

Life Skills

External



Did you know DSHS' Developmental Disabilities Administration offers a service called Life Skills?

Life Skills can help you make and keep healthy relationships, adapt to challenges, and improve your quality-of-life. Life Skills offers teaching and training to learn or maintain skills in various areas. Areas are limited to:

- Self-empowerment.
- Safety awareness and self-advocacy.
- Social skills and effective communication.
- Coping strategies for typical life challenges.
- Learning how to manage daily tasks.

Examples of Life Skills:

- Building self-esteem and confidence.
- Developing strengths and weaknesses to handle daily problems.
- Safely using social media or the internet.
- Receiving sexual education to promote healthy personal relationships.
- Learning how to solve situations involving inappropriate peer pressure.
- Developing other social skills is necessary to maximize integration into the community or home environment.
- How to handle missing the bus.
- Getting used to a new caregiver or medical professional, roommate or other staff.

- Learning how to use a vending machine or other nontraditional shopping method.
- Ordering food in a restaurant, online or via phone.

Who can receive this service?

- Life Skills are available to people on the Individual and Family Services waiver, Basic Plus waiver, Children's Intensive In-Home Behavioral Supports waiver, Core waiver, the Roads to Community Living grant, or the Preadmission Screening and Resident Review.
- Life Skills is not available to those receiving Residential Habilitation services, unless supported by a Companion Home provider.

How do I get this service?

Contact your case resource manager. If you both determine that life skills are a good fit, they can walk you through the process.

How do I find a provider?

Your case resource manager will give you a list of the providers contracted in your area.

What do I do when I find a provider?

Talk with the provider about your ideas, goals, needs and available hours. Once you have spoken with the provider and determined the number of hours necessary to work on the identified needs, let your case resource manager know which provider you have chosen so they can add them to your plan. Your case resource manager will send a person-centered service plan for your signature and a planned action notice. Your signature on your plan lets your case manager know you agreed to the service and provider. Submit a request for the service and add Life Skills and your chosen provider to your plan after it is approved.

When can my provider start?

Your case resource manager will let you know when the service is authorized, and your provider can start.

What should I expect from my provider?

After the case resource manager authorizes services, the provider should contact you to set up a schedule. With your input, the provider must complete an initial plan that describes your goals for life skills within the first 30 days of the service being authorized, and then updated and completed every 90 days after that. These documents help DDA make ensure your needs are being met, and the service is being provided the way it is intended.

Use DSHS Form 10-657 to develop an initial plan. DSHS Form 10-658 may be used to complete a progress report.

How many hours or dollars can I get in the plan year?

The approved funds available are determined by the program and the annual assessment.

External resources

DDA's [Waiver Service: Life Skills](#)

[Becoming a Life Skills provider](#)

Who is a qualified service provider?

A provider must have a contract in signed status for DDA Life Skills. To be contracted with DDA, a provider must have one year experience working with people with a developmental or intellectual disability, and be one of the following licensed, registered, or certified professionals:

1. Individuals with bachelor's, master's, or doctoral degrees in social work, sociology, psychology, education; child development, gerontology, nursing or other related field;
2. Certified life skills coach; or
3. University intern working on a program for social work, sociology, psychology, education, child development, gerontology, sociology, or nursing.