

To: Contracted Positive Behavior Support and Specialized Habilitation providers,

DSHS' Developmental Disabilities Administration (DDA) would like to inform you that DDA Specialized Habilitation is now an approved service for clients enrolled on the DDA Waivers, Roads to Community Living, and Preadmission Screening Resident Review (PASRR) programs effective October 1, 2020.

When a DDA client notifies their case manager of interest in this service, the case manager provides a list of contractors' contact information in the client's local area. If serving more than one area of the state, please notify your DDA resource developer to ensure information is available to case managers and your name is included in the case manager's list of available providers.

DDA Specialized Habilitation provides skill-building support to clients who have a goal under any of the following categories. (Limited to 3 goals per plan):

1. **Self-Empowerment** -taking control of one's own life, setting goals, and making positive choices to promote self-determination. Services under this category include:
 - a. Increasing a client's life control by facilitating positive internal dialogue;
 - b. Building self-esteem and confidence;
 - c. Reflecting on personal values, skills, and goals and adjusting behavior to achieve those goals;
 - d. Improving self-awareness of strengths and weaknesses to better deal with problems.
2. **Safety Awareness and Self-Advocacy**- recognizing, analyzing, or controlling hazards for an individual to make informed choices. Services under this category may include:
 - a. Learning and developing skills for safety awareness such as how to recognize and report abuse, neglect, or exploitation;
 - b. Safely navigating social media and/or the internet;
 - c. Learning and developing skills for street safety and transportation awareness;
 - d. Receiving sexual education to promote healthy relationships;
 - e. Promoting appropriate and safe advocacy for self and/or others through methods of assertiveness and negotiation, learning to say no, or requesting needs or preferences.
3. **Interpersonal Effectiveness and Effective Social Communication**- the development of social and emotional learning plus skills that help an individual attend to their relationships, balance priorities versus demands, and build a sense of mastery and self-respect. Services under this category may include:
 - a. Developing or enhancing verbal or nonverbal social communication;
 - b. Developing listening skills;
 - c. Balancing immediate goals with the concepts of 'wants' and 'shoulds';
 - d. Learning how to maintain values;
 - e. Avoiding or mitigating inappropriate peer pressure;
 - f. Developing other social skills necessary to maximize integration into the community and/or home environment.
4. **Coping Strategies Regarding Everyday Life Challenges**- the development of problem-solving and other stress-reduction strategies to deal with unexpected or unavoidable situations such as:
 - a. Missing the bus;
 - b. Acclimating to a new caregiver or medical professional;

- c. Moving to a new residence;
- d. Acclimating to a new family member or roommate;
- e. Adjusting to a loss such as employment, relationship, activity, caregiver, etc. (does not include grief counseling);
- f. Transition planning.

5. Managing Daily Tasks and Acquiring Adaptive Skills- the development of skills to reside successfully in the home and community. Examples may include:

- a. Learning how to use a vending machine or other non-traditional shopping method;
- b. Ordering food in a restaurant;
- c. Paying for items at a store;
- d. Managing bills;
- e. Selecting clothing for various work and social occasions.

Prior approval is required before service delivery may occur. If you receive a request to provide this to a DDA client, please attain approval from the DDA case manager before delivering services.

A DDA policy regarding this service will be published online on October 1, 2020 on the [DDA Policy Manual website](#). This document will provide further information about this service. Please also refer to your contract for reporting requirements and other contractual obligations.

If you have questions about a particular client, please contact their DDA case manager who can help you or refer you to another regional contact person.

Thank you for contracting with DDA to provide valuable services to individuals who experience Intellectual/Developmental Disability (I/DD).