

## HOW do I get supports and services?

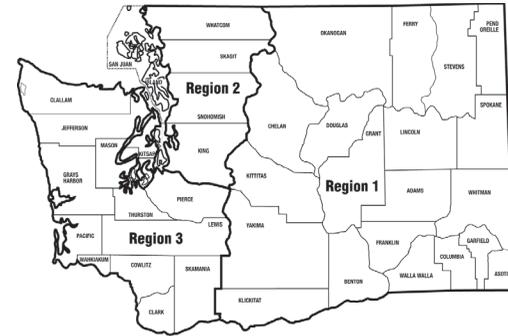
- 1 Contact your local Developmental Disabilities Administration (DDA) office at one of the numbers listed on this brochure or by visiting our internet website at <https://www.dshs.wa.gov/DDA/dda/find-an-office>.
- 2 Ask for an application for determination of eligibility. You must return the application and proceed with an eligibility determination to find out if you or your family member is eligible.
- 3 If you or your family member has an emergency that requires immediate attention, tell the worker when you call. DDA cannot provide most paid services until you are determined eligible for DDA and are also determined eligible for the service. DDA can assist with information, referral, and access to some services while your application is being reviewed.
- 4 If you have a question about early intervention services or your baby's development, call the Family Health Hotline at 1-800-322-2588. Ask for your local Family Resources Coordinator. You can also visit the Early Support for Infants and Toddlers website at: [www.del.wa.gov/development/esit](http://www.del.wa.gov/development/esit)

For more information,  
visit the DDA website at:  
[www.dshs.wa.gov/dda](http://www.dshs.wa.gov/dda)



DDA assists people with developmental disabilities and their families to build a network of community based supports and services that empower people to live the lives they want.

## WHERE is DDA located?



### Region 1 North

Phone (509) 329-2900  
Alt. ph. (800) 462-0624  
Email:  
DD1FSO@dshs.wa.gov  
1611 W. Indiana Ave.  
Spokane, WA 99205-4221

### Region 1 South

Phone (509) 225-7973  
Alt. ph. (800) 822-7840  
Email:  
DD1FSO@dshs.wa.gov  
3700 Fruitvale Blvd.  
Suite 200  
Yakima, WA 98909-2500

### Region 2 North

Phone (425) 339-4833  
Alt. Ph. (800) 788-2053  
Email:  
DD3FSO@dshs.wa.gov  
840 N. Broadway  
Bldg. A., Suite 100  
Everett, WA 98201-1288

### Region 2 South

Phone (206) 568-5700  
Alt. Ph. (800) 314-3296  
Email:  
DD4FSO@dshs.wa.gov  
1700 E. Cherry St. #200  
Seattle, WA 98122

### Region 3 North

Phone (253) 404-5500  
Alt. Ph. (800) 248-0949  
Email:  
DD5FSO@dshs.wa.gov  
1305 Tacoma Ave. S.  
Suite 300  
Tacoma, WA 98402

### Region 3 South

Phone (360) 725-4250  
Alt. Ph. (800) 339-8227  
Email:  
DD6FSO@dshs.wa.gov  
6860 Capitol Blvd. SE  
Bldg. 2, 3<sup>rd</sup> Floor  
Olympia, WA 98504-5315

### DDA Headquarters (Olympia)

360-725-3413

People needing support with hearing or communication can call the Washington Telecommunication Relay Service by dialing 7-1-1 or 1-800-833-6388 (TTY).

The Developmental Disabilities Administration strives to develop and implement public policies that will promote a person's worth, self-respect, and dignity such that each person is valued as a contributing member of the community.

Developmental  
Disabilities  
Administration

# Who, What, Where, How?

## DDA Supports and Services

 Washington State  
Department of Social  
& Health Services

Transforming lives

## WHO is DDA for?

A person with a developmental disability may be eligible for DDA when:

- The disability began before age 18;
- Is expected to continue indefinitely; *and*
- Results in substantial limitations.

### *Developmental disabilities are:*

- Intellectual disability
- Cerebral palsy
- Epilepsy
- Autism
- Neurological or other conditions similar to Intellectual Disability (including developmental delay)

DDA determines eligibility based on the criteria in [Chapter 388-823 WAC](#). Just becoming eligible does not guarantee paid services.

### *Your access to paid services depends on:*

- Meeting eligibility requirements for a specific service;
- An assessed need for the service; *and*
- Available funding for the service.

Participation in all DDA services is voluntary.

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It is the policy of DSHS that persons shall not be discriminated against (in employment or service) because of race, color, creed, religion, national origin, sexual orientation, age, sex, presence of any sensory, mental or physical disability, use of a trained dog guide or service animal by a person with a disability or veteran status.

## WHAT is DDA?

The Developmental Disabilities Administration is part of the Department of Social and Health Services. DDA uses state and federal funds to provide or buy supports and services for eligible persons and their families. Resources are limited and needed services may not always be available.

DDA assists people with developmental disabilities and their families to build a network of community based supports and services that empower people to live the lives they want. Services and supports are based on a person's preferences, capabilities, and needs and promotes everyday activities, routines, and relationships common to most citizens.

### *What services are available?*

#### ◆ CASE MANAGEMENT

If you receive DDA services, you will be assigned a Case Resource Manager to assist you and your family to:

- Identify interests and support needs;
- Coordinate planning and development of resources; *and*
- Monitor service delivery.

#### ◆ PERSONAL CARE

Personal Care services provide individual provider or agency support to assist with activities such as bathing, dressing, eating, meal preparation, housework, and travel to medical services. This service is provided in the person's own home or an adult family home or other setting licensed for personal care.

#### ◆ EMPLOYMENT

Employment services provide ongoing support and training for eligible persons to get and keep paid jobs in individual or group support settings. These services include Individual Supported Employment, Group Supported Employment, and Prevocational services.

#### ◆ COMMUNITY ACCESS

Community Access services assist people to develop personal relationships and participate in activities that promote individualized skill development, independent living, and community integration.

#### ◆ TECHNOLOGY, EQUIPMENT, SUPPLIES AND ENVIRONMENTAL ADAPTATION SERVICES

Services may include technology, equipment or other products and training to improve a person's functional abilities or support implementation of a therapeutic or behavioral support plan. Environmental adaptation services include home modifications to ensure health and welfare and help the person to continue residing in the community.

#### ◆ SUPPORT AND CONSULTATION FOR INDIVIDUALS AND THEIR FAMILIES

Behavior support services provided for assessment and intervention to promote behaviors that improve quality of life and inclusion in the community. Staff and Family Consultation and Training services support families and other providers to meet the needs of the person.

#### ◆ RESPITE CARE

Respite services provide short-term, intermittent relief to people who live with and care for persons with developmental disabilities. Respite services can be provided in the person's home or outside of the home in a licensed residential setting.

#### ◆ SKILLED NURSING SERVICES

Continuous, intermittent, or part-time nursing services may be provided by a Registered Nurse or a Licensed Practical Nurse. Nurse delegation services are provided by a registered nurse to train and oversee nursing assistants who perform delegated nursing tasks.

#### ◆ MENTAL HEALTH/CRISIS SERVICES

Mental health and crisis services are available for adults with mental health concerns who may be at risk of psychiatric hospitalization. Services can include psychiatric and medication evaluation and crisis prevention and stabilization which can be provided in the person's home or in a temporary residential setting.

#### ◆ CHILDREN'S RESIDENTIAL SERVICES

Voluntary placement services (VPS) support children with disabilities residing outside of the family home. Parents work in partnership with the licensed service provider on a shared parenting model to best support their child and the child's individual needs. Placement is due solely to the child's disability (RCW 74.13.350) and parents have full legal custody.

#### ◆ ADULT RESIDENTIAL SERVICES

Adult residential services include variety of residential options for people based on their interest, needs, preferences, and eligibility. DDA's objective is to provide supports to people in the least restrictive living situation. That means preferred living situations are in a community setting with family, relatives, or a person's own home. Support is individualized, and can vary from a few hours per month to 24 hours per day.

#### ◆ RESIDENTIAL HABILITATION CENTERS (RHC)

State-operated residential facilities provide intensive services for persons needing a high level of nursing care or skill development. Respite and other specialized services may be available to persons living in the community.