



Washington State Parent to Parent (P2P) Monthly Newsletter



The Arc has been the proud host of the Washington State Parent to Parent (P2P) Network for over 35 years, partnering with local agencies to bring community-based programming to families raising children with disabilities.

May 2025

[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*



As this monthly newsletter comes out, 40+ Parent to Parent (P2P) Coordinators from around

Washington state will be attending the annual P2P in-person (with some attending virtually) training in North Bend. We'll have Coordinators who have been with the Network 28+ years, along with Coordinators who have joined the Network within the last couple of months. This will be a time of connection (we're all parents and caregivers raising children with special needs), learning and renewal. Our Theme this year is **'Taking the BEST Road Trip'**. Sarri Gilman, LMFT, is joining us for a special session called the **'Repair Shop'** we're we'll learn new strategies around caring for ourselves (**preventative maintenance!**) so that we can continue caring for our own families and the families we serve. Other sessions will provide opportunities to learn new **tools** and **provide** tips on **navigating** new and old systems. We'll have special guests that include representatives from our funding partners, as well as plenty of opportunities to connect with one another- we are our own support system... This is the time for **OUR TANKS** to be filled!

We're grateful to our funding partners- the Washington State Department of Health/Children and Youth with Special Health Care Needs Program and Washington State Developmental Disabilities Administration for making this event possible for Coordinators who serve as a life line for so many Washington families raising children with disabilities.

Welcome to Odetta Owen, P2P Coordinator for King County. Goodbye Tami Leitz, Spokane P2P and Catalina Guzman P2P Coordinator for Grant/Adam Counties.

~~~Tracie, Theresa, Maria and Jackie

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Remember to check out our [Parent to Parent page](#) on The Arc of Washington's website ([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.*



# INFORMATION & RESOURCES

## 1.) DDA's Medical Action Protocols

The DSHS Developmental Disabilities Administration developed new medical action protocol templates to support people caring for someone with medical needs.

DDA's new medical action protocols are now available on our [website](#).

The DDA's medical action protocols include:

- [Aspiration / Choking Plan Protocol](#)
- [Bowel Protocol](#)
- [Medication Administration Record Protocol](#)
- [Seizure Protocol](#)
- [Skin Observation Protocol](#)
- [Vital Signs Tracking Protocol](#)

DDA will create additional protocols soon. Please contact Robin Wiseman, Quality Assurance Program Manager, for questions or comments at [robin.wiseman@dshs.wa.gov](mailto:robin.wiseman@dshs.wa.gov).

Your feedback is necessary for our ongoing quality improvement.

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## 2.) Georgetown University's Center for Children and Families Brief on How Medicaid Supports Early Intervention for Infants and Toddlers with Disabilities

The Center for Children & Families (CCF) at the McCourt School of Public Policy at Georgetown University has released a new brief titled, "*Medicaid Provides Early Intervention for Infants and Toddlers with Disabilities and Developmental Delays*". This brief highlights how Medicaid and Individuals with Disabilities Education Act (IDEA) Part C Early Intervention work together to support infants and toddlers with developmental delays get the care they need. Medicaid plays a vital role in supporting infants and toddlers with disabilities, helping families access essential early intervention services while reducing state and local costs. States and jurisdictions can use this information to strengthen their efforts in advancing the system of services for CYSHCN by leveraging Medicaid funding and policies to expand access to early intervention programs.

Find the brief here: <https://ccf.georgetown.edu/2025/03/07/medicaid-provides-early-intervention-for-infants-and-toddlers-with-disabilities-and-developmental-delays/>

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## 3.) Summer Camp Resources

<https://arcwa.org/info-resources/camp-resources/>

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## 4.) Helping children and adults with ASD thrive

We expand access to healthcare, education and services for people with autism and other intellectual and developmental disabilities in Washington State.

<https://washingtonautismalliance.org/>

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## 5.) Seattle Children's Autism Center

Seattle Children's Autism Center is known nationally for our wide range of innovative, effective treatments and services. From our early intervention program for children under 6 to our transition support for young adults preparing for the next stage of life, we provide care that can make a real difference for your family. Seattle Children's also offers an [Autism 101 CClass](#) which is a free lecture to provide information on most up-to-date, evidence based information regarding core deficits of ASD, variability and presentation of behaviors associated with autism, treatments available, and more.

<https://www.seattlechildrens.org/clinics/autism-center>

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## 6.) Washington State Department of children, Youth & Families: Early Support for Infants & Toddlers

Early intervention services are designed to enable children birth to 3 with developmental delays or disabilities to be active and successful during the early childhood years and in the future in a variety of settings—in their homes, in child care, in preschool or school programs, and in their communities.

<https://www.dcyf.wa.gov/services/child-development-supports/esit>

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## 7.) Governor Ferguson Declares April as Autism Acceptance Month

### Honoring neurodiversity with a statewide proclamation

April is Autism Acceptance Month—a time to celebrate neurodiversity and uplift the voices of autistic people. We are proud to share that Governor Bob Ferguson has signed a proclamation declaring April 2025 as Autism Acceptance Month in Washington State.

At the WA State Developmental Disabilities Council, we believe that autism is not something to fix—it's an essential part of the rich diversity in how people think, communicate, and connect. As part of his proclamation, Governor Ferguson encourages "All Washingtonians to educate themselves about Autism Spectrum Disorder, advocate for the right to live in the community independently, offer assistance when asked, and work together to ensure that individuals with Autism Spectrum Disorder are treated respectfully."

We invite you to join us this month in honoring the voices and experiences of autistic individuals—by listening, learning, and taking action to create a more inclusive and accepting Washington for everyone.

[Read Governor Bob Ferguson's Autism proclamation \(PDF\)](#)



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



## CONFERENCES / SEMINARS & SPECIAL EVENTS

### Webinar for families on talking with your children about relationship skills and sexual health

The Office of Superintendent of Public Instruction shared their [Sexual Health Education News and Resources newsletter](#) that included a webinar that may be of interest to parents of children with intellectual or developmental disabilities.

**Webinar:** How to Talk with Your Children with Intellectual & Developmental Disabilities About Relationship Skills and Sexual Health, for parents and family members. Webinar provided by Elevatus/Building Bridges for Families/Cardea.

The webinar is a two-part workshop.

Part one will define what sexual education means, go over the stages of human sexual development, discuss our roles as parents and explore our personal and family values.

Part two will do a deep dive into initiating conversations, answering tricky questions, addressing behavior and exploring available resources to support parents and family members' own learning.

#### Dates:

- May 1, 5:30- 7 p.m.

- **May 8, 5:30-7 p.m.**

If you are interested, register at the webinar's [Meeting Registration Zoom](#) page.

For more information about OSPI's sexual health education training events, please see the [training page of their website](#).



## Washington State ABLE Savings Plan is hosting two webinars in May

First webinar: **Wednesday, May 7, 10 - 11 a.m.**

Learn about how the Washington Achieving a Better Life Experience (ABLE) Savings Plan can support people with disabilities to save money and invest in their quality of life without losing their state or federal benefits. This webinar is presented by Katie Hatam, the Washington State ABLE Savings Plan administrator with the Washington State Department of Commerce.

During the webinar, she'll talk about:

- What is an ABLE account
- Who can open an ABLE account
- How some common state and federal benefits programs interact with ABLE accounts
- How to use an ABLE account when you are employed
- Benefits of an ABLE account

### ***Register for the May 7 webinar (Zoom)***

Second webinar: **Wednesday, May 14, 10 - 11 a.m.**

Learn about how to open and manage a Washington ABLE Savings Account. Daniel Nzouankeu is the Washington ABLE relationship manager with Vestwell State Savings. He will partner with Katie Hatam, the Washington State ABLE Savings Plan administrator with the Washington State Department of Commerce, to provide this first-time, in-depth review.

During the webinar, they'll talk about:

- What you will need to open an account
- How to open an account
- How to navigate the WA ABLE account portal
- How to make a contribution or a withdrawal
- How to manage and share a gifting page
- How to sign up for a prepaid card
- And other fantastic ways to use your account!

### ***Register for the May 14 webinar (Zoom)***

There will also be an opportunity to ask questions live during the webinar! Both webinars will also be recorded and posted in the *Videos* section of Washington ABLE's [website](#).

We look forward to seeing you in May!





## Feedback needed: How can Commerce help you?

The Washington State Department of Commerce is committed to investing in, and partnering with, communities like yours — now and into the future.

Our new Director of Commerce, Joe Nguyễn, is deeply committed to listening, learning, and being accountable to the people we serve, which is a top priority of Governor Ferguson.

A significant aspect of that commitment is delivering excellent customer service. We are already learning from the great feedback we've received! It helps us understand how we can better support the individuals, organizations and communities we work with every day.

Please join one of the upcoming listening sessions so that we can learn from you too!

**Wednesday, May 7, 2 - 3 p.m.**

***Register for the May 7 session (Zoom)***

**Monday, May 12, 5:30 - 6:30 p.m.**

***Register for the may 12 session (Zoom)***

**Friday, May 23, 8 - 9 a.m.**

***Register for the may 23 session (Zoom)***

**Thursday, May 29, 11 a.m. - 12 p.m.**

***Register for the may 29 session (Zoom)***

Visit the [\*\*Commerce Community Engagement page\*\*](#) to view all of your participation options.

If you need any assistance accessing the information or completing the survey, please email [\*\*community.engagement@commerce.wa.gov\*\*](mailto:community.engagement@commerce.wa.gov)



# DCYF EARLY CHILDHOOD COMPLEX NEEDS TRAININGS

**FREE REMOTE PROFESSIONAL DEVELOPMENT,  
IN-SERVICE (STARS) HOURS IS OFFERED FOR ALL  
TRAININGS!**

DCYF is offering trainings to support childcare providers who support infants, toddlers, and preschoolers with complex needs. These trainings will be facilitated by the UW Haring Center and focus on deepening the provider's knowledge in several areas related to individualizing instruction, social-emotional learning, and understanding and supporting challenging behavior!

**Target Audience:** Infant & Toddler Providers (ages Birth-3yr), and Preschool Providers (ages 3-5 yr) - see training descriptions for the focus of each training

**Training Languages:** Trainings are offered in English, Spanish, and Somali!

**Register here:**

<https://tinyurl.com/DCYF-EngSp>



For questions or more information, contact  
Phoebe Yeung at [pcyeung@uw.edu](mailto:pcyeung@uw.edu)

**W** HARING CENTER  
FOR INCLUSIVE EDUCATION

## DCYF Complex Needs Training Series - Spring Quarter 2025

The Washington State Department of Children, Youth and Families (DCYF) is offering trainings to support childcare workers who care for young children with complex needs. These trainings will be facilitated by the UW Haring Center and focus on deepening the provider's knowledge in several areas related to individualizing instruction and supporting social-emotional learning.

All trainings are FREE and will be held remotely via Zoom. **In-Service (STARS) hours will be offered for ALL trainings.** *This is not eligible for clock hours.*

**Target Audience:** Early Childhood Providers: Infant and Toddler Providers (Ages Birth-3 years) and Preschool Providers (ages 3-5 years) – see attached flyer for the focus of each training.

**Training Dates** - Click for the [attached flyer for topics and dates](#) in April and May. *Please note: All times listed are in Pacific Standard Time (PST).*

**Training Languages:** Trainings are offered in English, Spanish, and Somali.

You can register for trainings in **ENGLISH** or **SPANISH** here:

<https://forms.gle/atmkC7uYaRmBLxUD9>

You can register for trainings in **SOMALI** here: <https://forms.gle/E5pixo21AgZ3EoQW8>

Please email Phoebe Yeung ([pcyeung@uw.edu](mailto:pcyeung@uw.edu)) if you have any questions!



**No Registration Fee**  
**2025 Virtual Community Summit**

**Uniting for Impact:**  
**Engaging for Change**

**Registration in April-**  
**SAVE the DATE**

**June 4,**  
**8:30 a.m. - 5:00 p.m.**

DSHS Developmental Disabilities Administration is proud to announce the 2025 Community Summit: Uniting for Impact, Engaging for Change. This year, the Summit will be an all-virtual conference, bringing together self-advocates, families, friends, partners and allies to collaborate in building more inclusive communities.

- Engaging keynote speakers.
- Virtual connection and networking opportunities.
- Virtual resource fair.
- Interactive sessions on issues impacting our communities.
- Save the date- Registration coming in April

**Facebook at "The Community Summit."**



## 2025 Infant and Early Childhood Conference May 5–9, 2025

### 2025 IECC Registration is Open!

The Infant and Early Childhood Conference 2025 registration is officially open and we are pleased to invite you to register!

The Infant and Early Childhood Conference (IECC) plays a critical role in providing high quality training opportunities in Washington State. The annual conference will offer a wide-variety of topics covering many aspects of early childhood education and support. This year, the conference will continue to be held via a virtual platform to allow for a safe and flexible learning environment! The conference provides high quality, evidenced-based workshops, and networking opportunities for families and providers to come together to learn, share and advocate on behalf of all young children. We hope that you will join us.

#### **REGISTER NOW:**

<https://ieccwa.org/2025/registration/>

#### **SCHEDULE AT A GLANCE:**

[https://ieccwa.org/2025/program/daily\\_schedule.php](https://ieccwa.org/2025/program/daily_schedule.php)

#### **PROGRAM SEARCH:**

<https://ieccwa.org/2025/program/search>

Attendees may earn Clock Hours or STARS Credit for participation in any LIVE conference sessions they attend.

For additional conference information: <http://www.ieccwa.org/>

IECC and its partners continue to work together to make the event accessible to providers and families in the area. We understand that it is not just limited financial support but staff and childcare shortages that continue to cause stress for families and providers.

IECC would like to extend gratitude for all of its community partners who have made it possible for the 2025 conference to be offered FREE of charge!

### 2025 EDUCATION FORUM

FREE online trainings are offered by the Harborview Abuse & Trauma Center. Designed for social services and mental health providers, topics are related to abuse, violence, trauma, treatment,

Harborview Abuse & Trauma Center

## 2025 EDUCATION FORUM

**Save the Dates!**

These FREE online trainings are offered by the Harborview Abuse & Trauma Center. Designed for social services and mental health providers, topics are related to abuse, violence, trauma, treatment, cultural competency and prevention. For OCVA-funded programs, these trainings satisfy the requirements for sexual assault and/or crime victims training. Proof of attendance will be provided.

**DATES**

FRIDAY, JANUARY 10  
FRIDAY, FEBRUARY 7  
FRIDAY, MARCH 14  
FRIDAY, MAY 9  
FRIDAY, JUNE 13  
FRIDAY, SEPTEMBER 12  
FRIDAY, NOVEMBER 14  
FRIDAY, DECEMBER 12

**TIME**

10:00 - 11:30 AM PST

**MORE INFO**

All education forums are held on Zoom Webinar. Registration info will be announced on our listserv. For more information, contact: bharvey1@uw.edu



[HTTPS://DEPTS.WASHINGTON.EDU/UWHATC/EDUCATION-FORUM/](https://depts.washington.edu/uwhatc/education-forum/)

**UW Medicine**  
HARBORVIEW  
MEDICAL CENTER

cultural competency and prevention.

For OCVA-funded programs, these trainings satisfy the requirements for sexual assault and/or crime victims.

<https://depts.washington.edu/uwhatc/education-forum/>



## SURVEYS



The Washington State Developmental Disabilities Council (DDC) is gathering feedback to better understand the barriers and challenges faced by people with intellectual and developmental disabilities (IDD) and their families in Washington State. This input will directly influence our The Council's **5 Year State Plan**, which guides our work.

We need your help to ensure voices from all communities are heard, especially those in underserved or underrepresented areas. Here's how you can support this effort:

- **Take the survey** – Share your own insights and experiences by completing the survey here: [bit.ly/WADDCSurvey](https://bit.ly/WADDCSurvey)
- **Share the survey** – Help spread the word by sharing our posts on [Facebook](#) and [LinkedIn](#) with your networks.
- **Distribute the flyer** – Share the PDF flyer in your newsletters, social media pages, or community meetings, available here: [5 Year State Plan Survey \(Flyer\)](#).
- **Direct people to our website** – More information is available at [DDC 5 Year State Plan Survey / WADDC](#).

**The survey closes on July 21, 2025, and is available in multiple languages** to ensure accessibility for diverse communities. We encourage you to share it widely, so all voices can contribute to shaping the future of IDD services and advocacy in Washington State.

Your outreach is vital in reaching individuals who may not otherwise have access to this survey. Together, we can ensure that all voices are heard and represented in our work to build a more inclusive and supportive Washington.



## National Core Indicators In-Person Survey

DSHS' Developmental Disabilities Administration is working with the University of Washington to do the National Core Indicators-Intellectual and Developmental Disabilities In-Person survey. This survey asks people about our services.

A surveyor from the University of Washington will contact some adults enrolled with DDA and their guardians. They will ask the person if they want to take part in an interview. Participation is voluntary and won't affect services in any way.

The University of Washington will keep all information confidential. No personal details will be included in any reports, and no one will know how people answered the survey questions.

Interviews will be scheduled at a time and place that works best for the person. Interviews can be in person or on Zoom. The interview will last about 60-90 minutes. The person can ask other people to join if they want.

Please see the [NCI-IDD website](#) for more information. If you have any questions, contact the University of Washington surveyors at 206-593-8277.

**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



Manos y Voces:  
Recursos en Español  
"Lo que funciona para  
su niño es lo que lo  
hace la elección  
correcta."



Una herramienta de apoyo para los hermanos de niños con discapacidades, la aplicación SibTime presenta historias educativas bilingües y actividades interactivas para hermanos con desarrollo típico, de 3 a 6 años. Hay videos, podcasts con

Ayuda y Apoyo de  
padres para los niños  
sordos y con  
dificultades auditivas

[https://wahandsandvoic.es.org/en\\_espanol/](https://wahandsandvoic.es.org/en_espanol/)

hermanos expertos y ejercicios para padres/cuidadores.  
Este proyecto está reclutando a 160 familias de habla inglesa y española con hermanos de 3 a 6 años de edad con desarrollo típico para usar la aplicación SibTime en un estudio piloto de 8 semanas. Las familias que participan en este estudio de investigación reciben \$200



#### RESERVA LA FECHA:

Cumbre Virtual de la Comunidad 2025:  
Unidos por el Impacto, Compromiso por el Cambio  
4 de Junio, 2025

La Administración de Discapacidades del Desarrollo del DSHS se enorgullece en anunciar la Cumbre Comunitaria Virtual 2025: Uniéndose para el Impacto, Comprometiéndose para el Cambio. La Cumbre Comunitaria continúa una larga tradición de conferencias centradas en ampliar el acceso al empleo con apoyo, la vida con apoyo y la tecnología de asistencia. Este año, la Cumbre se llevará a cabo virtualmente, reuniendo a personas con discapacidades intelectuales y del desarrollo, autogestores, familias, amigos, socios y aliados para colaborar en la construcción de comunidades más inclusivas. ¡Únete a nosotros virtualmente el 4 de junio! Más información próximamente.

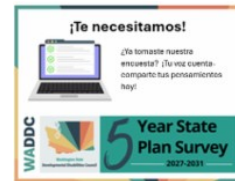
Para mantenerse al día, visite  
[www.communitysummit.ws](http://www.communitysummit.ws) o siga la página de Facebook de la Cumbre Comunitaria.

<https://www.gowise.org/2025-virtual-community-summit-uniting-for-impact-engaging-for-change/>

Si tiene preguntas sobre la Cumbre Comunitaria 2025, comuníquese con el Coordinador del Comité Directivo de la Cumbre Comunitaria, Ron Bryan, en [Ronald.Bryan@dshs.wa.gov](mailto:Ronald.Bryan@dshs.wa.gov).

Inscripciones próximamente.

<https://www.gowise.org/2025-virtual-community-summit-uniting-for-impact-engaging-for-change/>



¡Ayude a dar forma al próximo plan estatal de 5 años del DDC!

El Consejo de Discapacidades del Desarrollo del Estado de Washington (DDC, por sus siglas en inglés) está creando su próximo Plan Estatal de 5 años, ¡y queremos saber de usted! Si usted es una persona con una discapacidad del desarrollo, un miembro de su familia o una parte interesada de la comunidad responda nuestra encuesta anónima para compartir lo que más le importa. La encuesta tarda unos 10 minutos en completarse  
[https://forms.office.com/Pages/ResponsePage.aspx?id=F-](https://forms.office.com/Pages/ResponsePage.aspx?id=F-LQEU4mCkCLoFfcwSfXLTm7T0hYf25HnK04Ead-pD5UODZZVU1ZNEJCSVVZMUxMWJCUFNMS09QTiQIQCN0PWcu)

[LQEU4mCkCLoFfcwSfXLTm7T0hYf25HnK04Ead-pD5UODZZVU1ZNEJCSVVZMUxMWJCUFNMS09QTiQIQCN0PWcu](https://forms.office.com/Pages/ResponsePage.aspx?id=F-LQEU4mCkCLoFfcwSfXLTm7T0hYf25HnK04Ead-pD5UODZZVU1ZNEJCSVVZMUxMWJCUFNMS09QTiQIQCN0PWcu)



¿Puedo ser el representante legal de mi hijo si

## WashingtonLawHelp.org

Alternativas a la Tutela: Acuerdos de Toma de Decisiones con Apoyo (SDM)

Permite a las personas con discapacidad escoger apoyos para tomar decisiones y ejercer sus derechos legales. Con un acuerdo de Toma de Decisiones con Apoyo (SDM), la persona elige a un amigo, pariente y/u otra persona de confianza para que le ayude a entender y tomar decisiones, y para que comunique las decisiones,

no tengo un  
número de  
Seguro Social?

<https://benefitu.org/news-and-information/can-i-be-my-childs-rep-payee-if-i-dont-have-a-social-security-number/>

por ejemplo, a los médicos y al banco.

\* Las personas que usan un SDM no necesitan a alguien que tome las decisiones por ellos. Solo necesitan ayuda con el proceso de toma de decisiones para poder tomarlas por sí mismos.

Algunos ejemplos de apoyos que se pueden emplear son tener tiempo adicional para conversar sobre opciones, juegos de rol con diferentes resultados, uso de tecnología de asistencia y tener una persona de apoyo que tome apuntes y ayude a la persona a analizar sus opciones.

\* No hay solo una forma de apoyo para SDM. Los acuerdos serán diferentes en función de sus necesidades y capacidades.

<https://www.washingtonlawhelp.org/resource/supported-decision-making-agreements?lang=ES>



### **Sobre nosotros**

Lifespan Respite Washington (LRW) comenzó en 2002 como una coalición estatal conocida como la Coalición de Respiro y Atención en Crisis de Washington (RCCCWA). En 2010, RCCCWA recibió su primera subvención federal Lifespan Respite para expandir el programa y buscar su sostenibilidad. En 2012, la coalición RCCCWA cambió su nombre a Lifespan Respite Washington (LRW). En septiembre de 2017, LRW recibió su quinta subvención por tres años a través de la Administración para la Vida Comunitaria de la Administración de los Estados Unidos para el Envejecimiento.

PAVE (Alianzas para la Acción, Voces para el Empoderamiento) es la agencia anfitriona responsable, en colaboración con la Administración Estatal de Envejecimiento y Apoyo a Largo Plazo del Departamento de Servicios Sociales y de Salud, de ampliar la prestación de servicios de respiro a las poblaciones elegibles mediante el establecimiento y fortalecimiento del Sistema de Cuidados de Respiro para la Vida de Washington. El personal de PAVE LRW administra el programa de Cupones de Respiro para la Vida para cuidadores familiares no remunerados y sin servicios de todas las edades en todo el estado de Washington.



## **King County**

### **Discapacidades del desarrollo**

Ofrecemos una variedad de programas y servicios para apoyar a niños desde la etapa prenatal hasta los 5 años, sus familias y cuidadores, adultos jóvenes en edad de transición y adultos con discapacidades y retrasos del desarrollo y sus familias, y organizaciones comunitarias.

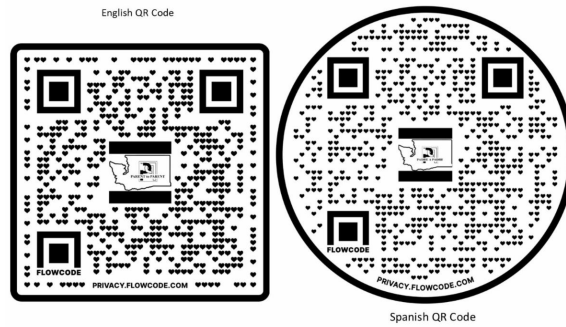
<https://kingcounty.gov/en/dept/dchs/human-social-services/developmental-disabilities>

***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!**



**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.***

"SUCCESSFUL MOTHERS ARE  
NOT THE ONES THAT HAVE  
NEVER STRUGGLED. THEY ARE  
THE ONES THAT NEVER GIVE  
UP, DESPITE THE STRUGGLES."

- SHARON JAYNES

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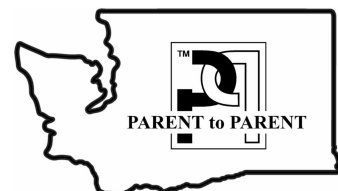
Committed to Parent to Parent USA  
Endorsed Practices

#### **Mission of Parent to Parent (P2P)**

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*.

#### **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*.

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 Washington State Parent to Parent (P2P) Network for over 35 years, partnering with local agencies to bring community-based programming to families raising children with disabilities.

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

Find your Local  
P2P Group

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

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