



Washington State Parent to Parent (P2P) Monthly Newsletter



The Arc has been the proud host of the Parent to Parent Network in Washington State since 1988, partnering with local agencies to bring community based programming to families raising children with disabilities.

October 2024

**Find your Local
P2P Group**

**Join The Arc of
WA State**

**Join our P2P
Facebook
Group**

Give Us A Call: (360) 357-5596 *option 2*



**Hello
October**

Washington State Parent to Parent program just completed final reporting for our Dan Thompson Community Grant funding. We've been so appreciative of this funding over the last couple of years which has enabled us to:

1. Establish and enhance multicultural programming in communities
2. Expand efforts to provide family support programming in large geographic areas
3. Support technology enhancements in every program

Thank you to DDA and the Dan Thompson Community Grant for this opportunity to enhance parent and family support programming in Washington State.

Also, congratulations to Maria Pulido, Yakima County Parent to Parent. Maria recently joined the Washington State P2P leadership team where she will provide support to 15+ Spanish speaking Parent to Parent Coordinators from around Washington State! Maria has been a P2P Coordinator in Yakima for 20+ years and has developed a strong family support program there. And, special thanks to the Washington State Department of Health/Children and Youth with Special Health Care Needs for providing financial support for this critical support role. Welcome Maria!

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Welcome to Laurie Hersey, P2P Coordinator for Asotin County.
~~~Tracie, Theresa, Maria and Jackie

([P2P Map & Coordinator info](#) here). You can find up-to-date information about Coordinators and programs serving every County in Washington State!

[The Parent to Parent Family Stories](#) page on the website. ([Spanish](#))



### **Mission of Parent to Parent**

We walk alongside those parenting children with developmental disabilities and/or special health care needs, connecting them with peer support and information so they can take the *next step*.

### **Vision**

All families of children with developmental disabilities and/or special health care needs deserve encouragement, inclusion and meaningful connections that support family well-being.

### **Values**

- *We believe parents and caregivers want the best for their families and have the creativity and capacity to overcome challenges and celebrate successes.*
- *We commit to creating safe spaces for reflection, vulnerability, questioning and ongoing learning for parents and caregivers.*
- *We practice inclusion and respect for all with a commitment to listen fully and learn from the diverse viewpoints of the families we serve.*
- *We honor the rewarding and challenging work of parents, caregivers and community partners.*
- *We engage community partnerships through outreach, listening and education to encourage inclusive communities where families can thrive.*
- *We promote building communities that are equitable, non-biased and socially healthy where all families and children can live inclusive, safe and fulfilling lives.*



## **RESOURCES**

### **1.) January 2025: CHANGES TO THE SUPPORTS INTENSITY SCALE**

We are excited to announce changes to a section of our CARE assessment called the Supports Intensity Scale-Adult. Created by the American Association on Intellectual and Developmental Disabilities, the SIS is used by our case managers to conduct your DDA assessment. It measures the support you need to participate in life as fully as possible.

We are sending you this notice to help you understand this change and what to expect.

#### **Why is this happening?**

The AAIDD has updated the SIS to better reflect life today. This new version is called the modernized SIS-A, 2nd Edition.

Highlights of the modernized SIS-A 2nd Edition:

- It is a strengths-based assessment that focuses on the supports you need rather than deficits.
- It is consistent with community inclusion, self-direction, individual choice and control and person-centered thinking.
- It is intended to help you succeed, have a voice and be cared for at the level that best supports you.

#### **What do the changes look like?**

Simple changes to expect with the SIS-A 2nd Edition:

- Post-pandemic descriptions, and internet and social media examples have been added to the item descriptions.
- There will be the same number of domains as the current SIS, but some domains will have new names and will be reordered.
- Some questions will also be reordered.
- Six new Exceptional Medical Supports will be added to the SIS-A and the Children's Support



- assessments.
- One new Exceptional Behavioral Support will be added to both the SIS-A and the Children's Support Assessment's.

### **Will this affect my number of service hours?**

No. The changes will not impact the algorithm that calculates your number of service hours.

### **When will these changes happen?**

Your DDA case manager will begin using the updated assessment in January 2025.

**Note:** The AAIDD's changes described above are separate from the recommendations made in a legislative report related to the CARE assessment being released this fall, which is called the Assessment Feasibility Report. We will publish the report on our website at <https://www.dshs.wa.gov/dda> when completed.

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## **2.) BenefitU**

Learn more about benefits you or a loved one might be eligible for! At BenefitU, you can:

1. Manage your benefits
2. Make informed decisions, and
3. Plan for your future

BenefitU is proud to be a service offered by **Wise** and funded by the **Washington Developmental Disabilities Administration (DDA)**.

<https://benefitu.org/>

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### **3.) Empowering Culinary Exploration: Tips for Teaching Cooking Skills to Youth with Disabilities**

Cooking classes are a new fad and are popping up everywhere. It's not unusual to locate a culinary class in a grocery store, health facility, YMCA, or higher education opportunities. There is ample research on the impact of culinary instruction and positive health outcomes for persons with disabilities, but little on program design or skill-set development. Creating a culinary program that promotes health and independence for persons with disabilities through the use of the active engagement model is key!

This training is for any new educators, support staff or caregivers who would like to advance cooking skills for individuals with intellectual developmental delay, cognitive and/or motor impairment.

**Please note: You need to track your progress, if you leave the course and come back it will not start where you left off.**

Click on the **"Start Course"** —when you're ready to begin.

[Click here for Course information](#)

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## **4.) Simplified SSI Application (Effective December 2024)**

The Social Security Administration is making changes to simplify the process for SSI applicants. The first phase will be making the iClaim available to applicants who are applying for both Disability Insurance Benefits and SSI benefits, if they meet certain criteria:

- The applicant must be between the ages of 18 and 64.
- A U.S. citizen.
- Never been married.
- Never filed for SSI or named as a parent on a child's SSI record.

This will go-live in December 2024. A notice will be sent at a later time when the link to the new iClaim is live.

The new version of the iClaim will have fewer questions and will prepopulate information from the existing SSA record. The iClaim will also include an electronic version of the SSA-827, so applicants may sign online instead of printing and mailing a paper form. Additionally, third parties can submit the iClaim on behalf of a client, and a copy of the iClaim will be mailed to the applicant to review, sign and return to the SSA office.

These changes are intended to simplify the SSI application process and reduce the need to mail additional documents or go to the SSA Field Office.

In the meantime, anyone interested in applying for Disability Insurance Benefits can complete the current iClaim at <https://secure.ssa.gov/iClaim/dib>. Anyone interested in applying for SSI benefits only should contact their local SSA Field Office to schedule an interview, or submit the completed paper application by mail or in-person.

For detailed information regarding the changes visit:

- <https://blog.ssa.gov/social-security-administration-announces-new-efforts-to-simplify-ssi-applications/>.
- <https://www.federalregister.gov/documents/2024/08/27/2024-19185/agency-information-collection-activities-proposed-request>.

For further questions please contact Tabitha Mackey, Social Security Program Manager, [tabitha.mackey1@dshs.wa.gov](mailto:tabitha.mackey1@dshs.wa.gov), phone 360-462-7704.

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## **5.) Free At-Home COVID-19 Tests, Including More Accessible Option**

Every U.S. household can order free at-home COVID-19 tests through a partnership between the U.S. Department of Health and Human Services Administration for Strategic Preparedness and Response and the United States Postal Service. These tests will detect the currently circulating COVID-19 variants and are intended for use through the end of 2024. Each order will include four tests. One of the available options is the Orasure InteliSwab test, which is more accessible for people who are blind or have low vision, as well as people who have low manual dexterity. For more information, including ordering instructions and information about the features that make the InteliSwab test more accessible, please visit [ACL.gov/AccessibleTests](https://acl.gov/AccessibleTests).  
***Order your free test***

6.) Washington State Developmental Disabilities Administration has a new (updated) website:

<https://www.dshs.wa.gov/dda>

Click here for more [Info & Resources - Washington State \(arcwa.org\)](https://arcwa.org)



## Department of Health launches 988 Suicide & Crisis Lifeline Campaign website

The Washington State Department of Health launched a new 988 Suicide & Crisis Lifeline [website](https://wa988.org) that is specifically designed for people living in Washington state.

**[988 | Suicide & Crisis Lifeline \(wa988.org\)](https://wa988.org)**

988 is the nationwide, three-digit dialing code that connects anyone experiencing a mental health or substance use crisis with a trained counselor. The 988 Lifeline is free, confidential, and available 24/7/365 via phone call, text or [online chat](#). **[988 Lifeline Chat and Text - 988 Suicide & Crisis Lifeline](#)**

DOH's new [website](#) is part of the state's larger 988 Suicide & Crisis Lifeline Awareness Campaign and is designed to build upon and complement the existing national [988 Suicide & Crisis Lifeline](#) website. Click [here](#) read the full article from the DOH and click the link below to see the new website.

**[988 Suicide & Crisis Lifeline - Call. Text. Chat. \(988lifeline.org\)](https://988lifeline.org)**

**[988 Suicide & Crisis Lifeline Website](https://988lifeline.org)**



## CONFERENCES / SEMINARS & SPECIAL EVENTS

## Parenting While Rising to Child Developmental Challenges

A Family to Family Real Talk Conversation

September 9 & 23,  
October 21, November 4,  
December 16, 2024  
3 - 4 pm ET / 12 - 1 pm PT



### SUPPORTING FAMILIES OF CHILDREN WITH DEVELOPMENTAL DIFFERENCES

5 Mondays between

Sept. 9-Dec. 16, 12-1 p.m. Click registration for more information.

<https://www.brazeltontouchpoints.org/family-talk/child-developmental-challenges/>

## Blueprints to Special Education Online Workshop

[www.washingtonautismalliance.org](http://www.washingtonautismalliance.org)



WASHINGTON

### *Blueprints to Special Education*

Join us on October 12th for our fall Virtual Blueprints to Special Education Workshop from 9:00 am -2:30 pm!

Some of the state's most prominent Special Education attorneys will be teaching you to better understand your child's Special Education program and rights. Our training workshop on October 12th will be held virtually over Zoom Webinar.

Scholarships are available for low-income families.

Please contact us at [office@washingtonautismadvocacy.org](mailto:office@washingtonautismadvocacy.org) to request a scholarship or language services.

Sign up now to secure your spot for Blueprints to Special Education.  
Please email [office@washingtonautismadvocacy.org](mailto:office@washingtonautismadvocacy.org) if you have questions.

***Register today to secure your spot.***



## SURVEYS

**TAKE OUR P2P SURVEY!** Please tell us how we're doing! Click on a link below.

<https://www.surveymonkey.com/r/2KCJHF2> (English)

<https://www.surveymonkey.com/r/M5JZWW8> (Spanish)



***Know someone that would benefit from receiving our  
Parent to Parent newsletter and is not on our mailing list?***



**Share our new QR Code for signing up to receive our monthly  
Washington State Parent to Parent newsletter.**



### **Misión de Padre a Padre**

Caminamos junto con los padres de niños con discapacidades del desarrollo y / o necesidades especiales de atención médica, conectándolos con el apoyo y la información con el compañerismo para que puedan dar ***el siguiente paso.***

### **Visión**

Todas las familias de niños con discapacidades del desarrollo y / o necesidades especiales de atención médica merecen el ánimo, la inclusión y las conexiones significativas que apoyen el bienestar familiar.

### **Valores**

- Creemos que los padres y cuidadores quieren lo mejor para sus familias y tienen la creatividad y la capacidad para superar los desafíos y celebrar los éxitos.
- Nos comprometemos a crear espacios seguros de reflexión, vulnerabilidad, fuera de



- cuestionamiento y de aprendizaje continuo para padres y cuidadores.
- Practicamos la inclusión y el respeto por todos con el compromiso de escuchar atentamente y aprender de los diversos puntos de vista de las familias a las que servimos.
  - Honramos el trabajo gratificante y desafiante de los padres, cuidadores y aliados comunitarios.
  - Participamos en asociaciones comunitarias a través de la publicidad, escuchando para fomentar la educación con inclusión en las comunidades donde las familias pueden prosperar.
  - Promovemos la construcción de comunidades que sean equitativas, sin prejuicios sociales y saludables donde todas las familias y los niños puedan vivir vidas con inclusión, seguras y satisfactorias.



## RECURSOS EN ESPANOL

### **Ampliación de la atención médica para los inmigrantes**

Durante nuestra reciente sesión legislativa, se incluyeron \$28.4 millones en el presupuesto de Washington para ampliar el acceso a la atención médica para personas indocumentadas y familias con un equivalente a Medicaid. Con este financiamiento adicional, el número de personas que pueden acceder a este programa se duplicará.

Los sobrevivientes indocumentados de violencia doméstica enfrentan muchas barreras para acceder a la atención médica, incluido el miedo a la deportación, las barreras del idioma y el abuso financiero. Este es un paso importante hacia el desmantelamiento de estas barreras y la promoción de la equidad en la salud tanto para los inmigrantes como para los sobrevivientes. Consulte con su navegador local para obtener ayuda para inscribir a las personas indocumentadas en Medicaid.

**<https://www.wahealthplanfinder.org/us/en/tools-and-resources/connect-with-us/virtual-help-details.html>**





El **Northwest Access Fund** tiene varios recursos como:

- Planificación de beneficios para adultos
- Mentoría Individual
- Clases de Finanzas
- Seminarios Web
- Servicios de Transición
- Clases para aprender a Navegar la Aplicación del Seguro Social
- Préstamos a muy bajo interés para personas con Discapacidades

Para más información viste:

**La Información está en Inglés**

**Northwest Access Fund – NWAFF ([nwaccessfund.org](http://nwaccessfund.org))**

The screenshot displays the Northwest Access Fund website. At the top, the logo features the text "Northwest Access Fund" in black and orange, accompanied by a stylized figure reaching for an orange star. Below the logo is a navigation menu with links: "Who We Are", "Loans", "Coaching", "Youth", and "Resources". The "Resources" link is highlighted, and a dropdown menu lists various services: "Funding, Assessment, Selection", "Blindness & Low Vision", "Hearing Loss", "Adapted Vehicles", "Home Modifications", "Computers & Internet", "Augmentative Communication", "Sports & Recreation", "Children's Toys & Play", "Loan Closets", and "Financial Education". On the left side, there is a white box with orange text providing contact details: "Northwest Access Fund", "PO Box 55759", "Shoreline, WA 98155", "Phone: (206) 328-5116", "Fax: (206) 328-5126", and "Email: [info@nwaccessfund.org](mailto:info@nwaccessfund.org)". To the right of this box is a dark, abstract image.





**Seattle Children's**  
HOSPITAL • RESEARCH • FOUNDATION

¿Sabía Usted que el Hospital Seattle Children's tiene Clases y Eventos?

Su hijo con discapacidades está cumpliendo 18 años (clase virtual a pedido)

Para padres, cuidadores y jóvenes que se acercan a la edad adulta

#### Descripción de la clase

Esta clase virtual a pedido es para padres y cuidadores de jóvenes en la adolescencia tardía que necesitarán apoyo continuo como adultos o ayuda con la toma de decisiones legales. Los abogados de la Asociación Médico-Legal de Washington (MLP, por sus siglas en inglés) presentan información sobre:

Apoyo en la toma de decisiones

Poder notarial duradero (DPOA)

Tutela legal

Tutela

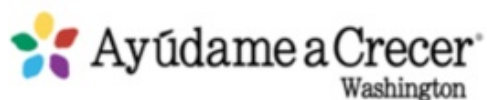
Mire video grabado en español o vietnamita de clases anteriores.

<https://www.youtube.com/watch?v=C8oKs7x8LFg>

Para más información visite:

<mailto:https://www.seattlechildrens.org/health-safety/classes-events/>





### Recursos de desarrollo infantil



El desarrollo infantil es más que sólo crecimiento físico. A medida que los niños crecen, desarrollan su capacidad para comunicarse, resolver problemas y navegar en sus mundos físico y social. Los exámenes de desarrollo gratuitos, los servicios de intervención temprana y los recursos comunitarios, como clases para padres, apoyo en el hogar y grupos de juego, promueven el desarrollo saludable de su hijo. Podemos conectarlo con los recursos de salud y desarrollo que necesita para brindarles a sus hijos el mejor comienzo.

### Encontrar la ayuda adecuada es difícil. Te lo ponemos más fácil.

Ya sea en línea o por teléfono, podemos conectarlo con los recursos que necesita, cuando los necesita. Encuentre recursos esenciales de alimentación, salud y desarrollo infantil en su comunidad para apoyar a su familia.



#### Buscar

Visite el Buscador de recursos ParentHelp123 para encontrar recursos y servicios en su comunidad.

[Averiguar más →](#)



#### Pantalla

Complete un breve formulario para ver si califica para los beneficios estatales y conectarse a Help Me Grow.

[Averiguar más →](#)



#### Llamada

¿Necesita soporte ahora? Llame a una línea directa Help Me Grow Washington y hable con un navegador de recursos familiares.

[Averiguar más →](#)

Para más información por favor vístenos en: <https://helpmegrowwa.org/es/child-development>

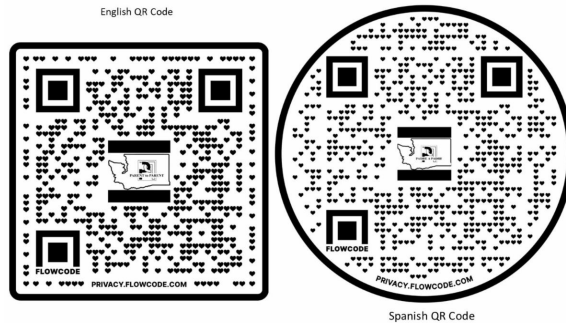


(Haga clic aquí para obtener más información...) [Espanol Recursos](#)



Para compartir sus comentarios o historias participación en el programa de Padre a Padre, acceda al enlace o código QR que aquí les compartimos!

<https://www.surveymonkey.com/r/M5JZWW8>



## Archived Mental/Behavioral Health

### 1. *Tips for Healthcare Professionals: Coping With Stress and Compassion Fatigue.*

This tip sheet explores stress and compassion fatigue, as well as signs of distress after a disaster. It covers strategies healthcare providers can use to reduce their stress during this time and information about coping with compassion fatigue.

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### 2. *Finding Your Way in Community: Free Online Mindfulness Groups for Parents and Caregivers*

(Supporting each other through meditation and communication.)

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If you or your family is experiencing distress and needs support call:

- *National Parent & Youth Helpline 1-855-4 A PARENT or 1-855-427-2736*
- *Info Children /Parent Helpline 1-778-782-3548*
- *National Suicide Prevention 9-8-8*

*9-8-8 services will be available for Native Americans, in Spanish, or interpretation services in over 250 languages.*



**“Where there's hope,  
there's life. It fills us  
with fresh courage  
and makes us  
strong again.”**

**ANNE FRANK, THE DIARY  
OF A YOUNG GIRL**

GH

School again...Memories and fun treats to make with your family.

***click here!***

**ALLIANCE MEMBER**



**PARENT<sup>TO</sup>PARENT  
USA**

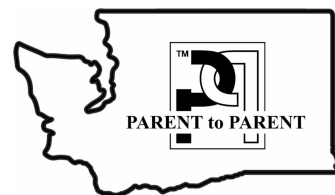
**Committed to Parent to Parent USA  
Endorsed Practices**

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**Email  
P2P**



## For people with intellectual and developmental disabilities

The Arc of Washington State advocates for quality services and necessary funding to meet the needs of people with intellectual and developmental disabilities and their families.

The Arc has been the proud host of the Parent to Parent Network in Washington State since 1988.

Become a Member of the Arc today for free and ensure that your voice is heard!

**Find your Local  
P2P Group**

**Join The Arc of  
WA State**

**Join our P2P  
Facebook  
Group**

**Give Us A Call:** (360) 357-5596 *option 2*

The Arc of WA/Parent to Parent | 2638 State Avenue NE | Olympia, WA 98506 US

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