Residential Options for Adults with Developmental Disabilities

The Developmental Disabilities Administration (DDA) offers a variety of community residential options and 24 hour support, as appropriate, to adults with a developmental disability.

**Alternative Living Services** are instructional services provided by an individual contractor. The service focuses on community-based individualized training to enable a client to live as independently as possible with minimal residential services.

**Supported Living Services** offer instruction and support to persons who live in their own homes in the community. Supports may vary from a few hours per month up to 24 hours per day of one-to-one support. Clients pay for their own rent, food, and other personal expenses. DDA contracts with private agencies to provide Supported Living services. You can look up a supported living program in your area on the DDA web site.

**Group Homes** are community-based residences serving 2 or more adult clients and are licensed as either a boarding home or an adult family home. Group Homes contract with DDA to provide 24-hour instruction and support. The provider owns or leases the facility. Clients must pay participation for room and board to the service provider.

**Companion Homes** provide residential services and supports in an adult foster care model to no more than one adult who is a client of DDA. The services are offered in a regular family residence approved by DDA to assure client health, safety and well-being. DDA reimburses the provider for the instruction and support service. Companion homes provide 24-hour available supervision. The client pays the provider directly for room and board costs from client’s personal resources.

**Licensed Adult Family Homes (AFH)** are regular neighborhood homes where staff assumes responsibility for the safety and well-being of the adult. A room, meals, laundry, supervision and varying levels of assistance with care are provided. A home can have two to six residents and is licensed by the state. You can locate an AFH in the area you would like to live using the AFH Finder on the DDA web site.

**State Operated Living Alternatives (SOLA)** programs offer Supported Living services. SOLA programs are operated by DDA with state employees providing instruction and support to clients. One to four persons live together as roommates and share living expenses and staff support.

**Community Protection Program** provides intensive 24-hour supervision for clients who have been identified as posing a risk to their community due to the crimes they have committed. This program is an opportunity for participants to live successfully in the community and continue to remain out of prison or other justice system settings. Environmental and programmatic safeguards are in place to protect neighbors and community members from behaviors that pose a risk to people or property and/or interfere with the rights of others. This structured, specialized environment gives participants the opportunity to make positive choices to resolve/manage the behaviors that require intensive intervention and supervision.

Each of the services listed above are available only if funding is provided by the state legislature. Unfortunately, the **ONLY RESIDENTIAL ENTITLEMENT** our state offers is institutional placement in a Residential Habilitation Center (RHC) for adults with DD who meet eligibility.

**CHOICE—INDEPENDENCE—DIGNITY—EMPOWERMENT**
Independent Living

The National Secondary Transition and Technical Assistance Center posts the following definition of independent living: Independent Living or life skills are defined as “those skills or tasks that contribute to the successful independent functioning of an individual in adulthood in the following domains: leisure and recreation, home maintenance and personal care, and community participation.”

A great deal of passion exists on the topic of independent living. You’ll hear phrases like: all people achieving their maximum potential, barrier-free society, self-determination, self-respect, dignity, equal opportunities, consumer-driven, empowerment.

This doesn’t mean that people with DD want to do everything by themselves or that they don’t need any help. It means that they want to have the ability to make the same choices and have control in their lives that their family members, neighbors and friends take for granted. They want to grow up with their families, work in jobs that interest them, get married to their sweetheart and own their own home. They are people who share the same need as you and I to feel included, appreciated and loved.

Just think about what’s involved in “personal care” alone. Everything from getting out of bed, showering, getting dressed, using the toilet, brushing teeth to cooking meals and cleaning up afterwards, to getting ready for bed, locking the front door, and setting the alarm clock to get up the next morning. You and I may take care of all our personal care needs without giving it a thought. For many people though, Medicaid Personal Care (MPC) provides the assistance that many people with DD need in order to be able to do those tasks. MPC is a lifeline to those who need it.

The Developmental Disabilities Administration does an assessment for clients who qualify for MPC. It determines how many hours of support they must have to ensure they have assistance for necessary personal care tasks. In 2010 Washington State Legislators chose to fix their budget hole by cutting services from the people who need it most. Their needs had not changed, their assessment was no different, but people’s hours were reduced anyway just by changing a background algorithm. Yet people still have to figure out how to get out of their bed and into their wheelchair, how to get on and off the toilet without falling, how to fix or eat nutritious food that isn’t from a plastic container in the microwave, and so much more.

Please restore MPC hours to people’s assessed need. Advocates have offered solutions in order to restore these critical services. This will allow people with DD to develop their abilities in community settings instead of isolating them in congregate care facilities.

Develop Abilities and Support Independent Living

Restore MPC Hours in the Budget

The Arc of Washington State 888.754.8798 www.arcwa.org