

The Parent Coalition of Whatcom County

August 2002

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Issue No. 8-02



DD services: Index of changes	2, 6
Homecare Workers Union vote	2
Step by step	4
Section 8 Housing Vouchers	
DDD and self-determination	6

AUGUST 2002

19 Monday - B'ham

SPIN Summer Picnic and Dance. Picnic at 6 pm, dance 7-9 pm. Max Higbee Center, 315 Halleck St. *Reservations needed for picnic, call 676-6985.*

19 Monday - Bellingham

Parent to Parent support meeting. 7 pm. Whatcom Center for Early Learning, 2001 H Street. 360-255-6402.

24 Saturday - Bellingham

Parent to Parent Sibshop, ages 8-13 years. 10 am-2 pm. Bloedel Donovan, Small Pavilion. 360-255-6402.



SEPTEMBER 2002

4 Wednesday - Bellingham

Whatcom County DD Planning Committee. 5 - 7 pm. 1000 N. Forest St. 360-738-2490.

9 Monday - Bellingham

The Arc of Whatcom County Board of Directors meeting. 4 - 6 pm. 1111 Cornwall Ave., #204. 360-715-0170.

9 Monday - Bellingham

Whatcom County DD Advisory Board meeting. 4:30 - 6 pm. 1000 N. Forest St. 360-676-6829.

24 Tuesday - Bellingham

Whatcom County DD County Plan work group. 1 - 3 pm. 1000 N. Forest St. 360-738-2490.

24 Tuesday - Bellingham

Community information meeting. 6:30 - 8 pm. 511 Holly St. (WECU Education Center). Division of Developmental Disabilities. For more information, call Jan Driscoll, 360-676-2152.

26 Thursday - Lynden

People First of Lynden. 8800 Bender Road (Sonlight Church). 5-6:30 pm. 360-715-0170 ext. 3.

27 Friday - Bellingham

People First of Bellingham. Max Higbee Center, 315 Halleck. 7-8:30 pm. 360-715-0170 ext. 3.

28 Saturday - Bellingham

Medicaid Personal Care (MPC) Parent Provider training. 9 - 3 pm. For more information, call 360-715-0170.

OCTOBER 2002

11,12 Fri & Sat - Wenatchee

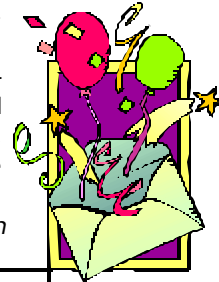
"You Are the Expert" conference, for families of children with disabilities, advocates, educators, professionals.

If it's Wednesday.....happy birthday!!!

Lonna Zimbelman knows the dates of almost everybody's birthday -- all her family, her friends and most acquaintances, and the other residents and staff at Sagewood, the Adult Family Home in Lynden where she lives. She likes to send people birthday cards, "so they get remembered and not forgot." (Her birthday is April 18. She likes to receive cards too!)

Lonna has been an active member of People First for a number of years. People First is an organization for adults with developmental disabilities, run by its members, dedicated to affirming that *we are people first and our disabilities are secondary, and we are full citizens in our community.*

Since she moved to Lynden, Lonna has become a founding member of the new People First chapter. She ran the May meeting because the president, Allison Hahnel, was out of town. Lonna got people to take turns to talk and asked about what everybody was up to for the summer, and made sure the group hadn't overlooked anybody's birthday.



What was it like to run the chapter meeting on her own? "Great! Everybody got a turn to talk and we had snacks and bang, meeting adjourned!"

Members have been talking about how great it would be for People First to send a card to

each member on their birthday every year. Not even just the members, but to their friends and allies too – coaches and parents and staff workers and case managers.

So, when you want to make something interesting happen, how do you do it? You figure out the best place to start. You make a plan of action, one step at a time.

How do birthday cards get sent to people? *In the mail.*

How would the birthday card get into the mail? *Somebody puts it in an envelope with a stamp (it's 37 cents now!) and addresses it.*

How would the person who gets it know who it's from? *You sign the inside of the card before you send it.*

Where did the card come from? *You get it at the store.*

Where did the stamp come from? *You get it at the post office.*

What do you do with the card when you're ready to send it? *Put it in the mailbox!*

Autism website in Spanish

FAMILIAS

Los Padres Hispanos Comparten el Apoyo y la Información Sobre el Autismo en su Propio Idioma y Cultura

Por Dave Reynolds, *Inclusion Daily Express*, 23 de Julio de 2002

SANTA ANA, CALIFORNIA - Información precisa sobre el autismo - particularmente lo que es y no es - es importante cuando a los padres se les dice que su niño tiene autismo.

A través de la Internet y con la ayuda de los grupos de apoyo de padres han hecho que tal información este mas diseminada y más accesible.

Pero cuando Gloria y José Luis Hernández descubrieron en 1998 que su hijo Edson, de 18 meses de edad tenía autismo, se dieron cuenta que era difícil encontrar buena información para las familias de habla Hispana como ellos.

(continued on page 3)

An index of changes

The Division of Developmental Disabilities will hold a **community information meeting** to discuss these changes **Sept. 24, 2002 in Bellingham, 6:30 - 8 pm, 511 Holly Street.**

It is always appropriate to contact your DDD case resource manager if you have any questions about your services. *See contact list on page 4.*

MONTHLY SSI INCOME (for some) DECREASES

Supplemental Security Income (SSI) is a primary source of monthly income for many individuals with disabilities. This is federal dollars. This is paid as a monthly check, mailed directly to eligible individuals. Before June 30, 2002, the State of Washington contributed to the monthly SSI income of many individuals with disabilities. Beginning July 1, 2002, this \$5-25 per month state supplement stopped, so many SSI checks are reduced by that amount.

SERVICES TURN INTO CASH (for some) paid quarterly

DD's **State Supplementary Payments (SSP)** begin Sept. 1, 2002. The amount of an individual's SSP will vary according to support needs, and will be determined by DDD.

There may be a waiting list; DSHS needs to find another \$10 million to fully implement the program.

This SSP will be available to individuals who are:

- ◆ clients of DDD, and
- ◆ eligible to receive SSI, and
- ◆ recipients of a **state-only funded DDD service last year** and still need this service, or were born **between 9/1/80 and 8/31/81** and not on the CAP waiver.

State-only funded DDD services are: residential support, voluntary placement, family support, and high school transition (employment or other day program).

REFORMS for DDD

Over two years ago, **The Arc of Washington State filed a lawsuit** that challenged delays in DDD services. In April 2002, a \$362 million settlement was reached, for increasing services in 2003-2007. For more information, go to: <http://www.arcwa.org>

In 2000, **Sterling & Associates** conducted an internal audit for DDD, finding that only 45% of "essential mandated" services were being provided. For a copy of this report, go to:

<http://www.wa.gov/dshs/media/releases/pdf/DDDFinalReport.pdf>

Last year, the **Joint Legislative Audit & Review Committee (JLARC)** found that DSHS/DDD could not account for millions it had spent. For more information, go to: http://jlarc.leg.wa.gov/Reports/02-3_DDD_Caseload.pdf

Last month, a **federal audit of the Community Alternatives Program (CAP)** found "shoddy financial accountability" in the \$250-million program serving over 11,000 people. See: <http://www.wa.gov/dshs/mediareleases/pdf/CAPWaa>. The State's response is at: <http://www.wa.gov/dshs/media/releases/pdf/CMSResRev06260>

DSHS is making its own reorganization recommendations to Gov. Locke by September 2002. DSHS Secretary Dennis Braddock is including Parent Coalitions, The Arc, People First and other advocacy groups in the ongoing discussion. The focus is on improving accountability, record-keeping and effective services by the Division, on which so many individuals and families rely. *Also see article on page 6.*

Compiled to J. Wilke, based on information from DDD, Arc of Washington State, and other advocacy organizations.



INDIVIDUAL PROVIDERS UNION VOTE UNDERWAY

All 25,501 **Individual Providers** of Medicaid Personal Care, Attendant Care or Respite Care are now voting on creating the **Homecare Workers Union**. Ballots must be returned by 5:00 p.m. Wednesday, August 14 2002. Ballots will be counted on Friday, August 16, 2002.

If approved, the union would have as its members all of the Individual Providers in Washington State. All would pay union dues (scheduled to be a maximum of 1.8% of wages). All Individual Providers in the union would be listed in a **Registry of Providers**.

Home Care Quality Authority (HCQA) is the new agency implementing Initiative 775 approved by voters last year.

- To:**
- * Anyone using an individual provider for Medicaid Personal Care, attendant care or respite care
 - * Parent providers
 - * Family member providers

Re: Homecare Workers Union balloting

During July 2002, you or your care provider should have received a ballot from the State of Washington, Public Employment Relations Commission. It came in a green envelope. You are being asked to vote in favor or against forming a union for individual health care providers (based on the voter approval of Initiative 775 last year).

Parent Coalitions throughout Washington support better wages for individual providers. Better wages can allow people to look at this occupation as a career.

Some people support forming this union for that main issue -- better provider wages. Some parents and relatives are not as interested because they will not use the services of the Registry and only want to care for their family member; some do not want to pay union dues. Some advocates do not support forming this union due to concerns that it will decrease the control that an individual with a disability has over who provides his or her personal care support, and how.

If you support this union, return your ballot with a YES.

If you do not want to be part of this union, vote NO.

The union must have a simple majority of those who return the ballots.

If you do not vote, you have no voice.

Happy birthday!

(cont'd from page 1)

When would you do that, mail the birthday card? *Before the person's birthday, so it gets there in time.*

How do we find out when people have their birthdays? "Ask Lonna!"

After due consideration, Lonna decided that yes, she was interested in the volunteer job to send out birthday cards for People First. It would mean coming into The Arc's Bellingham office once a month, where the cards and stamps and envelopes and mailing labels would be ready and waiting.

Lonna is also a participant every Wednesday in Local Focus, a community access program. The People First advisor connected with Local Focus staff, and plans were made for Lonna to come with Local Focus staff member Carol Amaya to Bellingham on one Wednesday each month for this new 1 to 2-hour volunteer job.

To support this project and get more volunteers to help with various other activities and goals of the organization, People First of Whatcom County registered as a member with the Whatcom Volunteer Center. And Lonna visited the Center's York Street office in Bellingham to register as a volunteer interested in helping people celebrate their birthdays.

The Whatcom Volunteer Center's registration process is easy, for non-profit agencies as well as individual volunteers. Lonna told them who she was, where she lived and who to talk to in an emergency. People who drive cars have to give car insurance information. New volunteers find out about the more than 300 partner agencies that participate in the Whatcom Volunteer Center and need the help of volunteers.

The Arc of Whatcom County, People First of Whatcom County, Parent Coalition of Whatcom County, Whatcom Center for Early Learning and many other organizations that support people with developmental disabilities rely on volunteers from

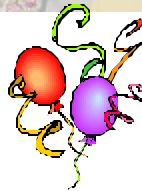
**Whatcom Volunteer Center
411 York Street, Bellingham
360-734-3055**

Volunteer to be a volunteer today!

People First sent eight birthday cards last month, to members and friends. The birthday list is growing. And Lonna enjoys being in charge of happy birthdays! *And if you know someone who needs a birthday card from People First, be sure to let Lonna know!* story by J. Wilke



Lonna Zimbelman signs birthday cards "From your friends at People First!"



Add to Lonna's birthday list!

If you or someone you know who has a developmental disability would like to get a birthday card from People First, send NAME, MAILING ADDRESS & BIRTH DATE to:
Lonna Zimbelman
People First Birthdays
1111 Cornwall Ave. #205
Bellingham, WA 98225

FAMILIAS (cont'd from page 1)

Así pues, los Hernández y otras cuatro familias hispanas han creado un grupo de apoyo, "El Grupo de Autismo Ángeles." Esta organización benéfica apoya en estos momentos a 140 padres los cuales tienen un niño con autismo, e incluye una línea directa abierta 24 horas (hot line), y un Web site (Internet) con información - todo en español.

La información es compartida con un numero creciente de familias hispanas que desean obtener información sobre el autismo en su propio idioma y con su propia cultura, dice José Hernández.

Esto es muy alarmante para los Hispanos que no hablan Ingles. Mu-

THANK YOU

for helping The Arc of Whatcom County raise \$567 in The Human Race in June:

Ione Adams, Jacque Anderson, Thomas Bajema, Paul Belben, Cory Carlson, John Davis, Renee & Dave Dryland, Fay Fenske, Bob Freeman, Maryan Gleason, Margarette Grant, Bridget Gundy, Gayle Helgoe, Charlene Hilt, Kathryn Hogan, Rob Horgen, Catherine Jewell, Dylan Jewell, Stephanie Jewell, Susan Jewell, Steve Johnson, Bobbi Kallappa, Iris Kane-shige, Sue Kenney, Susan Larson, Lisa Marie Meier, David Polen, Jeannie Renkert, Marguerite Ryan, Cynthia Sherwood, Troy Schneider, Yvonne Sorter, Mr. & Mrs. G.A. Strauss, Butch Strong. And thanks also to the businesses Bellingham Pawn, First American Title, and Z Recyclers, Inc.

THANK YOU

for helping People First of Whatcom County raise \$624 in the Human Race in June:

Merlin Anderson, Ray Anderson, M. Bakker, Roger Berry, Joel Berwick, Bob Bobeck, Jack Carr, Noel Choquette, Eric Cooney, Kaler Crane, Johanna Darwin, Ben Derect, Wilma Endersby, Cynthia English, John Fassler, Jim Fisher, Bret Gaussoin, Jerry Gibson, Mike Green, David Hanna, Ruth Hansen, Terri Hansen, Wade Hansen, Sandy Hanstead, Mae Hemmings, Charlene Hilt, Lori Jackson, Susan Jewell, Erica Jonasson, Steve Joostens, Karen Judson, Jan Jung, Jeff Lane, Sandy Lane, Ken Larson, Susan Larson, Peter Len, John Lira, Heidi Maher, Jeanne Maxwell, Emma McCaffery, Mark McCaffery, Jack McCallum, Bonnie McColley, Alice Montgomery, John Moylan, Duane Partlow, Ellen & Bert Peel, Dee Pennington, Shirley Petty, Dan & Char Preston, Larry Rayborn, Linda Raymond, Cynthia Robinson, Lisa Rolston, Brian Ross, Keith Rothbauer, Nicholas Rothbauer, James Ruff, Melba Sanchez, Sharon Sargent, John Shorthill, Craig Simons, Ed Sinclair, Cyndy Snow, Robin Somers, Ryan Stamm, Ron Stover, Mike Tugman, Vivian VanInderstine, Jeremy Vaughn, Vicki Wade, Amy West, Rus Westhaver, Dale Whipple, Ruth Wilson, Shilo Yamato, and also Justin, Rochelle, Dave, Eric, Brian, Neil S., Jeremy K., Amy, June, Gahen and Duke.

chos nunca escucharon la palabra "autismo". Imagínesse a un doctor diciéndole a usted que su niño nunca será normal, dijo él. "La única cosa que usted entendió es que su niño no es normal, usted necesita respuestas a sus preguntas. Pero todas las respuestas que le dan son en Ingles "

The Houston Chronicle recientemente publico en Los Angeles Times un articulo sobre El Grupo de Autismo Ángeles: <http://www.chron.com/cs/CDA/printstory.htm/health/1498782>

Esta Web side de la Internet es a ccesible a través de este enlace: <http://www.grupodeautismoangeles.com/index.htm>

Thanks to Angela Cuevas for this translation

and I
 lust for justice
 and I
 make that quest arthritic/
 pigeon-toed/however
 and I
 invent the mother of the courage
 I require
 not to quit.
from "War and Memory"
 June Jordan, 1936-2002

ABUSE HOTLINE

to report suspected abuse or neglect of a vulnerable adult
1-866-363-4276

Callers speak to an operator, and are connected to a direct number for making a report. The answering service operates 7 days a week, 24 hours a day.

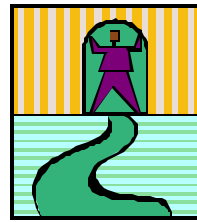
"Calls are crucial in helping us detect and stop abuse or neglect of vulnerable adults," according to DSHS Assistant Secretary Kathy Leitch. "We are grateful when members of the community, family members and our providers make the call to report their suspicions."

If one or more of these signs of possible abuse or neglect are observed, a report is warranted:

- ◆ an adult reports being abused or abandoned.
- ◆ an adult has unexplained injuries.
- ◆ a caregiver refuses to allow visitors.
- ◆ an adult has a sudden decline in physical appearance or untreated injuries or health problems.
- ◆ an adult lives in unsafe living conditions.
- ◆ there is a sudden transfer of money or unusual bankcard use, or disappearance of possessions.

Step-by-Step

Section 8 HOUSING VOUCHERS



Housing and Urban Development (HUD) Section 8 housing vouchers subsidize 60-70% of rent costs for eligible individuals with a disability. In 2002, the Bellingham and Whatcom County Housing Authority will receive 75 housing vouchers to assist individuals with developmental disabilities. Because there are usually more people needing assistance than there are vouchers, getting Section 8 assistance starts with a waiting list. There are income limits that determine who is eligible for Section 8 assistance.

1: APPLY when the waiting list is "open". Complete the Housing Authority's application form.

2: MOVE UP THE WAITING LIST. Sometimes this happens quickly, sometimes it doesn't.

3: ELIGIBILITY IS VERIFIED When you reach the top of the waiting list, you provide documentation to verify that you are eligible (income information, etc.) Your past tenant history may also be verified.

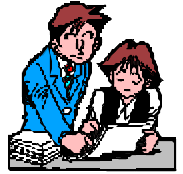
4: RECEIVE HOUSING VOUCHER.

5: FIND RENTAL UNIT You have 60-120 days to find a rental unit that is affordable, safe and sanitary. *(This may be your present residence.)* The landlord must agree to participate.



6: UNIT IS INSPECTED & APPROVED

This inspection is to assure that the unit is safe and in good condition, and to assure that the rent is reasonable.



7: PAPERWORK COMPLETED. The Housing Authority completes its contract with the landlord. You complete your rental agreement with the landlord.

8: MOVE IN! You pay your portion of the rent.

9: RENT SUBSIDY is paid directly to the landlord by the Housing Authority.

10: UNIT IS INSPECTED EVERY YEAR. This is to assure that the landlord continues to provide you with a safe unit in good condition (this is not an inspection of your housekeeping skills!)

Reasonable accommodation is law: Federal fair housing laws allow anyone with a disability to ask for reasonable accommodations to House Authority procedures and policies in order to participate in the Section 8 Housing Voucher program. This may include needing additional time or assistance to complete the application process, search for housing, and submit necessary paperwork.

Bellingham/Whatcom County Housing Authority
 208 Unity Street, lower level
 Bellingham, WA 98225
 360-676-6887
 360-676-2140 TDD

**Department of Social and Health Services
 Division of Developmental Disabilities
 Bellingham Outstation**

119 N. Commercial St., Suite 700, Bellingham, WA 98225-4450
 (360) 676-2000 FAX: 360-738-6262
 1-800-239-8285 TTY: 360-738-6256

Intake

Katie Walker 1-800-491-5266
 walkerkd@dshs.wa.gov

Outstation Manager Residential

Holly Community Services, Cascade Christian

Jan Driscoll 360-676-2152
 driscjl@dshs.wa.gov

Children (Ages Birth — 17)

Lynda Hobbs 360-676-2155, hobbsla@dshs.wa.gov
Terry Corless-Jenkins 1-800-491-5266 x 7271
 corlete@dshs.wa.gov

Adults in the Community

Leslie Terpstra 360-676-2245
 terpsll@dshs.wa.gov
Marcey Hausman 360-676-2194
 hausmmm@dshs.wa.gov
David Inscho 360-676-2244
 inschdj@dshs.wa.gov

Residential

Hampton Heights, Evergreen, LaCasa, Mountain View, Puffin Island, LLC, Community Residential Services, O'Brien Resources

Shannon Neely 360-676-2143
 neelyst@dshs.wa.gov

Social Worker

Voluntary Placement
Yvonne Lewis 360-676-2182
 lewisyu@dshs.wa.gov

Senior Family Support Group gets positive reviews

The Arc Of Whatcom County's first Senior Family Support Group met weekly, April through June this year. The group was facilitated by John Davis, Ph.D., and Jan Jung, M.Ed. Parents in five families participated.

The members of the Support Group explored a wide range of questions, including:

- How can I get time for myself?
- How can we find a respectful, caring, safe and stable caregiver?
- What steps can I take so that I can have peace of mind for the future?
- How can we be assured of safety for our sons and daughters?

Participants reported that the group was supportive and very helpful. "It's good not to feel so alone!" one participant commented. "It's helpful to hear how others handle similar problems."

If you are interested in joining a future family support group, please contact The Arc at 360-715-0170



To contact
**Parent to
Parent**, please
use the *new*
phone number:
**360-255-
6402**

Recreational Opportunity for People in Power Chairs *now being developed*

Indoor Power Soccer and Hockey in both
Skagit and Whatcom Counties.



Contact: **Caroline Chamblin**
360-380-1084

Special Health Care Needs in School

As the parent of a child with developmental disabilities, you can ensure a better school experience for your child by communicating your child's special health care needs with his or her school care team, schools nurse/doctors, and school officials. Making contact -- the sooner the better -- can help your child be more successful in school!

Topics to discuss with your child's care team:

- Extra supplies or equipment needed at school
- Learning changes, missing school
- Pain, discomfort, or energy level at school
- Counseling needs, behavior changes
- Transportation needs to and from school
- Special medicine needs
- Up-to-date emergency contact information
- Services provided by school nurses and officials
- Overall treatment and goals at school

For more information:
Center for Children with Special Needs
www.cshcn.org

The Special Ed Advocate Newsletter

Free online newsletter about special education legal & advocacy issues.

"Everytime I visit Wrightslaw, I learn something new"
"I want to tell you how much I appreciate the information on Wrightslaw --
I use it and use it and use it!"

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Special Education Law Your child's rights are Constitutional rights

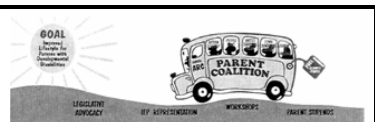
<http://www.reedmartin.com>

There is a difference in the rights of our students with special needs that many schools do not seem to understand -- these rights come from the U.S. Constitution.

In 1973, Congress amended Title VI of the Civil Rights Act of 1964, because "The Congress has a responsibility to assure equal protection of the laws and...take action to assure that handicapped children throughout the United States have available to them appropriate educational services." That equal protection became Section 504 of the Rehabilitation Act of 1973.

The rights of our children with special needs are grounded in the 14th Amendment to the Constitution, Section 504, the Americans with Disabilities Act (ADA), and by the laws of every state.

A free and appropriate education is the law for every child!



Published monthly by
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Hoffman, Connie Knau,
and Susan Larson.

*There are currently three vacancies
on the Board.*

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Susan Jewell

Office Manager

Dana Little

OFFICE HOURS:

9 am - Noon, Monday-Friday



THE ARC OF WHATCOM COUNTY

1111 Cornwall Avenue #205
Bellingham, WA 98225



A United Way partner agency

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CHOICE & SELF-DETERMINATION

People with developmental disabilities and their families want services and supports delivered by a system that allows us choice and control over our own lives.



DDD and self-determination in the lives of the people it is intended to serve

For a number of years, those who receive services from Washington state's Division of Developmental Disabilities (DDD) and their families have been exploring the impact of self-determination on the programs and policies of the Division. The two-year state Stakeholders' planning process resulted in major recommendations for fulfilling the promise of self-directed services, individualized budgets and accountability.

That initiative and direction seems to have been overtaken by the scramble to change DDD services in response to the legislature's solution to the growing budget deficit. (See page 2). We seem to have gone from the promise of reasoned planning for self-directed services into a confusing debate by economists, politicians and county, state and federal bureaucrats. We have spent months waiting to hear what they will decide.

Is self-determination off the table as a goal of DDD services in Washington?

This summer, The Arc of Washington State participated in a hearing of the House Children and Family Services Committee of the Washington State House of Representatives. Under discussion was what changes may be necessary to statutes, given the continuing negative reports and audits about

the services provided by the Division of Developmental Disabilities in the Department of Social and Health Services .

The Arc of Washington State presented important questions to the committee about the policies services of the Division, including:

- * What public support do families need to help them support their child/adult to remain at home?
- * What do adults need to remain as independent as possible?
- * Should the role of the Division change from providing direct service to providing technical assistance and training to direct service organizations and families?
- * Do we change the system to one in which individuals with developmental disabilities and their families have more say so and control over the public resources they receive?

The Arc of Washington State, local Arc chapters and Parent Coalitions, as well as other advocacy groups, are all involved in discussing these important questions in any reorganization of the Division of Developmental Disabilities.

For more information: <http://www.arcwa.org>

For additional information on current DDD program changes, see page 2.