

# Employment and Community Inclusion Discovery Frequently Asked Questions

## What is discovery?

Discovery can be provided in DDA employment or community inclusion services. Discovery is an individualized assessment process that helps identify your strengths, preferences and interests for your employment and community inclusion goals. Discovery will connect you to work or community activities to learn more about you. During this process you will be supported to build skills, develop tools for success, and plan for your employment or community inclusion goal. The goal of discovery is to learn more about you so you will be successful in your job or community inclusion activity and is provided by qualified providers contracted with Washington state or counties.

## Who is eligible to participate in discovery?

Discovery is provided within employment and community inclusion services that are available to those who are DDA eligible and age 21 years and older. You will need to be enrolled in an eligible waiver or live in a Skilled Nursing Facility or Rehabilitation Center. Please connect with your DDA case manager for more information on if you are eligible.

## What can I expect from discovery?

Your service provider will meet with you to identify your interests, skills and preferences. Discovery includes interviewing those who know you and observing you in different home and community settings. Discovery may also include trial work or community experiences to give you an idea of the job or community activity you like the best. The activities will be integrated in the community with opportunities to learn, contribute and develop relationships.

## Is there an expectation of how long it will take me to go through discovery?

There is no time limit to how long you participate in the discovery process. Discovery is individualized to meet your needs. Each person's discovery process is unique, generally lasting 3-9 months, but can take longer if needed. Your progress will be evaluated at least every six months to ensure you are moving forward to meet your employment or community inclusion goal.



***Please reach out to your DDA Case Manager to learn more about Individual Employment services.***

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## What strategies are used during discovery?

Discovery will vary depending on what you need. Strategies are individualized and based on your interests and preferences. Services will be integrated with other individuals without disabilities in the community, and accessible by public transit or a reasonable commute from your home. The following time limited strategies are commonly used to assist individuals in discovery:

1. Community exploration: Going to different places in your community based on your interests and preferences to better understand where you want to work or connect to the community.
2. Assessments in the community: Time limited work or volunteer experiences with opportunities to skill build and connect. This can help you to make an informed choice about what work or community inclusion activity is the best fit for you.

## What is the outcome of discovery?

Discovery is complete when you and your provider agree and there is a written profile that accurately reflects your interests, strengths, supports, assistive technology needs, and a summary of what was learned about you.

## Why is discovery important?

It's important to participate in discovery to understand all the options for community work and connection. Discovery offers you an opportunity to see where you would like to work or participate in community inclusion activities, so you are fully engaged in your community. Washington State is an [Employment First](#) state that has adopted a [Working Age Adult Policy](#) for individuals age 21 to 62. All individuals, regardless of support needs or disability, are encouraged to explore community employment options.

## What is the benefit of participating in discovery?

Discovery is all about you! It has been shown to open opportunities to individuals that have not yet explored options within their community. Services must be individualized to your unique preferences and support needs. This information is helpful to develop a successful employment or community inclusion plan that reflects your unique goals.

## How many hours of support will I receive in discovery?

Discovery will be included in your monthly employment or community inclusion service hours which are determined by your annual assessment completed by your case manager from the Developmental Disabilities Administration. Employment monthly service hours range from 1-12, but additional hours may be available. Community Inclusion monthly service hours range from 3 to 20.



## Building Access for All



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