

## Limitation Extension Request Checklist

1. You have made a request for a Limitation Extension to get more hours if:
  - You have filled out a Limitation Extension Request for Clients Under Age 21 form, DSHS 10-504, or any other kind of written request that tells us:
    - Your name
    - Your date of birth
    - How many additional hours you are requesting
    - What help you need to complete which personal care tasks (also called "ADLs" and "IADLs")
    - What unpaid help (also called "informal support") you have for personal care tasks over the course of a week
    - Why you do not have enough help from unpaid caregivers to get all necessary tasks done
  
2. You can provide any paperwork or information that you would like us to review along with your written request. Here are a few example ideas of the kinds of paperwork that might help to show why you need more hours:
  - A current Individual Education Plan (IEP)
  - Treatment plans / therapy notes
  - Parenting plan documents (for parents of minor children who don't live together)
  - Timesheets for current provider(s) for the past three (3) months
  - Medical records about your condition
  - Medical records about any conditions your parents might have which keep them from being able to help you with some or all of your personal care tasks