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January 2007

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Page 3 - Legislators & Advocay Days
Page 4 - Get Involved
Page 5 - Future Planning

January 2007

15 Monday 7:00 - 8:30 p.m.
Parent to Parent Support Meeting
2001 H St.
Contact Jennifer: 360-255-2056

15 Monday 7:00 - 9:00 p.m.
Spin Dance - Max Higbee Center
315 Halleck St.
Contact Amanda: 360-676-9895
360-738-7366 TTY

22 Monday 4:30 - 6:00 p.m.
Whatcom County DD Community Forum
3333 Squalicum Pkwy.
Contact Jessica: 360-676-6724 ext 32014

24 Wednesday 5:30 - 8:00 p.m.
Legislative Reception
Olympia, WA
See page 4 for details.

27 Saturday 7:00 p.m.
People First
315 Halleck St.
Contact Susan: 360-738-2060

31 Wednesday 12:30 - 4:30 p.m.
Positive Behavior Support
Everett, WA
See page 4 for details.

February 2007

1 Thursday 12:00 - 1:30 p.m.
Whatcom Interagency Coordinating Council
Parent Member Meeting
2602 McLeod Rd.
Contact Beverly: 360-715-0170 ext 4

5 Monday 4:00 - 6:00 p.m.
Arc Board of Directors
2602 McLeod Rd.
Contact Dana: 360-715-0170

14 Wednesday 12:00 - 1:30 p.m.
Down Syndrome Outreach Comittee
2602 McLeod Rd.
Contact Sarah: 360-715-0170 ext 2

19 Monday 7:00 - 8:30 p.m.
Parent to Parent Support Meeting
2001 H St.
Contact Jennifer: 360-255-2056

19 Monday 7:00 - 9:00 p.m.
Spin Dance - Max Higbee Center
315 Halleck St.
Contact Amanda: 360-676-9895
360-738-7366 TTY

All Events are in Bellingham unless otherwise noted.

Enjoying Life

Eric, a joyful 25 year old, lives in his own apartment, enjoys taking daily walks to the Ferry Terminal, spending time with friends and advocating for people with autism.

Eric is enthusiastic about his job at Bramble Berry, Inc; working 10.5 hours per week pouring bulk fragrances into smaller bottles and labeling them.



According to Anne-Marie Faiola, CEO of Bramble Berry, "Eric is simply part of the team and helps us to fulfill our need of having our shelves full."

From an early age, Eric's parents advocated for him to be in as inclusive an environment as possible. His mom Julee stated, "Eric's pathway to meaningful employment began in earnest when he was 15 years old through the IEP [Individual Education Plan] process." Eric, his parents and educators began implementing ways he could learn various skills, and identify strengths and weaknesses to help him reach his goal of community employment.

Eric began job shadowing as a sophomore and gained valuable work experience during his junior and senior years at Fred Meyer, Wal-Mart, Bayview Cemetery and the Parking Office at Western Washington University (WWU). After Eric graduated from Bellingham High School, he moved on to their Community Transitions (CT) program working on goals to transition from school into the community.

Eric began working at Western Washington University's Copy Center, maintaining his first paid position for a year and a half. Once this job ended and having



completed CT, Eric began meeting regularly with his job coach while contacting employers and following up on networking leads from friends and family. Eric landed the job with Bramble Berry, Inc. in November 2004, where he receives 1:1 vocational support.

Like any parent, Julee was apprehensive when her son made the transition to community work. She said her biggest fear was "...Letting [Eric] go independently into the community—walk down the street and get on the bus on his own...it was huge to let him do that without someone with him." Julee stresses the importance of communication and team problem solving when your goal is community employment.

Julee has some advice for other families with sons or daughters in transition, "It is very advantageous to start early and to provide your son/daughter with as many job experiences as possible. Also, give some thought to what your son/daughter's interests are and what type of work they would be good at. Be aware of the importance of communication and approaching your son/daughter's employment as a team effort. Be part of that team as a parent—you know your son/daughter the best. Don't get discouraged—it is not a straight path—it will have hills and valleys."



The Latest in Washington D.C. and Washington State

Toll Free Legislative Hotline • 1-800-562-6000

The New Division of Developmental Disabilities (DDD) Assessment: What It Means To You - Part 2

A new way to assess and plan for services and supports for people with developmental disabilities
Starting June 1, 2007

What is in the DDD Assessment?

There are three sections in the DDD assessment:

1. The Support Assessment Module

All clients of DDD will be assessed using this module. This module includes a special part for all clients age 16 and older called the Supports Intensity Scale (SIS). The SIS is a nationally recognized tool used in many states to measure the support needs of people with disabilities. This module includes an assessment of caregiver needs, behavior issues and protective supervision. If the person will not receive paid services, the DDD Assessment ends here and the person is given a copy of the results.



2. The Service Level Assessment Module

DDD clients who are authorized to receive a DDD paid service will be asked questions from this module. The answers to these questions help case managers determine the services the person will receive.

3. The Individual Support Plan

All DDD clients who are receiving services will have an individual support plan describing the services they are authorized to receive. This plan will be printed and given to the client at the end of the Assessment and planning session.

What if someone doesn't agree with the results of the Assessment?

If someone disagrees with the results of the Assessment, an appeal can be filed. Your case resource manager will give you information on your appeal rights for department decisions based on your DDD Assessment.

How is the DDD Assessment different from the Medicaid Personal Care (MPC) Assessment used for Medicaid Personal Care?

The MPC Assessment was developed only to assess the needs of people who need Medicaid Personal Care services. The MPC Assessment is still used to measure personal care needs and is included as a part of the DDD assessment.

If you have questions, call your case manager or visit these websites:

<http://www1.dshs.wa.gov/ddd/CAP.shtml>

<http://www.siswebsite.org/index.wv>

The DDD Assessment will begin June 1, 2007.

Source: Department of Social and Health Services

To contact your local Division of Developmental Disabilities office:

Mount Vernon Outstation

900 East College Way Suite 110

Mount Vernon, WA 98273

Local: 360-416-7261

TTY: 360-416-7270

Toll Free: 1-800-491-5266



Bellingham Outstation

119 N. Commercial St. Suite 700

Bellingham, WA 98225-4450

Local: 360-676-2000

TTY: 360-738-6256

Toll Free: 1-800-239-8285

Oak Harbor Outstation

656 SE Bayshore Drive #1

Oak Harbor, WA 98277

Local: 360-240-4729

TTY: 360-240-1306

Toll-free: 1-877-890-2631



We may all have come on different ships, but we're in the same boat now.



-Dr. Martin Luther King, Jr.

BUSY PERSON'S GUIDE TO ADVOCACY

Estimated Time

1 minute
5 minutes
5 minutes
10 minutes

60 minutes +

Source: Parent and Family Coalition of Snohomish County

What you can do

Leave a phone message
Make a phone call
Write a postcard
Send an email to all the people you know who have email
Meet with your legislator
(includes travel time)



Rep. Doug Ericksen
(R)42nd Legislative District
PO Box 40600
401 John L. O'Brien Bldg.
Olympia, WA 98504-0600
(360) 786-7980
ericksen.doug@leg.wa.gov



Rep. Kelli Linville
(D)42nd Legislative District
PO Box 40600
328 John L. O'Brien Bldg.
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(360) 786-7854
linville.kelli@leg.wa.gov



Senator Dale Brandland
(R)42nd Legislative District
106B Newhouse Building
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Olympia, WA 98504-0442
(360) 786-7682
brandland.dale@leg.wa.gov



Rep. Jeff Morris
(D)40th Legislative District
PO Box 40600
334 John L. O'Brien Bldg.
Olympia, WA 98504-0600
(360) 786-7970
morris.jeff@leg.wa.gov



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(D)40th Legislative District
PO Box 40600
301 John L. O'Brien Bldg.
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(360) 786-7800
quall.dave@leg.wa.gov



Senator Harriet Spanel
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(360) 786-7678
spanel.harriet@leg.wa.gov



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PO Box 40600
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(360) 786-7884
strow.chris@leg.wa.gov



Rep. Barbara Bailey
(R)10th Legislative District
PO Box 40600
405 John L. O'Brien Bldg.
Olympia, WA 98504-0600
(360) 786-7914
bailey.barbara@leg.wa.gov



Senator Mary Margaret Haugen
(D)10th Legislative District
PO Box 40410
410 John A. Cherberg Bldg.
Olympia, WA 98504-0410
(360) 786-7618
haugen.marymargaret@leg.wa.gov

Advocacy Days

- Advocacy Day offers a way to learn about the legislative process in person.
- Advocacy Day runs from 10:00 a.m. to 3:00 p.m. every Wednesday during the legislative session beginning January 31.
- A highlighted topic will be featured each week with a morning briefing to cover late breaking news on budget items and bills of interest to individuals with developmental disabilities.
- If this is your first visit and you need a guide for the day, please let the Arc of Washington know when you register.

January 31: DD Priorities and Budget Overview

February 7: Fixing Transit Issues (Budget & Bills)

February 14: Family Support Services

February 21: Employment Services

February 28: Impacts on Medicaid Services

Individuals need to make legislative appointments at least two weeks in advance with your elected officials.

To register for the morning briefing, call: 1-888-754-8798, ext. 105 or email: bean@arcwa.org.

Source: The Arc of Washington

Federal

Sen. Maria Cantwell (D - WA)
717 Hart Senate Office Building
Washington, D.C. 20510
(202) 224-3441
cantwell.senate.gov/contact



Sen. Patty Murray (D - WA)
173 Russell Senate
Office Building
Washington, D.C. 20510
(202) 224-2621
murray.senate.gov/contact



Rep. Rick Larsen (D - WA)
104 W. Magnolia, Room 206
Bellingham, WA 98225
(360) 733-4500
Rick.Larsen@mail.house.gov





Get Involved

Parent to Parent support meeting

Monday, January 15
7:00 - 8:30 p.m.

2001 H Street, Bellingham
Contact Jennifer: 360-255-2056



Spin Dance

Monday, January 15
7:00 - 9:00 p.m.

315 Halleck Street, Bellingham
Contact Amanda:
360-676-6899 or 360-738-7366 TTY



Social and Life Skills Classes - "Relationships"

Thursdays, January 18 and 25
4:30 - 6:00 p.m.

Social Skills are usually "caught" versus "taught," but sometimes relationship skills are best learned in an interactive lab whether with family, friends, or in a professional setting.

Individuals must be 18 or older and be eligible with DDD.

St. Luke's Community Health Ed. Center
3333 Squalicum Pkwy, Bellingham
Contact Pat: 360-676-6724 ext 32243

Community Forum

Whatcom County Developmental Disabilities
Advisory Board
Monday, January 22
4:30 - 6:00 p.m.
3333 Squalicum Pkwy, Bellingham

What is it?

An open forum will be held to gather information from you to develop the 2007 - 2011 County Plan. Individuals and parents are invited and encouraged to share your concerns.

Please complete the enclosed survey and mail it or attend the meeting to share your thoughts about needs and goals for the future.

The Whatcom County Health Department Developmental Disabilities Program provides and monitors local services to individuals with developmental disabilities and their families who are eligible through the Division of Developmental Disabilities (DDD). County funded services include Early Intervention Services for children birth to three and adult employment services for those 21 and over.



Contact Jessica:
360-676-6724 ext 32014

Jessica Lee, Susan Larsan, and Fran Armintrout at a past DD Advisory Board meeting.

Legislative Reception

Wednesday, January 24
5:30 - 8:00 p.m.

A briefing on developmental disability issues and talking points for the reception will take place from 4:00-5:00 p.m. in the Columbia Room of the Legislative Building.



3rd Floor Legislative Building
416 14th Avenue SW, Olympia

Hosted By: Washington State Developmental Disabilities Council, The Governor's Committee on Disability Issues and Employment and Parkview Services

Contact: 1-888-754-8798, ext. 105.
Email: bean@arcwa.org.

Positive Behavior Support:

Using Functional Assessment
to Design Positive Behavior Support Plans
Wednesday, January 31
12:30-4:30 p.m. (Bring your lunch!)

Learn how to turn functional assessments into individualized support plans for people with challenging behavior.

Everyone is welcome!
The workshop is FREE!

DDD Region 3 Office
840 N. Broadway, Everett, WA 98201

Contact Kristin Ihrig:
Phone: 425-339-4828
E-mail: ihrigkr@dshs.wa.gov.

Dad's Night Out

Tuesday, February 6
6:00 - 9:00 p.m.



Need a chance to regroup?
Join us for some fun!

Riverside Lanes in Mt. Vernon
Contact Bryan Milliren: 360-416-7570 ext 401
Sponsored by Skagit County Parent to Parent

Whatcom County Transition Fair

Thursday, April 5
9:00 a.m. - 1:00 p.m.



St. Luke's Community Health Ed. Center
3333 Squalicum Pkwy, Bellingham
Contact: Heather 360-715-0170 ext 7



Arc Events are held in accessible locations. For sign language interpreters service, assistive listening devices or communication material in an alternative format, large print or audiotape, please call 10 days in advance.



Special Education, Children & Families

How to Get Medicaid Funding for a New Wheelchair

If you use medical coupons and need a new wheelchair, then you need to work with a community physician, a physical therapist and a vendor of choice. This is for Medicaid (Medical Coupons) only. (*Medicare primary coverage is a different process.*)

1. Get a prescription from the doctor for a *wheelchair evaluation*.
2. Have a physical therapist do a *physical therapy evaluation*.
3. Get a prescription from the doctor for the *new wheelchair* as specified in the physical therapy evaluation.
4. Provide the vendor with prescriptions for *wheelchair evaluation* and *new wheelchair*, and the *physical therapy evaluation*.

5. Submission for funding: The vendor then sends all of this with their cost sheet, specifying frame type, and additional components, to the authorization unit to make a funding decision.



Most denials of funding *are not refusal to pay*. The vast majority simply require additional information. The letter of denial itself tells the therapist/vendor what additional information is needed. *The vendor/therapist must respond to a denial or inquiry for additional information within 30 days, or the request becomes a dead file.*

Source: Arc of King County

Future Planning - Courage to Talk:

The best gift you can ever give to your family

The kind of medical care you would want in a life-threatening illness or medical emergency may seem like a very private matter. Your opinions on this issue are possibly different than those of the ones around you, which can make it hard to talk about. But if you don't talk to your family and loved ones about this, you may have a chance of not having your wishes carried out. That's because about one-half of patients are not in a condition to speak for themselves at the time when medical decisions about life-support treatments need to be implemented.

You can speak now and give your family a great gift, by making your values and wishes about end-of-life care known well in advance. Although many people involve a lawyer, physician, and/or spiritual advisor in this process, the most important first step is to START TALKING NOW with those who would be involved in such a situation. Fortunately, there are some good tools to help you get started.

For example, most people have heard of a Living Will (more formally known as

a Health Care Directive). This provides written instructions about what medical interventions you would or would not want. Any hospital and most doctor offices can provide you with a simple form to write your living will. Another option is the Five Wishes workbook that meets the legal requirements for an living will in 35 states, including Washington.

Advance care planning, just like advance financial planning, is one way we can make sure our wishes are known. It also lightens the burden for caregivers if we need them to act on our behalf in the future and brings peace of mind to yourself and others.

You can call 360-671-1889 to register for a free Five Wishes workshop offered each month in Bellingham.

Washington State Medical Association has forms for Living Wills at <http://www.wsma.org/Patients/HCD-forms.pdf>

Source: Karen Ssebanakitta
St. Joseph Hospital Patient Care Director

The Parent Coalition of Whatcom County newsletter is published monthly by

The Arc of Whatcom County
2602 McLeod Rd.
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Susan Jewell

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Choice and 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.

The Dignity of Risk

'The Dignity of Risk' means having the opportunity to try new experiences and make personal choices, even if there is a potential for danger or failure. In supporting self-determination, we recognize that taking risks is a part of life.

What if you never got to make a mistake?

What if your money was always kept in an envelope where you couldn't get it?

What if you were never given a chance to do well at something?

What if your only chance to be with people different from you was with your own family?

What if the job you did was not useful?

What if you never got to make a decision?

What if the only risky thing you could do was act out?

What if you couldn't go outside because the last time you went it rained?

What if you took the wrong bus once and now you can't take another one?



What if you got into trouble and were sent away and you couldn't come back because they always remember your trouble?

What if you worked and got paid \$0.46 an hour?

What if you had to wear your winter coat when it rained because it was all you had?

What if you had no privacy?

What if you could do part of the grocery shopping but weren't allowed because you couldn't do all of the shopping?

What if you spent three hours a day just waiting?

What if you grew old and never knew adulthood?

What if you never got a chance?



Source: "Laying Community Foundations for Your Child with a Disability" by Linda Stengle