

AN AGE TIMELINE - WHAT TO DO AND WHEN TO DO IT

*During
the school
years*



Develop a Partnership with your School District

- Put together a brief summary, describing your child's strengths, learning style, accommodations etc. and share with your teacher.
- Actively participate in IEP meetings and work together to develop goals.
- Work on goals at home in the community that complement the work being done at school.
- Prioritize what is most important.
- Develop goals that will help you in your adult life.
- Share your concerns and be open to brainstorming ideas to address concerns.
- Ask questions and take notes at the meetings and set up a time to check on the progression of goals as needed.
- Advocate for what you need and be open to ideas to address those needs.
- Be mindful about what your day will look like when school ends.
- Participate in activities that will continue after you exit school
- Keep a personal copy of school records. Obtain school transcripts, evaluations, summaries, and assessments upon leaving school to assist you in applying for and receiving adult services. Many school records are destroyed several years after graduation.
- Understand your disability and utilize assistive technology, adaptive devices, and support from others to increase your independent living skills and ability to communicate. Check out www.abledata.com for an extensive database of available products.
- Develop transition goals at age 16 with your school IEP team.
- Request a Functional Vocational Evaluation from the school district to provide valuable information about skills and support needs prior to exiting school.

If you have concerns, the first step is to contact your teacher and schedule a meeting. If you are not able to resolve conflicts within your school district, the following resources may be helpful.

- **The Office of the Education Ombudsman (OEO)** resolves complaints, disputes, and problems between families and public schools. The OEO is independent of the public school system and provides an alternative to costly lawsuits and administrative hearings. 866-297-2597 www.governor.wa.gov/oeo
- PAVE provides information and assistance with school related issues 800-572-7368 or www.wapave.org

AN AGE TIMELINE - WHAT TO DO AND WHEN TO DO IT

<p style="color: purple; font-weight: bold;">Apply at Any Age- Disability needs to occur before the age of 18</p> 	<div style="background-color: #f2f2f2; padding: 5px; text-align: center;"> <h3>Apply for Developmental Disabilities Administration (DDA) (formerly DDD) www.dshs.wa.gov/ddd</h3> </div> <ul style="list-style-type: none"> <input type="checkbox"/> Serves individuals of ALL ages. Apply at any age (if possible before 18) 425-339-4833 or 1-800-788-2053 <input type="checkbox"/> Once eligible, understand that eligibility is reviewed at specific times or ages and services are based on available funding and eligibility. If denied know that you can appeal and also may reapply at another date as eligibility criteria may change. <input type="checkbox"/> Once eligible, the DDA Case Resource manager can assist you in connecting to services and supports. Services are based on available funding so it is important to stay connected to a Case Resource Manager and make them aware of your needs. <input type="checkbox"/> Ask to be placed on wait list or data base to address any unmet needs you may have. <input type="checkbox"/> DDA will send all information about services and changes to an additional person called an NSA who you will identify when you apply. <input type="checkbox"/> Services may include case management, Medicaid Personal Care to assist with daily living skills, housing, family support, respite, planning, and employment support. <input type="checkbox"/> When you turn 21 years of age, long term job coaching support can assist with your employment goals (based on available funding).
<p style="color: purple; font-weight: bold;">Any Age</p> 	<div style="background-color: #f2f2f2; padding: 5px; text-align: center;"> <h3>Financial Planning</h3> </div> <ul style="list-style-type: none"> <input type="checkbox"/> Plan ahead for your financial future. Services and funding vary so it is important to have a special needs trust to pay for needed services and supports that may not be covered by resources in the community. This can be done by an attorney who specializes in special needs trusts or through the Washington State DD Life Opportunities Trust that enables individuals with DD and their families to open a low cost special needs trust to set aside money and build assets for the future without compromising the individual's eligibility for public services. 1-888-754-8798 or www.ddlot.org <input type="checkbox"/> Increase work skills to increase opportunities for competitive employment. Paid employment will provide additional income to pay for items beyond basic needs. <input type="checkbox"/> Attend a future planning training at your school, at the Snohomish County Transition Fair in March, or through the Arc of Snohomish County. <input type="checkbox"/> Manage your money effectively. <ul style="list-style-type: none"> • Actively participate in shopping for your personal and household needs. • Have your own checking and/or savings account. (Have a co-signer, if needed) Practice withdrawing and depositing money, and balancing your checkbook. • Go shopping, compare prices, and purchase items on sale and use coupons. • Set up a budget. Pay for basic needs and learn how to save money for items you need or want. Begin to build a credit history. Have your name listed on electricity, water, rent, etc. • If you need assistance managing your finances, ask a trusted person to be your financial payee or utilize a local agency to assist you in paying your bills. 

AN AGE TIMELINE - WHAT TO DO AND WHEN TO DO IT

At Any
Age-



Assistive Technology

Whether it's communication, recreation, employment, education, transportation or just plain daily living, technology levels the playing field for children and adults with disabilities. And, because technology is such a natural part of everyday life for everyone, the options for devices and apps are as numerous and diverse as the individuals who use them. Here are a few tips and resources to get you started:

- **Identify the task first. Device Second.** There are a lot of options out there, and no one device is right for every individual. For an extensive database of AT products, categorized by function, visit AbleData's product's page: www.abledata.com
- **Get an AT Assessment** If your child is in school, ask for an AT evaluation as part of the IEP process.
- **Try Before You Buy** Make sure the device and/or apps are right for your son or daughter. The Washington Assistive Technology Alliance Program will loan devices for up to six weeks for a small fee.

Resources

- **Tech Step**
Provides assistive technology resources to families, providers and schools (includes equipment loans) www.sherwoodcs.org 425-334-4071
- **Developmental Disabilities Administration**
The Children's In-Home Intensive Behavior Support waiver and Individual & Family Services Program both include assistive technology in their covered services.
www.dshs.wa.gov/ddd
- **Division of Vocational Rehabilitation**
Short-term employment services for adults. In addition to adults with disabilities, high school transition students are eligible for services. www.dshs.wa.gov/dvr
- **Washington Assistive Technology Act Program**
Information, referrals, training and device loans. www.watap.org
- **Washington Access Fund**
Low interest loans and matched savings accounts for low-income households.
www.washingtonaccessfund.org
- **Washington Initiative for Supported Employment**
Technical assistance to adults and high school students with DD seeking employment and job training. www.gowise.org
- **Work Incentive Programs**
The cost of work-related expenses, such as AT, may be offset by Social Security work incentive programs PASS and IRWE. Ask your DDA or DVR case manager for more information.

Assistive Technology in the Schools

Each school district shall ensure that assistive technology devices or assistive technology services, or both, are made available to a student eligible for special education if required as part of the student's:

- Special education
- Related Services; or
- Supplemental aids and services.

On a case by case basis, the use of school purchased assistive technology devices in a student's home or in other settings is required if the student's IEP team determines that the students' needs access to those devices in order to receive FAPE. WAC 392-172A-02015: Availability of assistive technology

(Excerpt from www.informingfamilies.org)

AN AGE TIMELINE - WHAT TO DO AND WHEN TO DO IT

<p>All Ages</p>	<h3 style="text-align: center;">Increase work skills</h3> <ul style="list-style-type: none"><input type="checkbox"/> Identify your job skills and preferences.<input type="checkbox"/> Participate in a variety of community work experiences.<input type="checkbox"/> Develop a resume and/ or portfolio.<ul style="list-style-type: none">○ Include work experience, letters of recommendations etc.<input type="checkbox"/> Enlist friends, relatives and others to help with your job search.<input type="checkbox"/> Develop work skills to increase your employability:<ul style="list-style-type: none">○ Be punctual and dependable.<ul style="list-style-type: none">▪ Get to work on time and be ready to work.▪ Call your employer if you are going to be late or absent.○ Take pride in your work.<ul style="list-style-type: none">▪ Be accurate. If you make a mistake, try and correct it.▪ Ask for help if needed.○ Respect authority.<ul style="list-style-type: none">▪ Be polite.▪ Follow directions.○ Wear appropriate clothing.○ Have good personal hygiene.○ Communicate with others.<ul style="list-style-type: none">▪ Ask questions.▪ Share your concerns.○ Be flexible.<ul style="list-style-type: none">▪ Adjust to changes.▪ Be willing to learn new tasks.○ Show enthusiasm.○ Take the initiative to start new duties. 
<p>Age 15-16 <i>Any Age</i></p> 	<h3 style="text-align: center;">Transportation</h3> <ul style="list-style-type: none"><input type="checkbox"/> Have a home that is close to public transportation and services.<input type="checkbox"/> Practice taking public transportation. Contact a public transportation agency about free transportation training and alternative public transportation for people with disabilities.<ul style="list-style-type: none"><input type="checkbox"/> Prior to leaving school, make sure you have a Reduced Fare Bus Card. All buses are accessible.<input type="checkbox"/> If additional support is needed, apply for Para Transit or DART door to door service. Routes vary so wait times may be longer and rides need to be prescheduled.<input type="checkbox"/> If you require personal care services, request that the letters PCA are written on your card to allow the Personal Care Assistant to accompany you free of charge.

AN AGE TIMELINE - WHAT TO DO AND WHEN TO DO IT

<p>Age 15-16 <i>Any age</i></p>	<p style="text-align: center;">Build on Strengths and Interests</p> <ul style="list-style-type: none"> <input type="checkbox"/> Build on your strengths and create a list of things that you enjoy. <input type="checkbox"/> Learn about the value of work through volunteering or working in your community. <input type="checkbox"/> Help with chores at home; participate in as much of the task as possible. <input type="checkbox"/> Try new things and ask for accommodations as needed. <input type="checkbox"/> Understand your personal learning style and utilize assistive technology as needed. <input type="checkbox"/> Create a portfolio including interests, strengths, volunteer/work experiences etc. <input type="checkbox"/> Share your dreams with others so they can help you reach your goals.
<p>Age 15-16 <i>Any age</i></p>	<p style="text-align: center;">Washington State ID Card</p> <ul style="list-style-type: none"> <input type="checkbox"/> Obtain a Washington State identification card at any age from the Department of Licensing. Before age 18, fewer documents are needed to prove identity and residency. This will be helpful for identification and applying for adult services. www.dol.wa.gov 
<p>Age 16+</p>	<p style="text-align: center;">Work Source Youth Services</p> <ul style="list-style-type: none"> <input type="checkbox"/> A local service that can help self-directed job seekers, find part time and summer employment to help develop work skills.
<p>Age 17-18</p>	<p style="text-align: center;">Legal Adult at Age 18</p> <ul style="list-style-type: none"> <input type="checkbox"/> At age 18, all individuals obtain all legal rights and responsibilities. Some people may benefit from a power of attorney, protective payee or guardianship to assist them in making decisions. <input type="checkbox"/> For Guardianship and Estate Planning contact an attorney who has updated knowledge about the Social Security system, special needs trusts and how to write a Will concerning a child with a disability. Attach a Letter of Intent to your Will or Trust. 
<p>Age 17-19 <i>Adults</i></p>	<p style="text-align: center;">Affordable Housing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Understand available housing resources. <input type="checkbox"/> Contact your DDA case manager about options. 425-339-4833 <input type="checkbox"/> Contact the Arc about upcoming housing workshops. 425-258-2459 <input type="checkbox"/> Apply for subsidized housing at the Everett Housing Authority and Snohomish County Housing Authority. The waiting list can be very long. 

DECISIONS TO BE MADE AT AGE 18

<p>Age 18 Men</p>	<h3 style="text-align: center;">Register for Selective Service</h3> <ul style="list-style-type: none"> <input type="checkbox"/> At age 18, all men must register with the Selective Service at their local post office or online. www.sss.gov or by returning the registration form they receive in the mail. It is also a requirement for applying for financial aid for college.
<p>Age 18</p>	<h3 style="text-align: center;">Register to Vote</h3> <ul style="list-style-type: none"> <input type="checkbox"/> Register to vote at your local library, city hall or state office. <input type="checkbox"/> If you need accommodations contact the Auditor's Office 
<p>Age 18</p>	<h3 style="text-align: center;">Social Security Benefits www.ssa.gov</h3> <ul style="list-style-type: none"> <input type="checkbox"/> Obtain a Social Security card from the Social Security office. 800-772-1213 <input type="checkbox"/> Apply for Social Security benefits at age 18. (Prior to 18, SSA looks at parent income). Begin the application process on line. If denied, you may appeal within 60 days. <input type="checkbox"/> SSI is intended to pay for basic living expenses and can be the gateway to other services including Medicaid, which can open doors to other services. <input type="checkbox"/> It is important to keep a paper trail of expenditures when receiving Social Security. <input type="checkbox"/> For SSI, the individual must have low income and below \$2,000 in total resources to be eligible. <input type="checkbox"/> There are work incentives that allow you to keep your benefits including Medicare and Medicaid while working. <input type="checkbox"/> Social Security encourages people to work to increase their income and contribute to their community. Individuals must report their monthly wages. <input type="checkbox"/> If you are a client of DDA, the Snohomish County Developmental Disabilities Benefits Planner can provide trainings and assist in navigating the Social Security system. <input type="checkbox"/> If you have a guardianship, submit a copy of guardianship papers to Social Security. 
<p>Age 18 Earlier if Medicaid eligible</p>	<h3 style="text-align: center;">Medicaid Services</h3> <ul style="list-style-type: none"> <input type="checkbox"/> If eligible for SSI and you do not receive Medicaid contact the Community Service Office (CSO) 877-501-2233 <input type="checkbox"/> Medicaid may be used for medical needs, transportation, and assistive technology. Medicaid is available once a person is determined eligible for SSI and is distributed through the State Community Service Office (CSO). <input type="checkbox"/> If you need assistance with daily living skills and have Medicaid. You may be eligible for Medicaid Personal Care (MPC). To request an MPC assessment and determine eligibility contact: Developmental Disabilities Administration (DDA) 425-339-4833 For adults who are not DDA eligible contact: Home and Community Services 425-339-4010 

AN AGE TIMELINE - WHAT TO DO AND WHEN TO DO IT

<p>Senior Year</p> 	<p>Federal Student Aid (FAFSA)</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> If seeking aid to attend college, this form must be filled out by March 1st of your senior year to be considered for financial aid.
<p>Age 19-21 Adults or last year of school</p>	<p>Division of Vocational Rehabilitation (DVR) www.dshs.wa.gov/dvr Department of Services for the Blind (DSB) www.dsb.wa.gov</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> DVR and DSB assist individuals in obtaining competitive employment. They understand how working affects benefits. <input type="checkbox"/> DVR Everett 425-339-4880 Lynnwood 425-673-3180 <input type="checkbox"/> DSB can also assist with independent living skills and in home support 800-552-7103
<p>Age 18-21</p> 	<p>Snohomish County Transition Resource Coordinator</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> Assists clients of the Developmental Disabilities Administration (DDA) to transition from school to work and community living by assisting in navigating the adult service system and connecting to planning and employment providers (as funding allows). 425-388-7476
<p>Adults</p> 	<p>Self Advocacy Groups and Leadership</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> Be able to explain your disability and any accommodations you may need. <input type="checkbox"/> Increase leadership and advocacy skills, promote inclusion learn about your rights, educate others, and have fun. <p>Develop relationships throughout your life. Build a support network who can help you advocate for what you need and navigate community resources.</p>
<p>Adults</p>	<p>Independent Living Centers</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> Provides support for independent living skills, development, advocacy and benefits planning.
<p>Adults</p> 	<p>Planning Services</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> Career Path Service Providers will work with you to develop a plan for employment. <input type="checkbox"/> If you need additional support, Person Centered Planning is individualized and provided at no cost to the family (based on DDA eligibility and available funding). Planning Facilitators are contracted with Snohomish County Developmental Disabilities. If you are interested in this service: <input type="checkbox"/> Contact your State Developmental Disabilities Administration (DDA) case manager or Snohomish County Transition Coordinator for a referral. <input type="checkbox"/> Gather family, friends, teachers and service providers to discuss work and life goals. <input type="checkbox"/> Brainstorms ideas and resources and create a plan to reach your goals.