

OUTLOOK

Transition Services

By: Tara Finch & Melissa Sexton

Transition planning is an essential process to bridge the gap between school and adult life for young people with disabilities. Students and parents must make decisions about things like: secondary education, work programs, housing opportunities, federal and state income support, community mobility, recreation, socialization, healthcare and issues of greater independence.

Did you know?

- Transition should be addressed in your IEP by your 16th birthday or earlier, if appropriate.
- It is important to check the eligibility status of your Social Security Income (SSI) the month of your 18th birthday. (You will need to check your eligibility status regardless of being previously denied or receiving benefits prior to age 18)
- The Division of Vocational Rehabilitation (DVR) offers short term employment supports before the age of 21. Short term services are also available after age 21.
- Long term employment supports may be available through Division of Developmental Disabilities (DDD) and Pacific County Employment and Day Services. When you are age 21 and have exited from school, Pacific County can assist you in navigating the complex system.

The transition from school to adult life can be a process that is both scary and very exciting at the same time. It is important that transition planning begin as early as possible. If you or your child is currently in high school, now is an important time to start planning and thinking about future possibilities for employment, post-school education, and begin establishing connections with Pacific County Developmental Disabilities Employment and Day Service programs.

Transition Services prepare young adults who are getting ready to exit the public school system. The Pacific County Employment and Day Service staff can meet with students and families to discuss plans for the transition from school to secondary education and employment. This is an opportunity for students and families to discuss and identify future goals, talents and support needs. This meeting is also an opportunity for our staff to explain what resources are available and help identify or create opportunities for vocational programs, employment, or secondary education.

July 2010

A Newsletter
from the Pacific
Co. Health &
Human Services
Dept.

Editor:

Melissa Sexton

Assistant Editor:
Sarah Raaymakers

Points of interest:

- Transitions Services
- Americans w/
Disabilities Act
- Interview w/ Greta
McDougal
- Social Rec Activities

Coming Next Issue:

- Group Homes (AFP)
- Interview with
Provider

For more information about transition services contact Judy Jones at the Pacific County Health & Human Services Dept. (360)875-9343

We need your help!

Please join us, for a chance to help improve the services in the Employment/Day Services and social recreational programs for people with Developmental Disabilities.

We are looking for 10-15 clients and/or family members who are willing to share their experiences and to offer suggestions and/or ideas on how create the best programs possible.

**Location: South Pacific County Administration Bldg.
(Conf. Rm A)**

7013 Sandridge Road, Long Beach

Date/Time: August 11th @ 1:30pm

*Light refreshments will be served.

Please RSVP Greta McDougal 875-4244 or Katie/Judy at 875-9343
no later than August 9th.

AMERICANS WITH DISABILITY ACT (ADA) TURNS 20 YEARS OLD

Did you know that this month is the 20th anniversary for the signing of the Americans with Disabilities Act (ADA) on July 26th? Signed in 1990, the ADA is a monumental piece of legislation that changed the landscape, literally and figuratively, for people with disabilities. The provisions of the law address accessibility in the areas of architectural, transportation, employment and communication. It has literally changed the face of American society by enhancing the independence, full participation, inclusion and equality of opportunity for Americans with disabilities.

Interview with Greta McDougal DDD Case Manager / Resource Manager Questions by: Sarah Raaymakers

Who qualifies for DDD services? An individual whose disability occurs before the age of 18, the disability is expected to continue indefinitely, and the disability results in an impairment that affects the person's abilities to function and adapt. Some diagnoses that may qualify include: Cerebral Palsy, Epilepsy, Autism, MR, and developmental delay. My clients range in age from a few months old to in their 80's. If someone wants to apply to be a client of DDD they can call me and I will set up an appointment with them to help them fill out the paperwork. My phone number is (360)875-4244 or toll free: 1(800)458-3747. The paperwork then goes to the regional office in Olympia where it is reviewed to see if the person meets eligibility requirements. Once an application is received by the Olympia Office, the eligibility determination worker has up to 90 days to collect documentation and make a determination.

What are some of the services you provide for clients? Case management: finding resources for individuals and their families, monitoring to make sure the services are meeting their needs. Some examples of services include: Medicaid Personal Care, Respite, Employment, Family Support, and here in Pacific County we have 3 Adult Family homes where some of my clients live.

What is your goal when working with clients? My goal is to help my clients reach their goals. And to help my clients and their families find resources they need to meet their needs and be the best they can be.

How many clients do you serve per month? I have over 60 clients, so I schedule about 5-6 home visits a month and I schedule more, if my clients call with changes in their conditions and need a new assessment. I get a lot of phone calls every day and talk to some clients and their families several times a month. Every client gets assessed by me at least once per year. I have worked for DDD for 11 years now.

What do you enjoy most about your job? I enjoy my clients! I learn so much about life from them. They inspire me to do my job.

What are the qualifications for working as a DDD Case Manager/ Resource Manager? You have to have a 4 year college degree known as a Bachelor's in Social Work or a related field, have 2 years of experience working with people who have developmental disabilities, pass a background check, and have several references from people who can recommend you. I have my degree from Washington State University in Social Science with a special emphasis in Psychology, Sociology, and English. **GO Cougars!**

What is the most rewarding aspect of your job? Being able to help others and see them be successful and happy. I am amazed and humbled by the strength my clients and their parents possess.

Where are your work sites? I have an office in South Bend and an office in Long Beach, but I have clients that live all over in Pacific County and 5 that live in Grays Harbor in the Grayland/Westport area. I spend most of my time in people's homes, visiting them, doing an assessment of their needs, and helping them find the resources to meet those needs.

How did you decide to become a DDD Case Manager/Resource Manager? I can't remember a specific time that I actually decided that this was the career for me. When I was a little girl, about 5 years old, my Dad was in the Air Force and we lived in England. It was important to my parents to help others and to teach my sister and I to do the same. We started volunteering at the Palace School for Handicapped children in England with other Air Force families. I played with the children that lived there and we would spend the holidays with them and celebrate. Being around people with all different abilities just seems to be part of my life and I can't imagine doing anything else. I truly love my job.

SOCIAL RECREATION ACTIVITIES

Kite Festival - Long Beach, WA August 16, 2010

Please join us in the *Special Friends Kite Flying* to make kites, fly kites, & have lunch at the beach. This activity is for all DDD clients and family. Please contact Melissa Sexton by August 6th if you want to attend. Additional information will be provided to participants upon registering (360) 875-9343.

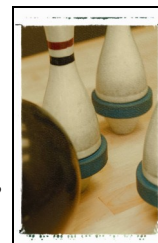


Limited transportation is available for North County residents.
Contact Melissa to make arrangements.

Bowling & Lunch Location: Hilltop Bowl, Long Beach Date/Time: July 26 @ 10:00-12:30

We will be playing two games and having lunch. Please bring money for bowling, shoes, and lunch.

Please contact Melissa if you will be attending.



Camp Hope—Aug. 1-5 Ocean Park Retreat Ctr. 28511 Vernon Ave., Ocean Park Total Cost: \$420.

Camp Hope is for campers who are mobile & able to function relatively independently in dressing and bathroom self-care, able to walk on uneven terrain and interested in an active, adventuresome week at camp. The event is designed to provide extraordinary experiences in a Christian camping environment for adults with disabilities.

For More Information/or to register:
Ocean Park Retreat Center—(360) 665-4367
E-mail: fun@opretreat.org



NEPTUNE THEATER

FREE Matinee Movies— Every Wednesday @ 1PM



July 21st — “Young Man With A Horn” (1949)
July 28th - “Arizona” (1940)

All shows begin at 1:00 PM. All ages admitted (subject to Theatre Capacity). Movies listed above ONLY.