familylawofseattle.com	VANCE, Mary Anne 801 Second Avenue Suite 1415 Seattle, WA 98104 Phone: (206) 624-6271 Website: http://www.vancelaw.com/
ZOTTMAN, Diana M. Gateway II 915 118th Avenue SE, Suite 360 Bellevue, WA 98005 Email: diana@three60law.com Phone: (425) 289-5360 Website: www.three60law.com	

SOUTH KING COUNTY	
KELLOGG, Dan 555 West Smith St. Kent, WA 98032 Phone: (425) 227-8700 Website: http://www.dankellogg.com	TRACY, David 108 Wells Avenue. S Renton, WA 98057 Phone: (425) 277-0977 Website: http://www.lawofficeofdavidtracy.com/
DEMARCO, Frank SCHISEL, Julie 860 SW 143rd Street Burien, WA 98166 Phone: (206) 242-9876 Website: http://www.lsand.com/	McDANIEL, Beth 272 Hardie Avenue SW Renton, WA 98057 Phone: (425) 251-8880 Website: http://www.bethmcdaniel.com/
REHBERG LAW GROUP 18000 International Blvd (Pacific Hwy S./Hwy 99), Suite 550, SeaTac, WA 98188 Phone: (206) 246-8772, 1-877-246-8772 Website: http://rehberglaw.com/	
EAST KING COUNTY	
McDANIEL, Beth 2370 130th Avenue NE Suite 103 Bellevue, WA 98005 Phone: (425) 251-8880 Website: http://www.bethmcdaniel.com/	REHBERG LAW GROUP 1400 112th Avenue Southeast, Suite 100 Bellevue, WA 98004 Phone: (206) 246-8772, 1-877-246-8772 Website: http://rehberglaw.com/
CLARK, Lyle M., Jr 40 Lake Bellevue, Suite 100 Bellevue WA 98005 Phone: (425) 452-3092 Email: lyle@lmclarkattorney.com	
VASHON ISLAND	
KNUDSON, Jon 17232 Vashon Hwy SW Vashon, WA 98070 Phone: (206) 463-6711 Email: jonknudsonlaw@gmail.com Website: http://www.lawofficesjonwknudson.com/	

ATTORNEYS WHO ASSIST WITH SOCIAL SECURITY APPEALS

SEATTLE	
Reed Longyear Malnati Ahrens, PLLC 801 Second Avenue Suite 1415 Seattle, WA 98104 Phone: (206) 624-6271 Email: info@reedlongyearlaw.com	CHIHAK AND ASSOCIATES 506 2nd Avenue, Suite 1400 Seattle, WA 98104 Phone: (206) 838-3320 Website: http://wadisability.com/

Developed by The Arc of King County Information and Family Support Team.

Updated 3/17/2020

Website: http://reedlongyearlaw.com/ GUSTAD LAW GROUP 13510 Aurora Avenue N. Suite C-1 Seattle, WA 98133 Phone: (206) 533-2222 Website: http://www.gustadlaw.com/	Douglas Drachler McKee & Gilbrough, LLP 1904 Third Avenue, Suite 1030 Seattle, WA 98101 Phone: (888) 214-3657 Website: http://www.ddmgseattle.com/amy-gilbrough/
BROTHERS & HENDERSON, P.S. 2722 Eastlake Avenue E Seattle, WA 98102 Phone: (206) 324-4300 Website: http://www.brothershenderson.com/	Jones & Ibrahim, PLLC 16025 NE 85th St. Suite 103 Redmond, Washington 98052 Phone: (206) 405-3240 Website: https://www.seattledisabilitylaw.com
CALBOM AND SCHWAB 800 5th Avenue #4100 Seattle, WA 98104 Phone: 1(886) 971-4203 Website: http://www.calbomschwab.com/	SCHROETER GOLDMARK & BENDER 810 Third Avenue, Suite 500 Seattle, Washington 98104 Phone: (206) 622-8000 or 1-800-809-2234 Website: http://sgb-law.com/
DAVID OLIVER AND ASSOCIATES 1001 4th Avenue Plaza Suite 3200 Seattle, WA 98154 Phone: (206) 971-5385 Website: http://www.sslawyer.org/ Email: info@sslawyer.org	SKI, Andrea 1800 9th Avenue #1630 Seattle, WA 98101 Phone: (206) 724-0011
THE WALTHER LAW FIRM 3000 1st Avenue Seattle, WA 98121 Phone: (206) 483-0433 Website: http://www.walthew.com/	WIN, Tha 606 Maynard Avenue S Seattle, WA 98104 Phone: (206) 903-0289 Email: tha@thawinlaw.com
SOUTH KING COUNTY	
LEONARD MOEN & ASSOCIATES 403 SW 41st St, Renton, WA 98057 Phone: (425) 227-4260 Website: http://www.leonardmoen.com/	KIMBALL, Ruth 535 Evergreen Building 15 South Grady Way Renton, WA 98057 Phone: (425) 271-4437 Website: http://www.kimball-law.com/
EAST KING COUNTY	
KOPLIN, Joseph 1800 112th Avenue NE, Suite 300E Bellevue, Washington 98004 Phone: (425) 641-6000 Website: http://www.moschettokoplin.com	CLARK, Lyle M., Jr 40 Lake Bellevue, Suite 100 Bellevue WA 98005 Phone: (425) 452-3092 Email: lyle@lmclarkattorney.com

ATTORNEYS WHO ASSIST WITH VULNERABLE ADULT PROTECTION ORDER; ABUSE/NEGLECT	
HOWLE, Suzanne 601 Union St., Suite 3232 Seattle, WA 98101 Phone: (206) 682-8400 Website: http://thompsonhowle.com/	REDINGER, Denise 1200 Westlake Avenue N Seattle, WA 98109 Phone: (206) 774-0900 Website: http://www.redingerlaw.com/
RIDGWAY, Sheila C 701 5th Avenue Suite 4640 Seattle, WA 98104 Phone: (206) 855-6420 Website: http://www.ridgwaylawgroup.com/	SCHROETER GOLDMARK & BENDER 810 Third Avenue, Suite 500 Seattle, Washington 98104 Phone: (206) 622-8000 or 1-800-809-2234 Website: http://sgb-law.com/
ATTORNEYS WHO ASSIST WITH SPECIAL EDUCATION	
For more information and resources, please see The Arc of King County's Special Education Resource Page: http://arcofkingcounty.org/what-we-offer/resource-guide/special-education	
BROTHERS & HENDERSON, P.S. 2722 Eastlake Avenue E Seattle, WA 98102 Phone: (206) 324-4300 Website: http://www.brothershenderson.com/	CASSIDY, Charlotte 810 Third Avenue, Suite 500, Seattle, Washington 98104 Phone: (206) 452-5665 Website: https://cassadylaw.org/
GEORGE, Katherine 2101 4 th Ave., Suite 860 Seattle, WA 98121 Phone: 206-832-1820 Website: https://johnstongeforge.com/ Email: kathy@johnstongeforge.com	Jones & Ibrahim, PLLC 16025 NE 85th St. Suite 103 Redmond, Washington 98052 Phone: (206) 405-3240 Website: https://www.seattledisabilitylaw.com
POWERS, Howard Phone: (206) 324-6287 Email: hcpow@msn.com Website: http://www.hpowerslaw.com/	
For more attorneys who specialize in Special Education law, please refer to Office of Superintendent of Public Instruction's list: http://www.k12.wa.us/SpecialEd/pubdocs/legal_referral_list.pdf	
ATTORNEYS WHO ASSIST WITH IMMIGRATION	
GAIRSON LAW, LLC 4606 Martin Luther King Jr Way S Seattle, Washington 98108 Phone: (206) 357-4218 Website: https://www.gairson.com/	MANUEL RIOS, RIOS & CRUZ, P.S. 811 First Avenue, Suite 340 Seattle, WA 98104 Phone: (206) 749-5600 Website: https://www.riosimmdefense.com/
PAUL CHOQUETTE, CHOQUETTE LAW GROUP 121 Lakeside Avenue #100B Seattle, WA 98122	EMILY REBER-MARINIELLO, ERM IMMIGRATION LAW 105 14 th Avenue, Suite 110 Seattle, WA 98122

Phone: 206- 565-0142 Website: https://www.choquettelaw.com/	Phone: (206)-832-2557 Website: http://www.ermimmigrationlaw.com/
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ATTORNEYS WHO ASSIST WITH DISCRIMINATION LAW

(I.E. EMPLOYMENT, HOUSING, ETC.)

REDINGER, Denise 1200 Westlake Avenue N Seattle, WA 98109 Phone: (206) 774-0900 Website: http://www.redingerlaw.com/	IMPACT LAW GROUP Puget Sound Plaza 1325 Fourth Avenue Suite 1400 Seattle, WA 98101 Phone: (206) 792-5230 Website: http://impactlawgroup.com/
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ATTORNEYS WHO ASSIST WITH FAMILY LAW

(WITH AWARENESS FOR DISABILITY ISSUES)

ELLENBOGEN, Helene 11320 Roosevelt Way NE Seattle, WA 98125 Phone: (206) 223-5500 Website: http://www.familylawofseattle.com	CLARK, Lyle M., Jr 40 Lake Bellevue, Suite 100 Bellevue WA 98005 Phone: (425) 452-3092 Email: lyle@lmclarkattorney.com
NICOLAISEN, Andrea 7010 35th Avenue NE Seattle, WA 98115 Phone: (206) 523-0442 Email: andreanicolaisen@comcast.net	KNUDSON, Jon 17232 Vashon Hwy SW Vashon, WA 98070 Phone: (206) 463-6711 Email: jonknudsonlaw@gmail.com Website: http://www.lawofficesjonwknudson.com/
REDINGER, Denise 1200 Westlake Avenue N Seattle, WA 98109 Phone: (206) 774-0900 Website: http://www.redingerlaw.com/	KIMBALL, Ruth 535 Evergreen Building 15 South Grady Way Renton, WA 98057 Phone: (425) 271-4437 Website: http://www.kimball-law.com/

Care Agencies

- **Aging and Long Term Support**
 - [Home and Community Living Administration | DSHS](#)
- **Care.com**
 - [Care.com: Find Child Care, Babysitters, Senior Care, Pet Care and Housekeeping](#)
- **Carina**
 - [Carina | Home](#)
- **EADS Day Services**
 - [Care.com: Find Child Care, Babysitters, Senior Care, Pet Care and Housekeeping](#)
- **First Choice In-Home Care**
 - [First Choice provides In-Home Personalized Care Services in Pierce, King & Snohomish Counties](#)
- **Full Life Care**
 - [Welcome to Full Life Care](#)
- **Home Care Agency Contact List**
 - [HCAContactInformation.pdf](#)

Grief Support Services Offered at Providence Hospice of Seattle

Located

2811 South 102nd Street, Suite 220, Tukwila, WA 98168

Riverfront Technical Park east of the Duwamish River.

King County Public Transportation Information- King County Metro (206) 553-3000 or visit <http://tripplanner.kingcounty.gov/>

Eligibility

Residents of King, Pierce and South Snohomish counties.

Hours M-F, 8am-4:30pm.

Phone (206) 749-7702

Email- hospiceinfo@providence.org

Website <https://www.providence.org/locations/wa/hospice-of-seattle/grief-support-services>

Languages- Interpreter services

Application process- Call and ask for Grief Support Services Supervisor.

Fees- None

Service area Snohomish, WA, Pierce, WA, King, WA

Description

Coordinates support services for those who have experienced a recent loss.

Short-term grief support and education are available to individuals and families following the

death of a significant person.

Facilitates open and closed support groups for adults and children as well as support group for individuals with a developmental or intellectual disability. Provides workshops and presentations on a variety of grief related topics.

What's Here

Bereavement and Grief Counseling General Bereavement and Grief Support Groups

Providing organization- Providence Hospice of Seattle

Offers hospice care and palliative care to children and adults with life-limiting illnesses.

Care is provided in the client's home or place of residence. Coordinates grief support groups for

children and adults. Also holds a grief support group for those with a developmental disability. Offers a summer camp for children affected by the death of a loved one.



VIRTUAL SUPPORT & INFORMATION GROUPS



Connect with other families like yours at your own time and pace! Share resources, ask questions, celebrate successes, and vent frustrations. All groups are closed and private, closely moderated by The Arc, and created exclusively for people with disabilities and their parents and loved ones in King County. For questions or concerns, contact Brenda Zacapu, Parent to Parent Program Coordinator at The Arc of King County: 206-829-7027, bzacapu@arcofkingcounty.org

Facebook Groups (search FB by group name or URL, click green "join group" button to join)

- Parent to Parent (P2P): King County** <https://www.facebook.com/groups/p2pkingcounty>
P2P: Dads of Special Kids www.facebook.com/groups/735809933225647
P2P: African American Families www.facebook.com/groups/P2PAfricanAmericanFamilies
P2P: Spanish Speaking Families / Familias de niños, jóvenes y adultos con discapacidades
www.facebook.com/groups/SpanishSpeakingFamilies
People with Disabilities in King County
<https://www.facebook.com/groups/231893968163665/>
P2P: Aging Parents of Sons and Daughters with Disabilities
<https://www.facebook.com/groups/P2Pagingparents/>
P2P King County Grandparents of Children with IDD
<https://www.facebook.com/groups/p2pgrandparents>

Google Groups

Arc of King County Parent to Parent: A virtual support group for parents and caregivers in King County raising sons and daughters with intellectual and developmental disabilities. We provide emotional support over shared experiences in a civil, nurturing, supportive and safe space for all parents. To join, please go to <https://groups.google.com/d/forum/arc-of-king-county-parent-to-parent>

P2P: Into Adulthood: A virtual support group for parents and caregivers in King County raising teens and young adults with intellectual and developmental disabilities. We provide emotional support over shared experiences in a civil, nurturing, supportive and safe space for all parents. Topics include housing, recreation, safety, resources and more. To join, please go to <https://groups.google.com/d/forum/p2p-into-adulthood>

People with Disabilities in King County: This group is focused on providing emotional support over shared experiences, and it is very important to us that our group remains a civil, nurturing, supportive and safe space for people with disabilities. We provide support and friendship to each other. As a support group, we are not focused on any type of treatment or therapy. To join, please go to <https://groups.google.com/g/people-with-disabilities-in-king-county>

Updated 5/13/2025



INFORMATION/EDUCATION PAGE

Emergency Preparedness for People With Disabilities

Guide and Checklist

Natural disasters and other public emergencies can leave people stranded for days, cause breaks in communication networks, and make streets and walkways impassable. What will you do to ensure your safety during those critical first days of an emergency in your community? Presented here are guidelines for preparing for emergency situations and a checklist for building an emergency kit.

CREATE AND PRACTICE YOUR EMERGENCY PLAN

Create an emergency plan for each place where you ordinarily spend your time, and practice your plan. The National Organization on Disability (NOD) recommends having an emergency plan for home, work, and school.

Each plan should include the following:

- **Personal network** — For each location identify 2 or 3 people who will make sure you are OK and will help you during an emergency. Make sure you have their contact information (in your mobile device, laptop computer, or on paper) and that they have yours.
- **Escape** — For each location identify primary and secondary routes to a safe place inside your building (bathroom, basement, stairwell, etc.) and outside your

building (public shelter, grocery store parking lot, etc.). Practice your escape plans with your personal network.

- **Information** — Identify the devices you will use to stay informed about events related to the emergency (mobile device, laptop computer, radio, television, etc.). Make sure you know the phone numbers, websites, and radio and television stations that you will use to get information.
- **Essential items** — In addition to the basic needs required by everyone, plan to have items you need for your particular disability such as medicines, supplies, and assistive devices (like hearing aids and batteries, white cane, service animal, heavy-duty gloves for pushing your wheelchair through mud, debris, etc.).

RESPONDING TO EMERGENCIES—KNOW THE SIGNS OF STRESS

Public emergencies and disasters are stressful. Homes and other property may be damaged. People may be hurt or in danger. Environmental conditions may make normal activities like eating, sleeping, breathing, and thinking more difficult. Medical

conditions you have could become worse under these conditions. Recognizing the symptoms of stress in yourself and others around you helps manage stress and its negative effects. The list below gives examples of each type of stress you may feel. These are natural responses to emergency situations.

ADDITIONAL RESOURCES

American Red Cross "Disaster Preparedness for People with Disabilities"
<http://www.redcross.org/prepare/location/home-family/disabilities>

American Red Cross "Be Red Cross Ready" - multiple languages
<http://www.redcross.org/prepare/disaster-safety-library>

National Organization on Disabilities, "Disaster Readiness Tips for People with Disabilities"
http://nod.org/research_publications/emergency_preparedness_materials/for_people_with_disabilities/
www.nod.org/assets/downloads/Readiness-Tips-Disabilities.pdf

SIGNS OF STRESS

Psychological or emotional

- Anxiety, irritability, anger, regret, guilt
- Depression, moodiness, crying
- Jumpiness, flashbacks to bad memories
- Uneasy sleeping or excessive sleeping

Thinking

- Difficulty concentrating or remembering
- Mental confusion, inability to set priorities
- Inability to express yourself clearly
- Inability to make decisions

Physical

- Headaches, weakness, tiredness
- Upset stomach and digestive problems
- Muscle soreness or numbness
- Difficulty catching your breath

EMERGENCY KIT CHECKLIST		
The National Organization on Disability recommends preparing 2 emergency kits: • Ready kit — supplies needed for a minimum of 3 days • Go bag — your most essential items to take with you if you must leave immediately		
Items on this list can be included in both the ready kit and go bag. You should decide which items should be in one or both of these kits.	Ready Kit	Go Bag
3-day supply of nonperishable food and manual can opener. Make sure the food meets your dietary requirements		
3-day supply of water (1 gallon per person per day, but you may need more)		
Medical equipment and supplies, and assistive devices — glasses, hearing aids, catheters, augmentative communication devices, cane, walker. Label each with your name and contact information. Be sure to have chargers and extra batteries		
Personal medical information — including blood type, hospital affiliation, health insurance provider, policy number, and customer service phone number		
Medications — include a 7-day supply plus a list of the prescription name, dosage, frequency, doctor, and pharmacist. If medications need to be refrigerated, bring a cooler with an ice pack. Drug allergies should also be listed		
List of emergency contact information — including your primary physician, pharmacist, assistive equipment supplier, medical supplier, and support network members in and out of the region		
Copies of important documents — birth certificate, passport, driver's license, insurance information, proof of address (electricity or water bill with your name on it)		
Extra set of keys (to give someone access to your home or car if needed)		
Flashlight and radio with extra batteries		
Money — cash, credit cards, checkbook, ATM card		
Sanitation and hygiene items — including soap, denture care, absorbent pads, etc.		
Items for infants — formula, diapers, bottles, and pacifiers		
Supplies for a service animal — food, identification tags, proof of up-to-date vaccinations, and veterinarian contact details		
Clothes, blanket, pillow		
Alerting items — whistle distress flag or cloth, whistle, and/or glow sticks		
Basic first aid kit — Band-Aids, roll of bandages, tape, scissors or knife, aloe (for burns and scratches), antibiotic or disinfectant ointment, pills for pain and headaches (aspirin, ibuprofen, acetaminophen, or naproxen)		
List of your needs related to your disability or health conditions. Write it down or wear medical alert tags or bracelets		
Additional items to meet to your disability needs (make your own list)		

Authorship

Emergency Preparedness for People With Disabilities was developed by John T. Morita, PhD, and Michael L. Jones, PhD, under the auspices of the Rehabilitation Engineering Research Center (RERC) for Wireless Technologies. The Wireless RERC is sponsored by the National Institute on Disability and Rehabilitation Research (NIDRR) of the U.S. Department of Education under grant number H133B110004. Any opinions contained in this document are those of the authors and do not necessarily reflect those of the U.S. Department of Education or NIDRR.

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Improving support for older adults with I/DD who have dementia and their families



Adults with I/DD may develop dementia at an earlier age and have early signs that are more difficult to identify than in other adults. As the population of older adults in the United States continues to rapidly increase, this group will likely need additional services and supports.



An estimated 71% of all individuals with I/DD live with their family caregiver; of these 24%, reside with caregivers ages 60 years and older. Even though most caregivers provide life-long care and may have expertise in accessing services and supports, earlier onset and compounding challenges of their own aging-related needs can compromise living arrangements and caregiving situations.



Ensure that older adults with I/DD are included in dementia research and studies on dementia care



Improve the integration of community education outreach research and supports for caregivers of older adults and caregivers of adults with I/DD and dementia to capitalize on the strengths of both aging and disability programs and promote inclusive practice



Increase research and community programming to support people with I/DD and dementia living in group settings



Acknowledge and respect diversity of family values and caregiving practices



Increase public awareness of dementia and other aging-related issues for people with I/DD and their caregivers and encourage the use of early screening instruments



Focus on integration of the aging and developmental disability networks to provide quality continuous care

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Adapted from: T. Heller, H. Scott & M.P. Janicki. Alzheimer's & Dementia: Translational Research & Clinical Interventions 4 (2018) 272-282.



HOUSING AND HOMELESSNESS RESOURCES

This document includes housing programs, resources, and services in the King County region. Many of these resources are targeted for families and people with IDD who are low-income, seniors, and/or homeless.

Affordable Housing Programs: <https://arcofkingcounty.org/resource-guide/housing/affordable-housing.html>

Washington Section 8 Housing Program: <https://affordablehousinghub.org/state-section-8-guides/washington-section-8-housing>

Low Income Housing Search: <https://tenantsunion.org/rights/low-income-housing-search>

Housing & Vouchers – Seattle Housing Authority:
<https://www.seattlehousing.org/housing>

Subsidized Housing Types – King County Housing Authority:
<https://www.kcha.org/housing/subsidized/types>

Subsidized & Low-Income Housing Agencies in King County:
<https://soundgenerations.org/wp-content/uploads/Subsidized-and-Low-Income-Housing-rev-0521.pdf>

Compass Broadview affordable housing apartment building:
<https://www.compasshousingalliance.org/affordable-housing/compass-broadview/>

Partners4Housing – helps adults with intellectual and developmental disabilities and their families: <https://partners4housing.com/>

For more information check out our resource guide here:
<https://arcofkingcounty.org/resource-guide/overview.html>
or contact us at ask@arcofkingcounty.org or 206-829-7053

Created by Dai Ratsamy, November 2023



ADULT FAMILY HOMES IN KING COUNTY SERVING PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

1. Valdevieso Adult Family Home

License#: 753091

Contact: Valdevieso, Michelle O.

Region/Unit: 2K

12911 Ne 147th Pl

Woodinville, WA 98072

(425) 968-8304

Specialties: Developmental Disabilities

Contract(s): DDA Meaningful Day, Adult Family Home

Can accept Medicaid

Beds: 5

Disclosure of Services

2. Tender Care Adult Family Home

License#: 752394

Contact: Villanueva, Emcee

Region/Unit: 2G

20011 4th Place S

Des Moines, WA 98198

(206) 870-3885

Specialties: Developmental Disabilities

Contract(s): Adult Family Home

Can accept Medicaid

Beds: 4

Disclosure of Services

3. SPAH

License#: 575600

Contact: Spah, Rae L.

Region/Unit: 2G

2500 25th St Se

Auburn, WA 98002

(253) 833-7215

Specialties: Developmental Disabilities

Contract(s): Adult Family Home

Can accept Medicaid

Beds: 2

Disclosure of Services

4. Shuinota House

License#: 52700

Contact: Carrell, Jordan

Region/Unit: 2K

1425 E Ward St

Seattle, WA 98112

(206) 860-7416

Specialties: Developmental Disabilities

Contract(s): Meaningful Day, Adult Family Home

Can accept Medicaid

Beds: 5

Disclosure of Services

5. Saikou Adult Family Home LLC

License#: 754619

Contact: Fatty, Saikou

Region/Unit: 2K

818 144th Pl Se

Bellevue, WA 98007

(425) 644-6771

Specialties: Developmental Disabilities

Contract(s): Meaningful Day, Adult Family Home

Can accept Medicaid

Beds: 5

Disclosure of Services

6. Puchar Adult Family Home

License#: 751039

Contact: Puchar, Asuncion

Region/Unit: 2K

10218 168th Pl Ne

Redmond, WA 98052

(425) 636-8232

Specialties: Developmental Disabilities

Contract(s): Meaningful Day, Adult Family Home

Can accept Medicaid

Beds: 5

Disclosure of Services

Has Reports: View Reports



ADULT FAMILY HOMES IN KING COUNTY SERVING PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

7. Pineda's Home Care

License#: 178700

Contact: Pineda, Bonaparte D.

Region/Unit: 2K

4316 171st Ave Ne

Redmond, WA 98052

(425) 885-6862

Specialties: Developmental Disabilities

Contract(s): Meaningful Day, Adult Family Home

Can accept Medicaid

Beds: 6

Disclosure of Services

Has Reports: View Reports

8. Noah House

License#: 240400

Contact: Carrell, Jordan

Region/Unit: 2K

816 15th Ave E

Seattle, WA 98112

(206) 325-8912

Specialties: Developmental Disabilities

Contract(s): Meaningful Day, Adult Family Home

Can accept Medicaid

Beds: 5

Disclosure of Services

9. Nancy AFH LLC

License#: 753319

Contact: Cai, Nan

Region/Unit: 2K

1605 151st Ave Ne

Bellevue, WA 98007

(425) 449-8541

Specialties: Developmental Disabilities

Contract(s): Meaningful Day, Adult Family Home

Can accept Medicaid

Beds: 5

Disclosure of Services

Has Reports: View Reports

10. Loving Haven Adult Family Home

License#: 752804

Contact: Villanueva, April Marysse P.

Region/Unit: 2G

20003 4th Pl S

Des Moines, WA 98198

(206) 870-5662

Specialties: Developmental Disabilities

Contract(s): Meaningful Day, Adult Family Home

Can accept Medicaid

Beds: 6

Disclosure of Services

11. Highlands Manor Adult Family Home LLC

License#: 755669

Contact: Salazar, Joshua D.

Region/Unit: 2E

671 Shelton Ave Ne

Renton, WA 98056

(206) 960-1898

Specialties: Developmental Disabilities

Contract(s): Adult Family Home

Can accept Medicaid

Beds: 6

Disclosure of Services

12. Community Homes Inc

License#: 755143

Contact: Midgley, Alyssa M.

Region/Unit: 2K

11206 East Riverside Drive

Bothell, WA 98011

(425) 516-8942

Specialties: Developmental Disabilities

Contract(s): DDA Meaningful Day, Adult Family Home

Can accept Medicaid

Beds: 5

Disclosure of Services

Has Reports: View Reports



ADULT FAMILY HOMES IN KING COUNTY SERVING PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

13. Community Homes Inc

License#: 752748

Contact: Modery, Amanda L.

Region/Unit: 2K

16827 Ne 9th Pl

Bellevue, WA 98008

(425) 562-8036

Specialties: Developmental Disabilities

Contract(s): Meaningful Day, Adult Family Home

Can accept Medicaid

Beds: 5

Disclosure of Services

14. Care Connection Adult Family Home, LLC

License#: 756019

Contact: Stefansky, Pamela

Region/Unit: 2E

987 Westridge Way Ne

Issaquah, WA 98029

Specialties: Developmental Disabilities

Contract(s): Adult Family Home

Can accept Medicaid

Beds: 6

Disclosure of Services

Has Reports: View Reports

15. Angeline House

License#: 158200

Contact: Carrell, Jordan

Region/Unit: 2K

348 18th Ave E

Seattle, WA 98112

(206) 325-8266

Specialties: Developmental Disabilities

Contract(s): Adult Family Home

Can accept Medicaid

Beds: 5

Disclosure of Services

16. Maasai Mara AFH LLC

Contact: Paul Macharia

28917 Sound View Drive S

Des Moines, WA 98198

(206) 657-1192

Additional Resources

For more information about Adult Family Homes:

<https://www.dshs.wa.gov/atltsa/residential-care-services/about-adult-family-homes>

Adult Family Home Locator:

<https://fortress.wa.gov/dshs/adsaapps/lookup/AFHAdvLookup.aspx>

For questions and concerns related to housing:

Ask@arcofkingcounty.org
206-829-7056



Which Housing Model is Right for You?

By Robin Tatsuda, The Arc of King County – Updated 7/2/2025

	Adult Family Homes	Shared Living	Supported Living	Companion Homes
Eligibility Requirements	Eligible for Personal Care AKA Community First Choice Does NOT require DDA	None	DDA Core Waiver <u>REQUIRED</u>	18 years or older DDA HCBS core waiver required Able to cover costs with personal financial resources
Roommates	2-6 people	Yes, the number is determined by the families	Depends on the Provider agency	Maybe, established in typical family settings, companion home provider could have family or pets in home
Extent of Care Services	1 live-in, licensed provider implements care plan based on annual CARE Assessment. Care plan identifies "Daily Rate".	Residents each use their Personal Care hours and share a caregiver.	State-paid care services based on annual CARE Assessment that includes personal care, access to medical care, and support in community activities. - Services can range from 24/7 to just a few hours a week. - Provider agency hires, trains, and oversees care providers (Direct Support Professionals).	Certified home provider supports with 24 hour support and supervision. Aiming to support with independence, personal care, life skills, and following service plans
Bricks & Mortar	Included in model	Families must locate the home themselves	Depends on the Provider Agency - Some agencies have homes with up to 4 residents - Some agencies support clients in their own home/apartment	Participant lives in the home of their DDA companion provider.

	Adult Family Homes	Shared Living	Supported Living	Companion Homes
Family vs. State Oversight	Heavily regulated by state; family involvement encouraged but not required	Limited state oversight, primary oversight comes from family	Heavily regulated by state; family involvement encouraged but not required	Companion is certified by the state. Ongoing family involvement is required
Behavior Supports	Limited – most AFHs will not accept residents with challenging behavior	Depends on the agreement between families and caregiver	Yes, included in support plan and paid by state. However, if a client's behavior puts agency staff at risk or exceeds their expertise, they may choose to discharge the client.	Limited, should meet the needs in their Person-Centered Service Plan
Involuntary Discharge	30-day notice if the AFH is going to voluntarily close or they are discharging a resident. Client can be involuntarily discharged if it is needed for their own welfare, the welfare of other residents, or house rules are consistently broken.	Depends on the agreement between families and caregiver	Services can be discontinued with as little as 10 days' notice Allowable Reasons: refusal of services, support needs exceed provider expertise, danger to staff (either due to client behavior or behavior of people they associate with), guardian asks for services beyond provider expertise or becomes a barrier to providing services, client is homeless.	Companion provider can discontinue services at any time. They must provide 60 days' notice to participants before services stop.
Financial Considerations	Resident pays room and board based on income, often leaving very little for other expenses. Family cannot supplement the "Daily Rate"	Resident often obtain a Section 8 Voucher through King County HASP to subsidize rent. Family can negotiate plan to cover other costs such as food, transportation, recreation, etc.	Client pays for rent, food, and other expenses not related to care. Clients often obtain a Section 8 Voucher through King County HASP to subsidize rent. Family cannot supplement payment, unless the service is not paid by state.	Clients are typically responsible for paying a monthly room and board fee directly to the provider. This amount is capped by DDA guidelines but varies depending on the client's income and benefits.

	Adult Family Homes	Shared Living	Supported Living	Companion Homes
Other Considerations	~430 AFHs in King County accept DD residents, but <50 specialize in DD. The others focus on aging adults. Turnover is low and spots are hard to find. It is a very long process to become a licensed provider, which means change over between providers can become complicated.	Requires extensive family oversight including very close collaboration between families. Aging parents will want to have a plan for who will provide oversight when they are no longer able to do it	Most support the state offers Many people utilizing this model have little to no family involvement	Companion Home Providers cannot be parents of participant

	Things I Like	Things I Don't Like	Other Considerations
Adult Family Homes			
Shared Living			
Supported Living			
Companion Homes			



WHAT CAN THE ARC OF KING COUNTY DO TO HELP?

Our Mission: *The Arc of King County promotes and protects the rights of people with intellectual and developmental disabilities so they can live, learn, work and play in the community – improving the quality of life for us all.*

- Abuse/Neglect Support
- Ableism, Disability Justice Educational
- Activities & Recreation
- Adoptive/Foster/Kinship Care
- Aging/Seniors
- Augmentative and Alternative Communication (AAC)
- Behavior Support & Social Skills
- Care & Respite
- Community Safety
- Coronavirus (COVID-19)
- Culturally Specific Organizations
- DDA
- Disability Advocacy
- Early Intervention (0-3 years)
- Employment
- Engagement and Support
- Family in Home Behavior Support
- Financial
- Healthcare & Insurance
- Financial
- Healthcare & Insurance
- Engagement and Support
- Family in Home Behavior Support
- Financial
- Healthcare & Insurance
- Housing
- Homelessness Prevention
- Supported Living Services
- Immigration Status & Benefits
- Information about I/DD
- Legal- Guardianship, Wills, Trusts
- Mental Health & Counseling
- Person Centered Planning
- Relationships & Sexuality & Gender
- Roads to Community Living
- Special Education
- Support Groups
- Transition into Adulthood
- Transportation

***For more information check out our resource guide here:
<https://arcofkingcounty.org/resource-guide/overview.html>
or contact us at ask@arcofkingcounty.org or 206-829-7053***



The Arc of King County Virtual Resources

Main Website



Transition Packet



Community Calendar



Children's Packet



Resource Guide



P2P online groups



NOTES

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.