King County Board for Developmental Disabilities

NEWS & UPDATES

OCTOBER 2026 NEWSLETTER

Your Voice Matters

Your voice matters. Your ideas matter. Your community matters.

This month, there are many ways to connect, speak up, learn, and get involved.

Join a Board meeting. Share your ideas. Apply to become a Board member. Give feedback about services. Attend a community event. Learn about issues affecting people with intellectual and developmental disabilities (I/DD).

You do not have to be a Board member to have a voice. We want to hear from you.

This newsletter is available in alternative formats and languages upon request. Please contact Michaelle Monday at Michaelle.Monday@kingcounty.gov.

Join Us for the November 4 Board Meeting

Everyone is welcome!

Come learn what the Board is working on and share what matters to you.

At the meeting, you can:

- Meet other people in the community
- Learn about the Board's work
- Ask questions
- Share your experiences
- Bring ideas or concerns
- Find out how to get involved

Wednesday, November 4, 2026
5:30 – 7:30 p.m.

Join In Person
King County Tukwila Office
625 Andover Park W., Suite 200
Douglas Fir Conference Room
Tukwila, WA 98188

Join Online
Meeting ID: 261 994 955 754
Passcode: tJ7rX6qM

Need an accommodation or other support?
We want you to be able to participate.

Contact Michaelle Monday at Michaelle.Monday@kingcounty.gov to ask for an accommodation or support.

You do not have to be a Board member to attend. Your voice belongs here.

MAKE AN IMPACT

What can you do this month?

There are many ways to make a difference in your community and you don't have to do something big to get started.

You can:

- Attend a community event
- Connect with a local organization
- Share information with your friends and family
- Take part in an advocacy effort
- Talk about issues that affect people with I/DD
- Bring community concerns to the Board
- Invite someone new to get involved

Small actions can lead to big changes.

Board Member Challenge

If you are a Board member, choose one way to connect with the community this month.

Attend an event. Meet someone new. Share information. Listen to someone's experience.

Then bring what you learn back to the Board.

Your experience and ideas can help make our community stronger.

We are Looking for New Board Members!

Your Experience Matters. Your Voice Matters.

Do you have an I/DD?

Are you interested in helping improve services, supports, and opportunities for people with disabilities and their families?

You could be a great addition to the King County Board for Developmental Disabilities.

You do not need previous Board experience.

We provide support and guidance to help Board members participate, learn, and share their ideas.

As a Board member, you can:

- Share your experiences
- Talk about what is working
- Speak up about what could be better
- Suggest improvements
- Help guide programs and services

- Meet other community members
- Help make your voice heard

You don't have to know everything to make a difference.

If you have ideas about how King County can better support people with I/DD, we want to hear from you.

Interested in serving on the Board?
Contact Jim Ott or apply to join the Board.

What's the Board Working on?

Want to know what the Board has been talking about?

Review recent meeting materials and updates:

- August 5 Board Minutes
- August 5 Board Presentation
- August 18 Board Minutes
- August 18 Board Presentation
- October DDECSD Updates

The October Developmental Disabilities and Early Childhood Supports Division (DDECSD) updates include information about services for children, youth, adults, and their families.

Making Information More Accessible

Everyone should be able to find, read, and understand information.

We are working to make our newsletters, website, and resources easier to use, including for people who use screen readers and other accessibility tools.

Our goal is simple:

Clear information that everyone can use.

Need information in another format or language?

Contact Michaelle Monday at Michaelle.Monday@kingcounty.gov.

Find Services & Information

Looking for services, programs, or resources?

Visit the King County Developmental Disabilities and Early Childhood Supports Division's (DDECSD) website: DDECSD.

You can also find programs and services through the King County Department of Community and Human Services (DCHS) visit: DCHS.

IN COMMUNITY

DeafNation Expo

Connect. Learn. Share.

Saturday, October 17 Seattle Center Exhibition Hall 301 Mercer Street Seattle, WA 98109.

DeafNation Expo is a biannual event that brings together members of the Deaf and DeafBlind communities, families, service providers, and others.

The event is an opportunity to:

- Learn about accessible information and services
- Connect with community members
- Discover new resources

- Build partnerships
- Learn more about accessible event design

The goal is to connect with the Deaf community and learn about culture and sense of place in the Pacific Northwest.

Events like DeafNation Expo also provide opportunities to strengthen the network of ASL interpreters and other accessibility supports.

Region 2 Community Engagement Forum

The Washington State Developmental Disabilities Administration wants to hear from you.

At the Region 2 Community Engagement Forum, you can:

- Talk about what is working
- Share challenges
- Suggest improvements
- Give feedback about DDA services
- Share your ideas about proposed changes

Thursday, October 29
4:00 – 6:30 p.m.
Online via Microsoft Teams

Join online
Meeting ID: 297 358 319 043 34
Passcode: wP2FY3V3

Everyone is welcome.

Region 2 Community Engagement Forums are held online in January, April, July, and October.

King County Developmental Disabilities and Delays Legislative Forum

Your experience can help shape change.

DDECSD holds an annual Legislative Forum.

This is a chance for people with I/DD, families, friends, and supporters to talk directly with elected officials about issues that matter to them.

You can:

- Share your experience
- Talk about what is working
- Share your concerns
- Tell decision-makers what needs to change
- Talk about what would make your community more inclusive

Thursday, November 19, 2026
6:00 – 8:30 p.m.

DoubleTree Suites, Tukwila
16500 Southcenter Parkway
Tukwila, WA 98188

New this year: Take a Metro shuttle to the forum!

King County Metro will provide a shuttle to the forum from Tukwila International Boulevard light rail station and Southcenter Mall. The shuttle will stop at the DoubleTree Suites.

More details will be available soon. Standard Metro fares apply.

Visit **www.kingcounty.gov/disabilities-forum** to learn more, register for the forum, find translated flyers, and get materials to share on social media.

[Forum Registration Link]

OCTOBER SPOTLIGHT

National Disability Employment Awareness Month!

Celebrating Value and Talent

October is National Disability Employment Awareness Month (NDEAM).

This year's theme, “Celebrating Value and Talent,” recognizes the skills, talents, and perspectives that people with disabilities bring to the workplace.

Meaningful, competitive employment can be an important part of independence, connection, and community life.

How can you help?

Recognize local workers
Celebrate the contributions of people with disabilities at work and in the community.

Support inclusive hiring
If you know an employer who is interested in inclusive employment, connect them with community employment partners.

Help create welcoming workplaces
Encourage employers to make workplaces accessible, inclusive, and supportive.

Remember:

People with disabilities bring talent, skills, experience, and ideas to the workplace.

October is an opportunity to learn more about Down syndrome, challenge stereotypes, and celebrate the accomplishments and contributions of people with Down syndrome.

Awareness is important.

But inclusion takes action.

We can:

- Use respectful language
- Listen to people with Down syndrome and their families
- Recognize accomplishments
- Support personal choice and self-advocacy
- Promote participation in community life
- Support opportunities to live, work, learn, and build relationships

This month, ask yourself:

What can I do to make my community more welcoming and inclusive?

ADHD Awareness Month: Understanding, Supporting, and Celebrating Differences

Look beyond behavior. Listen for the need.

October is Attention-Deficit/Hyperactivity Disorder (ADHD) Awareness Month.

ADHD can affect attention, organization, impulse control, emotional regulation, and everyday activities. People experience ADHD in different ways.

For people with I/DD, ADHD can sometimes be overlooked or misunderstood. A person's needs may be attributed to their existing disability rather than being explored on their own.

Instead of asking:

"What's wrong with this behavior?"

We can ask:

"What might this person be communicating?" and "What support might they need?"

Helpful supports may include:

- Visual schedules and reminders
- Clear and predictable routines
- Breaking larger tasks into smaller steps
- Movement or sensory breaks
- Fewer distractions when appropriate
- Extra time for processing or transitions
- Positive, strengths-based approaches

- Support for self-advocacy and personal choice

Celebrate strengths too

ADHD isn't only about challenges.

People with ADHD bring creativity, curiosity, energy, enthusiasm, problem-solving skills, and unique perspectives to their families, workplaces, and communities.

Let's build communities where differences are understood and not judged.

STAY CONNECTED

Don't miss the next update.

Subscribe to the King County Board for Developmental Disabilities newsletter and share it with your:

- Family
- Friends
- Coworkers
- Supporters
- Community organizations
- Advocacy networks

The more people who are connected, the stronger our community becomes.

Have an idea for a future newsletter?

We want to hear from you.

What would you like us to share?

Resources? Community stories? Advocacy opportunities? Board updates? Events?

Your feedback can help shape future newsletters.

See You in the Community

Whether you attend a Board meeting, join an event, share your experience, connect someone to a resource, or simply start a conversation you are part of this work.

Thank you for helping build a King County where people with I/DD are heard, respected, included, and supported.

We hope to see you at the next Board meeting!

This newsletter is available in alternative formats and languages upon request. Please contact Michaelle Monday at Michaelle.Monday@kingcounty.gov.

King County
Department of Community and Human Services
Developmental Disabilities and Early Childhood Supports Division

Unsubscribe | Preferences | Contact Us

Privacy Policy | Help

Having trouble viewing this email? View it as a Web page.