



Washington State  
Department of Social  
& Health Services

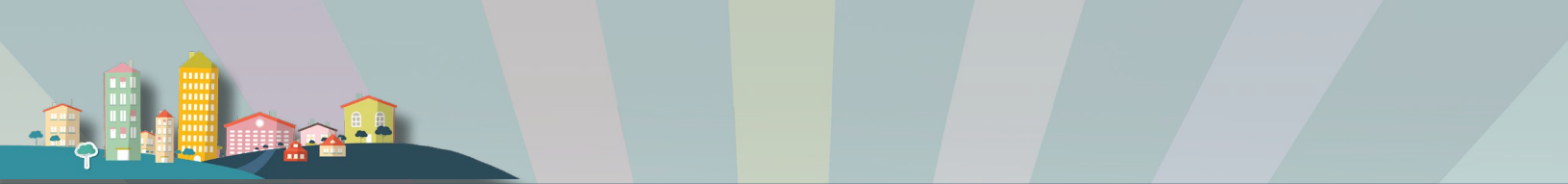
*Transforming lives*

DSHS 22-2023 (3/24)

# Choose Your Path

Get help at home and in your community.





## How to use this tool

**Scroll through page by page or click an icon to take you where you want to go.**



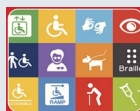
Main menu.



Who pays for what in housing?



Go to the next page.



Commonly requested supports and services.



Housing menu.



Watch waiver services videos.



# *Choose your next step*

*Click each image  
to learn more.*





# Set your goals with a Person-Centered Plan

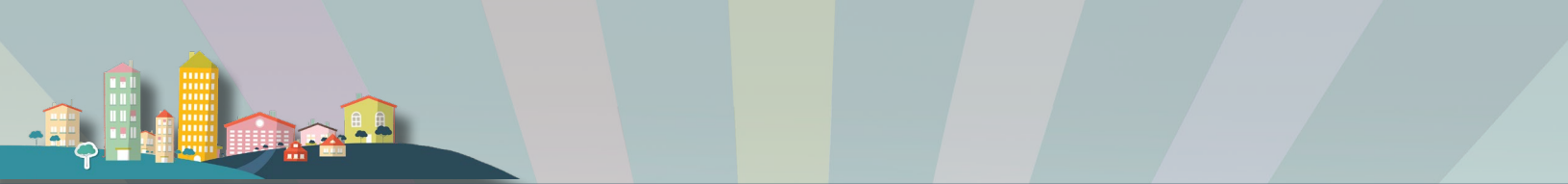


## The choice is yours

- ❑ Use our My Page Profile to help you think about what's important to you and what you want your future to look like.
- ❑ Ask your case manager for a Person-Centered Plan facilitator to help you create a vision for your future, with steps to help you get there.
- ❑ Use your plan to talk with your case manager about services and supports you need to meet your goals and needs.

## Person-Centered Planning tools

Click to learn more. 



# *What is your age?*

*Click each image  
to learn more.*





# *Where would you like to live?*

*Click each image to learn more.*






## *Support to live on my own*

Click each image  
to learn more.





# *Sharing a home with others*

*Click a photo to learn about each residential service.* 





## Supported Living



Click to watch  
a video or read  
our fact sheet.



- ❑ Live in an apartment or home that you rent with up to three other people who are supported by the same provider.
- ❑ Learn life skills and get help with personal care, bill paying, medical appointments and support to access your community.
- ❑ Support is based on your Person-Centered Service Plan.
- ❑ Services are provided by a private agency that contracts with DDA, or a State Operated Living Alternative staffed by state employees. The choice is yours.

Learn about  
other services



## Group Home



Click to read  
our fact sheet.




- ❑ Live with four to 11 other people in a home that is licensed as an assisted living facility or an Adult Family Home.
- ❑ Your support is based on your individual needs.
- ❑ Services are provided by a private agency that contracts with DDA to meet your Person-Centered Service Plan goals.
- ❑ Get help to go where you need in your community.
- ❑ Pay a cost of care fee based on your income.

Learn about  
other services



## Group Training Home



Click to watch  
a video or read  
our fact sheet. 

- ❑ Live with four to 11 other people in a home that is rented or leased by the provider.
- ❑ Get support based on your individual needs.
- ❑ Services are provided by a non-profit organization that contracts with DDA to meet your Person-Centered Service Plan goals.
- ❑ Get the help you need to go into your community.
- ❑ Pay a cost of care fee based on your income.

**Learn about  
other services**



## Adult Family Home



Click to read  
our fact sheet.



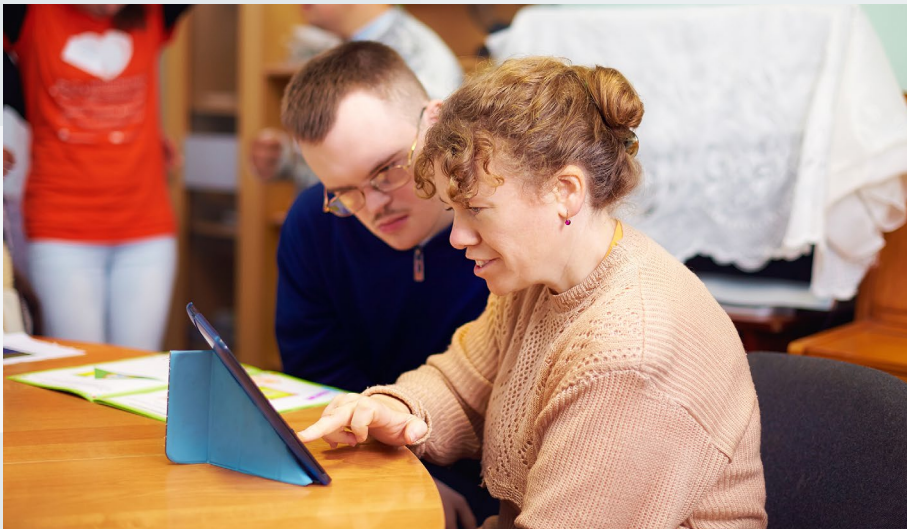
- ❑ Live with up to seven other adults in a home owned by the provider.
- ❑ You may share a bedroom.
- ❑ Get help with personal care through the Community First Choice program.
- ❑ Pay a cost of care fee based on your income.
- ❑ Some Adult Family Homes have staff with DD Specialty training.

**Learn about  
other services**





## *Assisted Living – Enhanced Adult Residential Care*



Click to read  
our fact sheet.



- ❑ Live in a licensed Assisted Living Facility apartment that you may share with someone else.
- ❑ Get help with personal care through Community First Choice program.
- ❑ Services are based on your Person-Centered Service Plan.

**Learn about  
other services**



## Alternative Living



Click to watch  
a video or read  
our fact sheet.



- ❑ Live on your own.
- ❑ Get up to 40 hours a month of skills training.
- ❑ Choose a contracted Alternative Living Services provider from a list of available providers in your area.
- ❑ You may also combine this program with personal care or other services.

Learn about  
other services



## Companion Home

Click to watch  
a video or read  
our fact sheet.




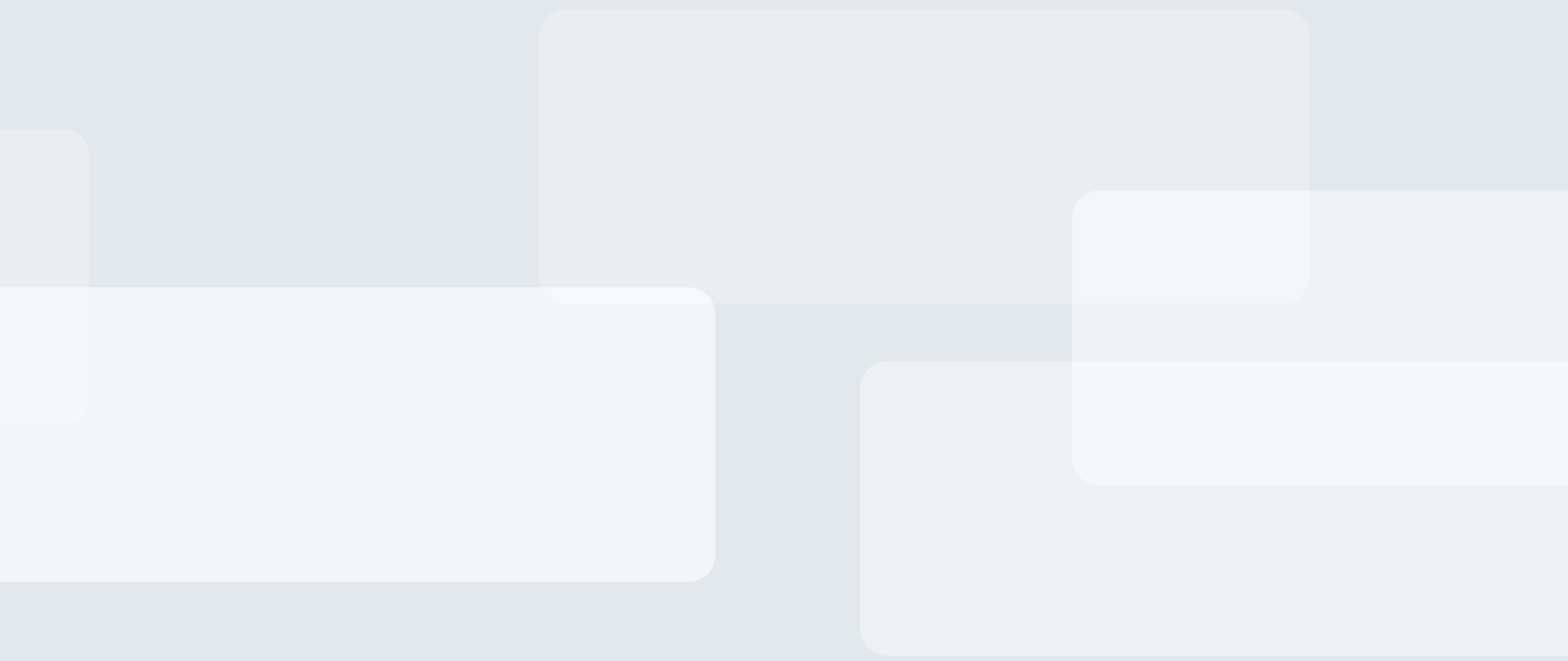
- ❑ Live with a contracted provider in a home you share together.
- ❑ Your provider supports you in all your daily care needs and ensures you have access to activities and places you want to go.
- ❑ You pay room and board at an amount you and your provider agree to.

Learn about  
other services



# *Where do you need support to live?*

Click each image to learn more. 







## Support in my family home

*Click the photo to read a fact sheet about the Community First Choice program, which offers personal care and other services.*



You may be eligible for a variety of services from DDA based on your assessed need. They include:

- ❑ Personal care.
- ❑ Caregiver respite.
- ❑ Assistive technology.
- ❑ Therapies.
- ❑ Community engagement.
- ❑ Specialized equipment and supplies.
- ❑ Staff and family consultation.
- ❑ Employment for transition age youth.

**Learn about  
other services**



## Out-of-Home Services

Click the photo  
to learn more.



### Your child will:

- ❑ Live in a 24/7 licensed home that cares for youth.
- ❑ Receive support to learn, improve or retain social and life skills necessary for living in the community.
- ❑ Go to school.

### You will:

- ❑ Keep parental custody.
- ❑ Participate in a parenting plan to support your child.

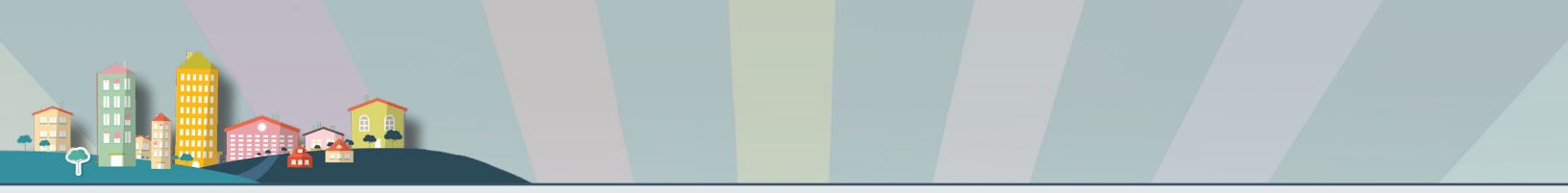
Learn about  
other services



## Housing and care: Who pays for what?

Additional services may be available to help you work and be part of your community. Click the icon below for some commonly requested services.

Setting	Rent	Food, utilities, personal items	Services and Support
Your own home	Pay with your SSI/SSDI or other income	Pay with your SSI/SSDI or other income	Provided by DDA as Personal Care or Alternative Living services.
Companion home	Pay with your SSI/SSDI or other income based on your room and board agreement	Food and utilities are included in your room and board agreement	Provided by DDA as residential service
Supported Living	Share the cost of rent with your housemates using your SSI/SSDI or other income	Pay with your SSI/SSDI or other income	Provided by DDA as a residential service
Group Training home, Group home	Housing is included in <b>your cost of care fee</b> , which is based on your income	Food and utilities are included in <b>your cost of care fee</b>	Provided by DDA as a residential service
Adult Family home	Housing is included in <b>your cost of care fee</b>	Food and utilities are included in <b>your cost of care fee</b>	Provided by DDA as a personal care service in a licensed setting
Out-of-Home Services	Parent pays cost of <b>your cost of care fee</b>	Food and utilities are included in <b>your cost of care fee</b> paid by parents	Provided by DDA as a residential service



# Financial Resources

*Financial assistance programs can help you pay your costs*

Setting	Housing	Utilities	Food	Personal Items
Your own home	SSI/SSDI Local Housing Assistance Vouchers	Low Income Energy Assistance Program	Basic Food benefits SSI/SSDI	
Supported Living	SSI/SSDI Local Housing Assistance Vouchers	Low Income Energy Assistance Program	Basic Food benefits SSI/SSDI	
Group Training home, Group home	Included in <b>your cost of care fee</b> (based on your income)	Included in <b>your cost of care fee</b> (based on your income)	Included in <b>your cost of care fee</b> (based on your income)	<b>Personal needs allowance</b> that is determined by DDA
Adult Family home	Included in <b>your cost of care fee</b> (based on your income)	Included in <b>your cost of care fee</b> (based on your income)	Included in <b>your cost of care fee</b> (based on your income)	<b>Personal needs allowance</b> that is determined by DDA
Out-of-Home Services	Included in parents' <b>cost of care fee</b>	Included in parents' <b>cost of care fee</b>	Included in parents' <b>cost of care fee</b>	



## Cost of Care fee

INSTITUTIONAL STANDARDS	AMOUNT
Medicaid Special Income Level (SIL) (1/1/23)	\$2,742.00
DDA PNA at home (1/1/23)	\$2,742.00
Cash CPI/PNA ALF	\$38.84
Cash CPI/PNA Medical Institution	\$41.62
PNA State Veterans Home Maximum	\$160
All other PNA Med Inst. (7/1/23)	\$100
HCS and DDA Waivers, CFC and MPC PNA in ALF (7/1/23)	\$100

In settings where the provider leases or owns the home, you pay a fee to cover a portion of your room and board. This is called a Cost of Care fee, also known as participation. It is based on your income, minus expenses for medical and guardianship fees (if there are any).

**Cost of Care** never exceeds your Personal Needs Allowance, which is the amount you keep to pay for incidental expenses such as hygiene supplies, clothing or recreation.

A legal description of this fee can be found in [WAC 182-513-1380](#).



## *Personal Needs Allowance*



If you live in a setting that is owned or leased by your provider, you will keep a portion of your money from social security or other income to buy personal items and things you want for yourself. This is after you pay a portion of room and board as a Cost of Care fee.

Your Personal Needs Allowance is calculated by long term care financial specialists.

Each year, your PNA may be adjusted for a cost-of-living increase. Effective July 1, 2023, the PNA is \$100.



# Waivers



Some of your services may be covered under a [Medicaid Home and Community Based Waiver](#).

A Medicaid waiver allows a state to use Medicaid dollars to pay for services that:

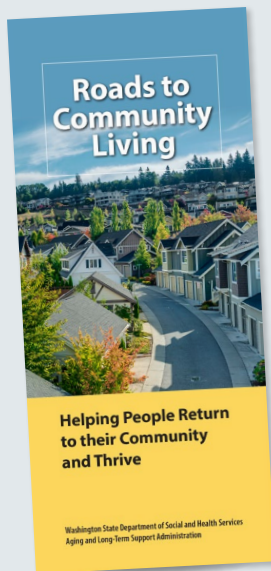
- ❑ Would have been provided in an institutional setting.
- ❑ Are not covered under the Medicaid State Plan or under the Early, Periodic, Screening, Diagnosis and Treatment Program for Children.

A legal description of **Waiver** can be found in [WAC 388-845-0005](#).





## Roads to Community Living



**Roads to Community Living** is Washington state’s “Money Follows the Person” grant. It helps individuals transition from a qualified institutional setting to community setting of their choice.

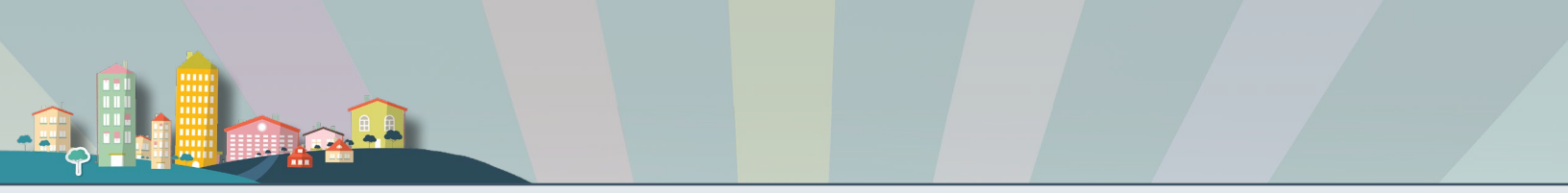
RCL provides flexible funding for the things a client will need to successfully transition to the community, from a qualified facility setting, such as a hospital, nursing facility or a residential habilitation center.






## *What support do you need?*

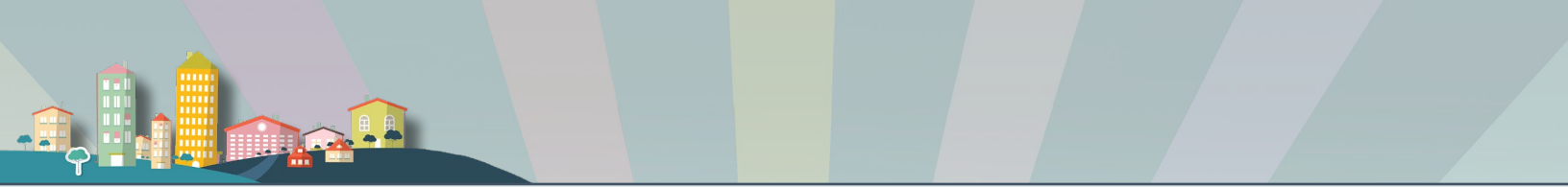
*Click this symbol to return to this page.*



*I need access to my community.*




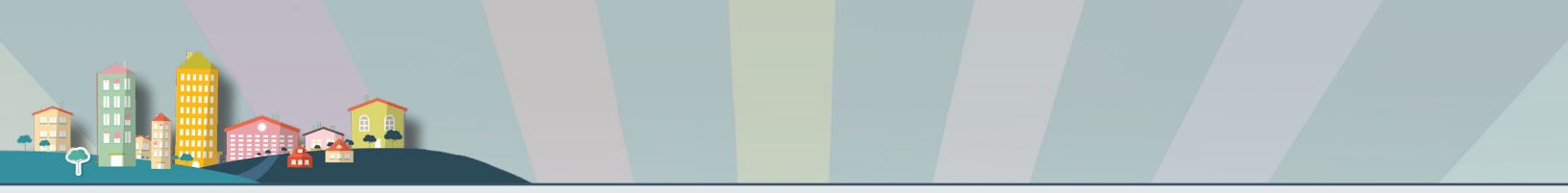
Click a title to watch videos  
about many of these services 



*I would like to have a job.*




Click a title to learn more 

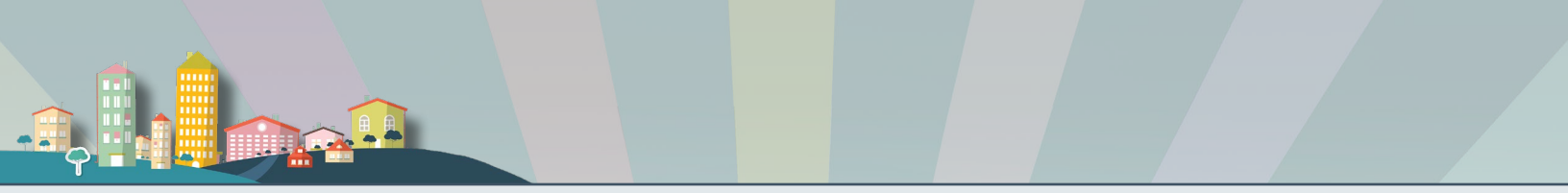


## *I need help with my daily life.*



*Click a title for more information  
about many of these services* 



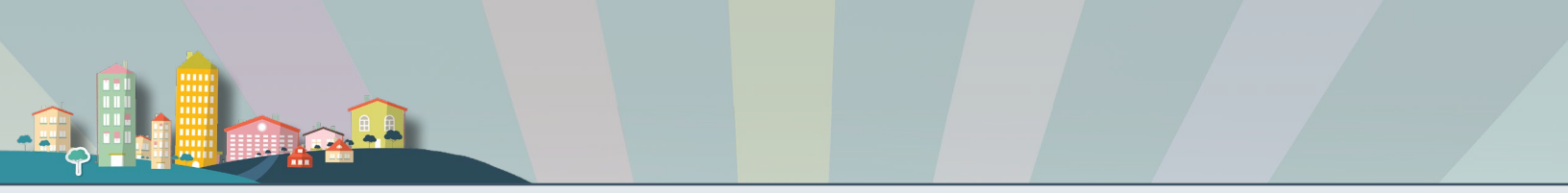


## *I want to learn new skills.*




*Click a title for more information  
about many of these services*

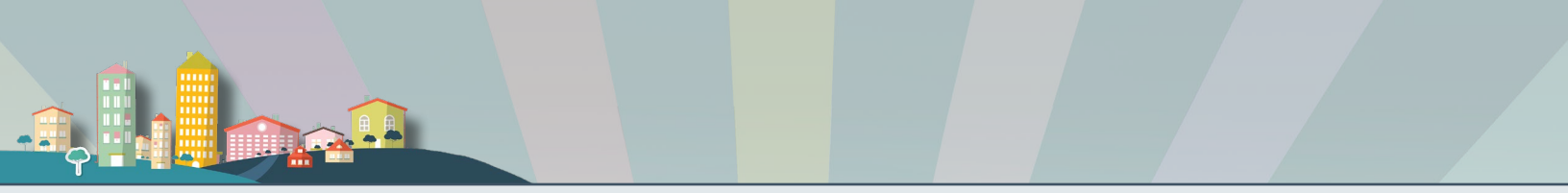




## *My caregiver and I both need a break.*




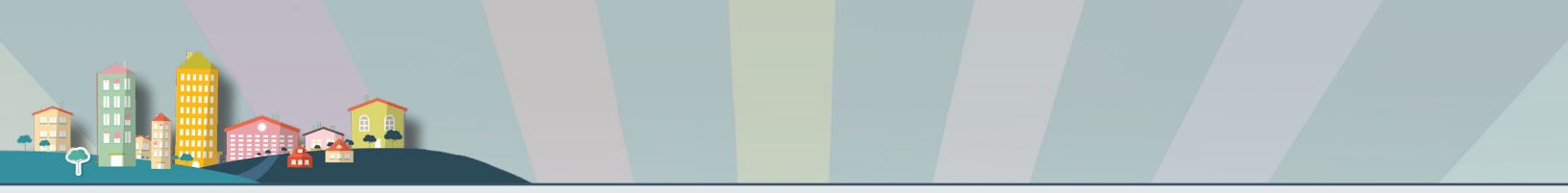
Click a title for more information  
about many of these services 



*I need to get around my home better.*




Click a title to watch videos  about many of these services

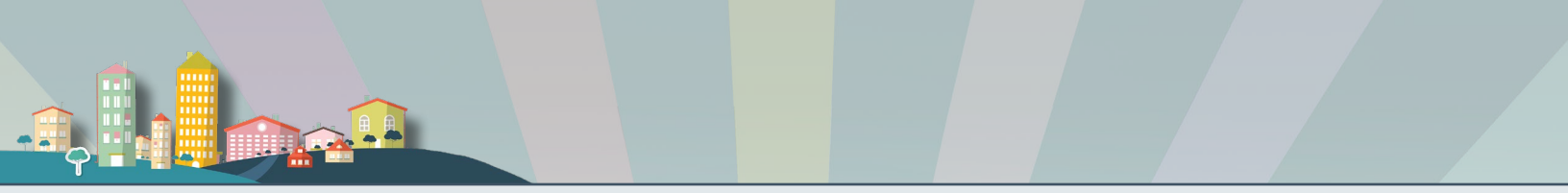


*I want to do more things on my own.*




Click a title to watch videos  
about many of these services 

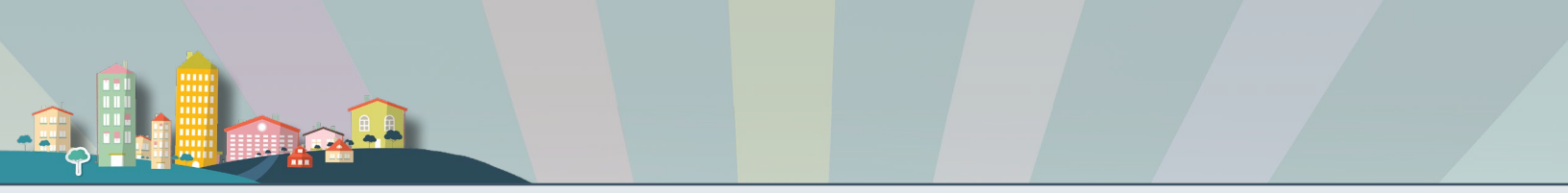




*I need things to help me calm down,  
or a place in my home to relax.*




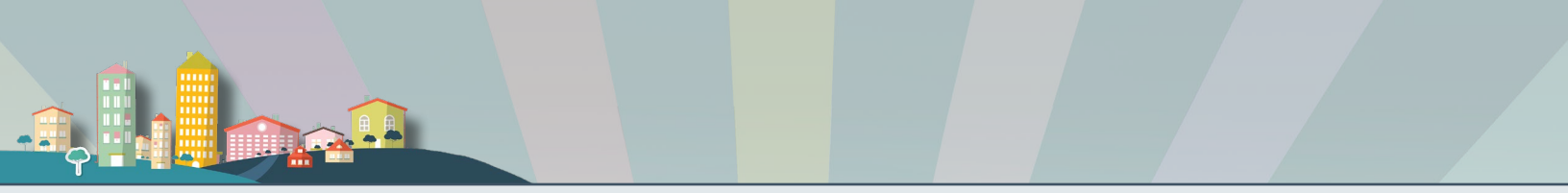
Click a title to watch videos  
about many of these services 



*I have things I want to do and learn,  
but I just don't know where to start.*




Click a title to learn more  
about many of these services 



*I am a parent trying to support my child, and I need help too.*



Click a title to watch videos  
about many of these services 



## Case management

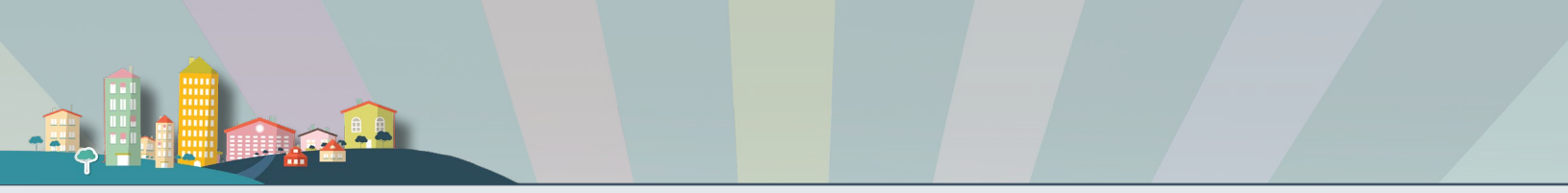


Case managers are here to help you find services and supports you need through formal assessments.

***They can also help you:***

- ❑ Find and connect with non-DDA resources, such as food benefits, housing and health care.
- ❑ Find easy ways to request DDA services when you are ready.
- ❑ Work with your DDA service providers to support your Person-Centered Service Plan.
- ❑ Respond to changes in your life that require more support.





## *What do you want to do next?*



Close my browser and end this session.