

DID YOU KNOW?

# Specialized Habilitation



## Who can receive this service?

- Specialized habilitation services are available to participants enrolled in the Individual and Family Services waiver, Basic Plus waiver, Children's Intensive In-Home Behavioral Supports waiver, Core waiver, the Roads to Community Living grant, and/or the Preadmission Screening and Resident Review (PASRR).
- Specialized habilitation is not available to those receiving residential habilitation services.

## Did you know DSHS developed a new service in the Developmental Disabilities Administration called Specialized Habilitation?

Specialized habilitation can help individuals create healthy relationships, adapt to challenges, and improve overall quality-of-life.

## What is Specialized Habilitation?

**Specialized habilitation offers teaching and training to learn or maintain skills in various areas. Areas are limited to:**

- self-empowerment,
- safety awareness and self-advocacy,
- interpersonal skills and effective communication,
- coping strategies regarding typical life challenges, and
- learning how to manage daily tasks to gain adaptive skills.

## Examples of Specialized habilitation:

- Building self-esteem and confidence;
- Developing strengths and weaknesses to handle daily problems;
- Safely using social media or the internet;
- Receiving sexual education to promote healthy personal relationships;
- Learning how to problem-solve situations involving inappropriate peer pressure;
- Developing other social skills necessary to maximize integration into the community and/or home environment;
- How to handle missing the bus;
- Getting used to a new caregiver or medical professional, roommate or other staff;
- Learning how to use a vending machine or other nontraditional shopping method, or
- Ordering food in a restaurant, online or via phone.

## How do I get this service?

Contact your case resource manager. If you both determine that specialized habilitation is a good fit, they can walk you through the process.

## How do I find a provider?

Your case manager can provide a list of providers contracted in your area.

## What do I do when I find a provider?

Talk with the provider about your ideas, goals, needs, and available hours. Once you have spoken with the provider and determined the amount of hours necessary to work on the identified needs, let your CRM know which provider you have chosen so they can add them to your plan. Your CMR will send a person-centered service plan for your signature and a planned action notice. Your signature on your plan lets your case manager know you agreed to the service and provider.

## When can my provider start?

Your case resource manager will let you know when the service is authorized and your provider can start.

## What should I expect from my provider?

After the case resource manager authorizes services, the provider should contact you to set up a schedule. With your input, the provider must complete a plan within the first 30 days. Also with your input, the provider must complete a progress report every 90 days. These documents help DDA make ensure your needs are being met, and the service is being provided the way it is intended.



Use [DSHS Form 10-657](#) to develop an initial plan. [DSHS Form 10-658](#) may be used to complete a progress report. Plans and progress reports do not need to use the DSHS forms, but should include the same elements as the forms.

## How many hours or dollars can the client receive in the plan year?

The approved funds available are determined by the program and the annual assessment.

## Who is a qualified service provider?

A provider must have a contract in signed status for DDA Specialized Habilitation. To be contracted with DDA, a provider must have one year experience working with people with a developmental or intellectual disability, and be one of the following licensed, registered, or certified professionals:

1. Certified life skills coach;
2. Individuals with bachelor's, master's, or doctoral degrees in social work, sociology, psychology, education; child development, gerontology, nursing or other related field; or
3. University intern working on a program for social work, sociology, psychology, education, child development, gerontology, sociology, or nursing.

## Interested in becoming a provider?

If you are interested in becoming a contracted provider for a DDA service, call your local DDA office and ask for the contracts department. Or go online to learn more [www.dshs.wa.gov/dda/counties-and-providers/developmental-disabilities-administration-counties-provider-information](http://www.dshs.wa.gov/dda/counties-and-providers/developmental-disabilities-administration-counties-provider-information).

Everett . . . . .	425-740-6500
Seattle . . . . .	206-568-5685
Spokane . . . . .	509-329-2900
Tacoma . . . . .	253-404-5500
Tumwater . . . . .	360-725-4250
Yakima . . . . .	509-225-7970

## External resources:

- [New Waiver Service: Specialized Habilitation](#)
- [Becoming a Specialized Habilitation provider](#)