



Service Stations:  
Services & Supports  
Through  
Medicaid Waivers

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“The major value in life is not what you get.  
The major value in life is what you become.”

Jim Rohn

# Service Stations: Services and Supports through Medicaid Waivers



A project initially sponsored and directed by the Florida Developmental Disabilities Council, Inc. Community Living/Support Coordination Task Force in association with the Florida Department of Children and Families Developmental Disabilities Program

2005

## Medicaid State Plan and Medicaid Waivers

Since you must be eligible for Medicaid to receive services through a waiver, we want to remind you that these services should be used before requesting services through a waiver. Your support coordinator should help you with these. There are mandatory and Optional Services available through Medicaid State Plan. The Mandatory Medicaid Services include:

- Early & Periodic Screening of Children (EPSDT)/ Child Health Check-up
- Family Planning
- Home Health Care
- Independent Lab and Portable X-ray Services
- Inpatient Hospital
- Nurse Midwife Services
- Nurse Practitioner Services
- Outpatient Hospital
- Physician Services
- Rural Health
- Skilled Nursing Home Services
- Transportation

Medicaid also has around 33 Optional Services.

To find out about these and other information about Medicaid State Plan go to  
<http://www.cms.hhs.gov/medicaid/stateplans/toc.asp?state=fl>

APD has recently placed another helpful resource on their website entitled  
"A Guide to Transition From Medicaid to Medicare's Prescription Drug  
Coverage."

View this going to <http://apd.myflorida.com/> and clicking on  
[Ensuring Continuity of Care for Dual Eligibles](#) on the home page.

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## Preface

Chapter 393.065, Florida Statutes defines eligibility requirements for persons to receive services from the Agency for Persons with Disabilities (APD). A general overview has been provided for you on Page 112 of this Yellow Notebook.

### Medicaid Waivers

To qualify for a Medicaid waiver you must meet several requirements. Page 112 provides an overview of the eligibility criteria or you can go online to find all the specific requirements to receive services. The following website (<http://floridamedicaid.acs-inc.com/index.jsp>) will take you to the Home Page for the Florida Medicaid Fiscal Agent. Click on the title "Developmental Services Waiver" to review the Developmental Services Waiver Services Medicaid Coverage & Limitation Handbook. Requirements to receive service through waivers begin on Page 2-2. All waivers provide services to developmentally disabled Floridians with goals to participate in their community thereby avoiding institutionalization.

Previously we mentioned that Florida currently has 3 waivers: the Home and Community-based Services Waiver, the Family and Supported Living Waiver, and Consumer Directed Care Plus. Each waiver covers specific services. Each waiver is listed on these two pages with their covered services. A brief explanation of each service is on the following pages of this section and should help you understand both the titles given to those services as well as generally what is covered. Should you want more specific information on these waivers or their services, websites have been provided below each waiver for your reference. Each waiver offers either a support coordinator or a consultant, who can assist you to get the services you need.

#### Home and Community Based Services Waiver (HCBS)

<http://floridamedicaid.acs-inc.com/index.jsp>

(click on Developmental Services Waiver to view the Developmental Services Waiver Services Florida Medicaid Coverage and Limitations Handbook.)

The Home and Community Based Services Waiver (HCBS) allows you to received your services in a variety of locations in your community. You may have services in your home, your family home, a group home or foster home. You can also receive services in places like community centers, businesses or your therapist's office.

The HCBS waiver offers 33 services. You do not have a limit on your annual budget as in the FSL Waiver. However, just as in the FSL Waiver, your services must be medically necessary and receive prior authorization. The services currently covered under the HCBS waiver include:

Adult Day Training	Adult Dental Services	Behavior Analysis Serv.
Behavior Assistant Services	Chore Services	Companion Services
Consumable Medical Supplies	Dietician Services	Dur. Med. Equip. & Supp.
Environmental Access. Adapt.	Homemaker Services	In-home Support Services
Medication Review	Non. Resid. Supt. Svs.	Occupational Therapy
Personal Care Assistance	Personal Emer. Resp.	Physical Therapy
Private Duty Nursing	Psychological Assmnt.	Resid. Habilitation Servcs.
Resid. Nursing Services	Respiratory Therapy	Respite Care
Skilled Nursing	Spec. Med. Home Care	Spec. Mental Health Svcs.
Speech Therapy	Support Coordination	Suptd. Employment Svcs.
Supported Living Coaching	Therapeutic Massage	Transportation

In years past, funding for APD increased annually, but so did per person service costs. The APD received direction from the Legislature to contract for an independent study of rates and to develop a uniform rate structure. Mercer, Inc. became the contractor and a rate structure was established and implemented October 1, 2003. If you're interested, you may find the rates that are paid for the various services by going to the following website and clicking on DS HCBS waiver final rates (11/1/2003): [apd.myflorida.com/clients and families/](http://apd.myflorida.com/clients_and_families/) The result of APD's implementation of these standardized rates was that APD finished the 2004-2005 fiscal year within .002 percent of budget. A large part of that turnaround is due to rate stabilization.

Since the program was unable to enroll individuals from the wait list to services because the costs of services for those already on the waiver were increasing and consuming any budget increases, several things. First, the creation of a formal waiting list began, to assure people can be served in the same order as they are determined eligible (statewide). Appendix F of the Coverages and Limitations Handbook specifically details the Consumer Wait List process. You may either access that information on the same handbook website or in Chapter 8 of the Yellow Notebook. (Chapter 8 which is entitled Policies and Procedures.) The wait list is maintained in APD's central office and you can find out where you are on the list simply by writing a request to your district. [District addresses can be found in Chapter 10 Contact Information. Always remember to contact the Area office that serves the county where you (the consumer) live.]

.....  
**.....Family and Supported Living Waiver (FSL)**  
<http://apd.myflorida.com/waiver/fsl-services-directory.pdf>

to provide some services to people waiting for the HCBS waiver, APD received funding to significantly expand the Family and Support Living Waiver (FSL). It can provide you with services if you live in your own home or your family's home. This waiver provides services to adults with developmental disabilities who have goals to participate in their community and may also have an independent

dollar cap limits. Each service's limit may be exceeded if the request is prior authorized and medically necessary. However, the total annual budget cap of \$14,282 may not be exceeded. **If you are on the wait list and choose to receive your services through this waiver, you can remain on the wait list for the HCBS waiver.**

Two other excellent resources are located on the above-referenced website (apd.myflorida.com/clients/) and are entitled Family and Supported Living Waiver Consumer Guide and Family and Supported Living Waiver Amendments.

The services covered under FSL include:

- |                               |   |
|-------------------------------|---|
| Adult Day Training Services   | Behavior Analysis Services              |
| Consumable Medical Supplies   | Environmental Accessibility Adaptations |
| In-Home Supports              | Personal Emergency Response System      |
| Respite Care                  | Support Coordination                    |
| Supported Employment Services | Supported Living Coaching               |
| Transportation                |   |

**Consumer Directed Care Plus**

<http://floridamedicaid.acs-inc.com/index.jsp>

(click on Developmental Services Waiver to view the Developmental Services Waiver Services Florida Medicaid Coverage and Limitations Handbook)

Consumer Directed Care Plus (CDC+) was created through an amendment to the HCBS waiver. CDC+ began as an experimental pilot and now is an established waiver approved by Centers for Medicare and Medicaid Services (CMS). This program is administered by the Department of Elder Affairs and partners with APD, Department of Children and Families and the Department of Health. Under this limited waiver, consumers direct their own care and develop a purchasing plan to manage their allocated monthly budgets in order to meet their long-term care needs. As of August 2005, there are 979 APD consumers receiving monthly budgets. The services offered in the CDC+ waiver are the same as those through the HCBS waiver.

In consumer-directed programs, the individual (or a representative that they choose to work with them) is responsible for choosing, managing and dismissing their care providers. They can decide which services to use, which workers to hire, how much to pay their workers and what time of day they will come. If you are participating in this waiver, you may want to review the rates that are paid for the various services under the HCBS waiver in order to get an idea of how much you should be paying. That may be found by going to [apd.myflorida.com/clients/](http://apd.myflorida.com/clients/) and clicking on DS HCBS waiver final rates (11/1/2003). Currently this waiver is not an option. A request has been submitted to CMS to expand this program for others who have been enrolled in the HCBS waiver, but permission has not yet been granted. The tollfree assistance number is 866-761-7043.

**The Florida Freedom Initiative** is a demonstration program within CDC+. It is looking at what happens when barriers are removed that keep people with disabilities

from



earning money and becoming more self-sufficient. Only people who are enrolled in the CDC+ waiver are eligible to participate in FFI. They must also receive SSI benefits and want to become employed or earn more money or own a microenterprise

The Social Security Administration has approved this unique waiver of the rules and regulations to accommodate the FFI in Florida. For example, FFI participants can protect the first \$280 of earned income and half of anything over that from being counted as an asset in the determination of SSI and Medicaid benefits. Without the waiver, these participants could only exempt the first \$65 of earned income and half of everything earned over the \$65.

An interest bearing Freedom Savings Account can be established to save toward specific approved goals. The Freedom accounts can generate up to an \$8 match for every dollar saved by the account holder to a maximum total of \$10,000 per year. The FFI participants also have the opportunity to establish a credit history with a financial institution.

The Freedom Accounts and the CDC+ waiver join together to assist people to reach their future dreams such as:

- Owning their own home,
- Starting a small business,
- Gaining personalized transportation, including a vehicle,
- Attending a college or trade school, and/or
- Benefiting from assistive technology.

Learn more about this at [apd.myflorida.com/ffi/](http://apd.myflorida.com/ffi/)

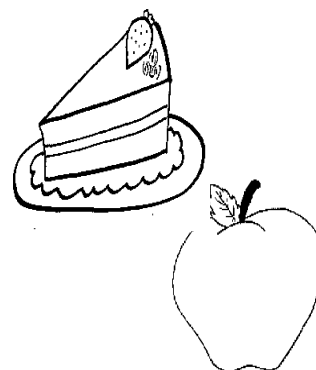
#### Five-Year Employment Initiative

While not a waiver, the **Five-Year Employment Initiative** is an exciting project! It is designed to improve the availability of employment as an option for all people receiving APD services. Some important facts about this initiative include:

- The initiative began July 1, 2004 with a goal of enabling at least 50% of adults (5,842 people), aged 18-55 who currently receive a day activity service funded by APD, to become employed by July 1, 2009.
- Each area APD office has developed a five-year strategic plan to implement this initiative. These plans are available to view on the Agency's website: <http://apd.myflorida.com>.
- The APD and Vocational Rehabilitation have completed an interagency agreement that will strengthen and improve the referral process,

## INTRODUCTION

Every day we make choices. We choose what clothes to wear and what to eat for breakfast. We make a choice about what we will do during the day. Sometime the choices we make are small - like whether to eat dessert or an apple. Some choices are bigger ones - like whether or not to take a job, or if we should move.



When you know the kind of life you want, you have some choices to make about supports and services you may need. That is why we have included this catalog of services in the Yellow Notebook.

The Agency for Persons with Disabilities has several ways for you to receive your services. Section 2 of this notebook, *A Fork in The Road: Mapping Out My Options*, discussed the differences between the waivers and Intermediate Care Facilities for the Developmentally Disabled (ICF/DD) programs. Deciding where you will receive your services is one of the first choices you must make when you receive services from the Agency for Persons with Disabilities. If you decide that an ICF/DD will best meet your needs, you may not be able to choose the various providers of your service.

However, if you decide to receive your services in one of several places in your community you will have many more choices to make. This catalog can be used to help you plan. It contains all the waiver services offered with the three various waivers discussed earlier in this section. You can read about each service and decide if it is a service you need. But, remember the Medical Necessity requirement noted in the previous section on Page 113.

Once you have figured out which services you need, you will need to see what waivers is accepting new enrollees. Even if there is not available funding for the waiver that you want, you can always stay on the waiting list while you either accept services through another waiver or continue to not receive any services. However, if your situation changes, and you believe you meet the crisis eligibility criteria, always let your support coordinator know. (You may want to review the flow chart on page 110.) The information shown on pages 127 - 129 indicates which services are available under which waiver.

Some things to keep in mind as you use this catalog:

- **Not All Services Are Available Everywhere**—Providers may not be available or serving all areas of the state. You can expect to find all of the services in major or mid-sized metropolitan areas like Jacksonville, Tallahassee, Tampa, Orlando or Miami. However, if you live in a less populated area such as Perry, Marianna, Belle Glade it may be necessary to travel to receive

specialized services.

If a service is not available in your area, talk with your support coordinator or consultant about other choices you have. One of the support coordinator's responsibilities is to help you get a service, even when a provider is hard to find. Additionally, the district staff should help support coordinators look for new providers. If there are any questions about the availability of a service, or whether it is suited to your needs talk to your support coordinator or call your local APD office.



- **Funding**—Medicaid eligibility and the availability of funds can also affect whether or not you receive a service. The waivers are the payers of last resort. This means that if you are in school, have private insurance,

Medicare, or State Pan Medicaid, some covered services must be paid for through these other sources first. Page 123 in this section lists some of the services available through Medicaid, as well as provides a website where you can find additional information.

The services described in this catalog **are generally available to people who are eligible** for the HCBS Waiver, the FSL Waiver, and the CDC+ Waiver. In addition to waiver eligibility, you must have a medically necessary need for the service in order to receive it. However, if you are not eligible for the waivers or an ICF/DD, **services are provided on a funds available basis**. You may always obtain services from a community support (at no cost to the APD), or you can choose to privately pay for the service. If you have any questions about how a particular service will be funded, you should talk with your support coordinator.

- **Support Planning Makes It Work**—Remember, the services you need or want are identified in your support plan. Therefore, it is important that you and your circle of support (your parents, guardians, advocates and friends) are actively involved in the support planning process. This is where you identify your goals or outcomes. During support planning you make decisions about what supports and services you want and need in order to reach those goals.

In order to be funded by the APD, the service must be determined *to be medically necessary and it must be included in your support plan*. The plan is reviewed and revised as needed at least once a year. If there is a service in this guide that you think might better meet your needs, you should discuss it with your support coordinator.

- **Developmental Disabilities' Provider**—Individuals and agencies who provide services must be approved as providers by the Agency for Persons with

Disabilities. For example, if you know a therapist you would like to use, the therapist must be under contract as a provider or willing to become a contracted provider in order for the APD to pay for the service. Also keep in mind that not all providers offer the same quality of service. (You have the right to choose the provider that is most cost effective and best suited to your needs.) If a service will be paid for by Medicaid, the provider will also need to meet Medicaid requirements.

Unless otherwise stated, services are available to people regardless of where they live.

Previously, in this notebook you have read a little about the Waivers. In this section you can see at a glance the services that are provided in each of the waivers. Before you begin checking out the services available through the waivers and selecting those that can meet your particular needs, here are some more facts about the waivers and one initiatives of the Agency for Persons with Disabilities.

All waiver services are funded by the federal Centers for Medicare and Medicaid Services (CMS) and matching state dollars. These Waivers are operated by the Agency for Persons with Disabilities (APD) under the authorization of the Agency for Health Care Administration's (AHCA) Division of Medicaid. If you are interested in the various rates for each service, you can find this information on APD's website: <http://apd.myflorida.com/clients/> You will need to click on the title DS HCBS Waiver Final Rates (11/01/2003).

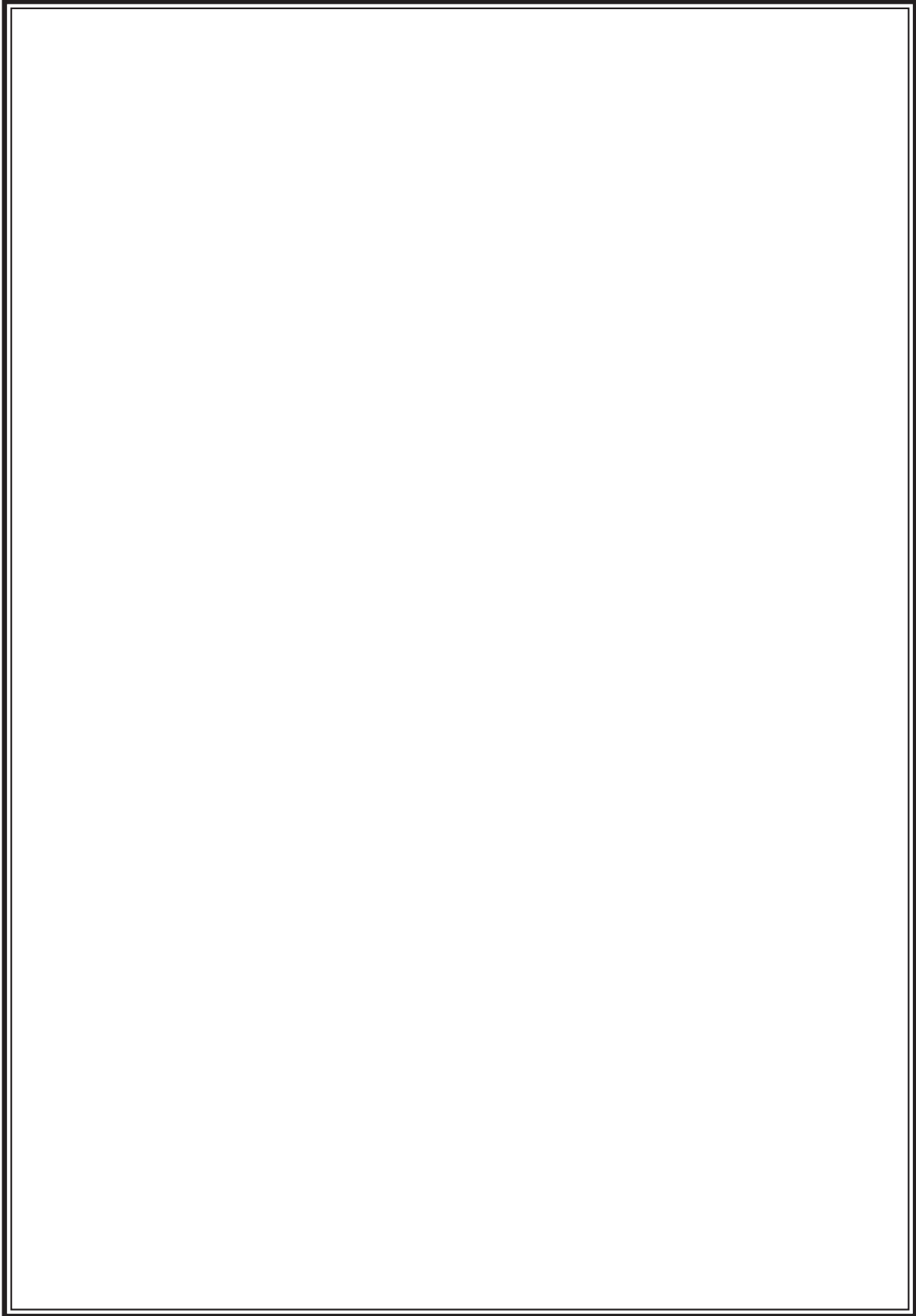
The Consumer Directed Care Plus Waiver is administered by an interdepartmental workgroup led by AHCA with members from the APD, the Department of Children and Families Adult Services program, the Department of Elder Affairs and the Department of Health Brain and Spinal Cord Injury Program.

The purpose of these waivers is to provide services that:

- Promote, maintain and restore your health
- Minimize the effects of illness and disabilities
- Prevent or delay the need for you to live in an institution
- Foster the principles of self-determination.

The intent of these waivers is to provide viable services that allow you to:

- Live as independently as possible





Places  
to  
Live

## Places to Live

You have many choices about where to live. Options range from living in your own home or your family home to living in residences licensed by the Agency for Persons with Disabilities or other state agencies.

Visiting all of the available types of residences is a good way to determine which one can best meet your needs and personal outcomes. Talking with people who live in different settings can help you make a decision about where you will live.

When you make your decision you should be sure that all your needs can be met in that setting. If you decide to move, **all** of your supports and services should be in place **before** you move. If you choose a setting like a group home, foster home or Intermediate Care Facility for the Developmentally Disabled, the facility must agree to provide your services. Over the next few pages each type of living situation will be described.

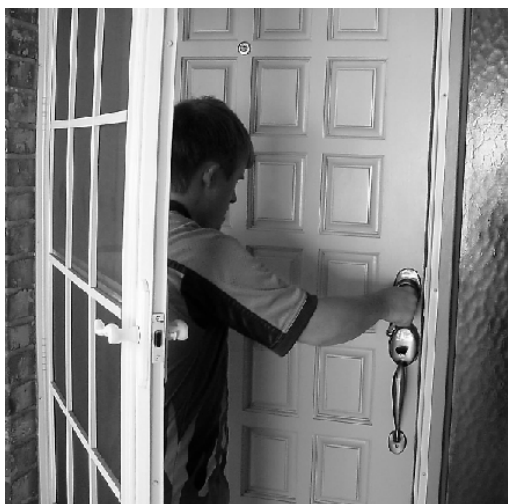
### Unlicensed Homes

#### Your Own Home

You may want to live in your **own home** or apartment either by yourself or with a roommate or two of your choice. You can rent, lease or buy your home and your support coordinator or Supported Living Coach can help you find a place to live. Sometimes the APD can help you pay your rent or give you money to purchase some of the things you need when you move for the first time (See **Subsidies**).

If you want to live in a home of your own you can get training and support in independent living, as well as caring for yourself and your home. You can also learn about community services and how you can use them (see **Supported Living Coaching**). In addition, you may receive companion services, homemaker services, chore services and other needed services described in this catalog. Depending on your needs, you can live in your home with or without paid supports. Living in your own home with supports is often referred to as **Supported Living**.

Whether you have paid supports live in with you or not, you will be responsible for your rent or mortgage every month. You



will also have to pay for expenses like your electricity, water, garbage pick-up, telephone and your groceries. Many people who live in their own home have a roommate who can share the monthly costs of living. It is suggested that if you choose to receive supports in your own home that you have a strong circle of support (family and friends).



### Family Home

You may choose to live in a **home with your family**. Many people do and they receive services that make it possible for them to stay there. Personal care, consumable medical supplies, homemaker services, chore services, nursing services, respite care and environmental modifications are all services that can be provided to help you live with your family. In addition, you may

also receive training and other needed supports and services that are provided outside your home.

## Licensed Homes

### Foster Home

A **Foster Home** is a private home. When you live in foster care, the family will treat you just like you are one of their family. They will provide you with supervision and your food, clothing and shelter. They will also take you on activities in the community. The family and up to three people can live in a foster home.



### Group Home



A **Group Home** is a residence in the community that provides a homelike place for at least four, but not more than 15 individuals. This may be a private home or a specially designed building. A group home must meet all of your basic needs – food, shelter, clothing and inclusion in community activities. Supervision may be provided by professionals who live in or work at the home. Some group homes may provide specialized types of services to meet specific needs

such as preventing injurious behaviors and teaching people how to walk, feed or dress themselves. If you have medical problems and want to live in the community, some group homes have medical staff available.

### **Residential Habilitation Center**



A **Residential Habilitation Center** provides 24-hour supervision and serves at least 16 or more people. Hired staff provide supervision. A Residential Habilitation Center must meet your basic needs (food, shelter, clothing and inclusion in community activities). Training in self care and daily living skills may be provided. If you live in a Residential Habilitation Center you may also participate in other community activities or even have a job. According to Florida Statutes [Chapter 393.063(40)], after October 1, 1989, no new residential habilitation centers shall be licensed

and the licensed capacity shall not be increased for any existing residential habilitation center.



# Help at Home & in the Community



## Support Coordination and CDC+ Consultants

### Consultants, Full, Transitional & Limited

Depending on the choice you made about can assist you with your services. HCBS waiver recipients receive Support Coordination service. **Support Coordination** is a service provided by paid professionals that help you identify and get the supports and services you need. There are several types of support coordinators.

The type of support coordinator you have is based on whether services are being paid for only with state general revenue dollars or with waiver funds. The waivers are paid for with both state and federal dollars.

*Waiver Support Coordinators* are certified individuals who provide support coordination services if you are enrolled in the DD Waiver or the Family and Supported Living Waiver. **Consultants** serve you if you are part of the Consumer Directed Care Plus Waiver. Consultants are Waiver Support Coordinators who have additional training related to this waiver. Your support coordinator or consultant is hired by you and works for you. The Florida Legislature defines the number of people that a support coordinator can serve.

If you are not enrolled in one of the waivers, a *Developmental Disabilities Program Support Coordinator* will work with you. They are state employees who work in local APD offices. *Contract Support Coordinators* are private professionals under contract to provide support coordination services to people not enrolled in the waiver. You will be assigned to a support coordinator by the district APD office. If necessary, you or your family can ask for a different support coordinator.

**Full Support Coordination** is the type of support coordination used by most people on a waiver. With full support coordination, you can expect at least one monthly contact, one home visit, the development of an annual support plan and cost plan, as well as other supports as needed and requested.

**Transitional Support Coordination** refers to the expanded service of assisting individuals enrolled on the waiver to move from a nursing facility, ICF/DD, State Mental Health Hospital or forensic facility to a community-based setting.

Transitional Support Coordination is time limited and more intensive than ongoing support coordination. If you would like, your Transitional Support Coordinator can still provide supports to you after the transitional period is over.

The support planning process begins with the support coordinator gathering information: your needs, goals, dreams and hopes for the future. With help from your support coordinator, you and others then write your support plan. A Support Plan is the record that describes your goals or outcomes, the supports and services that will be needed to reach those goals; who will provide those



supports and services; and how and when they will be provided. In a way, a Support Plan is a *personal road map*: It shows where you want to go, how you'll get there and the things you would like to do along the way. It can be changed whenever needed and must be updated at least once per year.

Once the support plan has been completed, the cost plan is developed. This cost plan is a budget for the medically necessary services requested for APD to pay and that must be approved by the APD before services

can be provided.

After the cost plan is approved, your support coordinator will work with you and your family (if you want them involved) to find providers. The support coordinator then assists you, your family or guardian to monitor the supports and services being delivered to make sure they are meeting your needs.

**Limited Support Coordination** is offered to certain individuals who live with their family and have been on the waiver for at least one year. If you use limited support coordination you may receive up to nine hours of support from a support coordinator each year, after certain other supports are provided. Those supports include the completion of a standardized needs assessment, discussion of Personal Outcome Measures and the development of the annual support plan and cost plan.

## Chore

**Chore** services help you with *heavy* household cleaning in the place where you live. Heavy cleaning or "spring cleaning" includes such things as washing windows, shampooing carpet, moving heavy furniture and other housework that goes beyond routine cleaning. (Chore



services, which provide heavy cleaning, is different from *homemaker services*, which provide *routine* cleaning on a regular basis).

Chore services are provided only when there is no one else available to do these things and when individuals are not able to do these household tasks themselves. Chore services are available to individuals who live in their own home or apartment. It is not available to individuals living in group homes or facilities. These services may be provided by an individual or by a business.

## Companion

You can receive **Companion** services if you need help with non-medical care, supervision, and/or socialization. For example, a companion might help with your shopping or meal preparation, or accompany you on trips or to events in the community. Companions do not care for your personal hygiene needs, nor do they provide training. A companion may be a private individual or an employee of an agency that provides these services.



These services are limited to adults living in their own home or a family home. They are not available to those living in licensed residential facilities, since it is included in the provider's residential contract. Companion services do



not replace a more cost-effective day activity like employment, adult day training or non-residential supports and services.

## Consumable Medical Supplies

**Consumable Medical Supplies** are items that are disposable and are essential your health and comfort. These include such things as diapers, padding for a bed, gloves, wipes, or other items that meet an individual's specific medical needs. Consumable medical supplies may also include nutritional supplements when recommended in a dietician's assessment and recommended by a physician but not available from Medicaid. These supplies can be purchased from approved pharmacies, discount or department stores or mail-order suppliers.



## Homemaker

**Homemaker Services** are available if you need help to do routine cleaning in your home. The homemaker does household tasks like cleaning the kitchen and bathroom, vacuuming the house, changing bed linens, and doing laundry. This service is provided if you are unable to do these tasks and there is no one else available to help.

Homemaker services may be provided by an individual or by a company that provides this service. These services may be provided for when you live in your own home or in your family home.

## In-Home Support

**In-Home Support** services are available only if you live in your own home, unless you are on the FSL waiver. FSL recipients can have this service in their family home. In Home Support help might be a support worker who assists you from 8 to 24 hours per day. The support worker might live in your house or apartment and share living expenses, such as rent and utilities. The worker provides companionship and personal care, and may also help with other day-to-day activities. This service is not a replacement for the services provided by a supported living coach. While some people may need both in-home support services and supported



living coaching, others may need only one of these services.



## Non-Residential Support Services

**Non-Residential Support Services (NRSS)** are individualized training activities provided to increase your ability to participate in community activities and make use of routine

community services. The activities are customized for you and designed to meet your unique needs. The activities also relate to at least one of your goals



on your support plan. The service might involve teaching you how to shop independently, or how to use the library, public parks, or other community resources. Non-Residential Support Services are provided in integrated environments within the community and outside the home. It may be provided by either by an individual or by an agency. This service is often referred to as NRSS.

### **Personal Care Assistance**

**Personal Care Assistance** is a service that can help if you need assistance with eating, bathing, dressing, or personal hygiene. This service includes help with things like meal preparation

or other activities when they are essential to your health and welfare and when there is no one else able to perform these tasks. Personal Care Assistance is not to be used solely for after-school care which is not a covered service under the waiver. This service may be provided by a certified agency or individual.



### **Residential Habilitation**

**Residential Habilitation** includes services provided where you live if you need help to maintain or improve self care or daily living skills. These services might include training in personal hygiene (i.e. bathing, shaving and oral hygiene), homemaking (i.e.

cleaning, food preparation and laundry) and social skills such as getting to know your neighbors. This service may be provided to you in your own home, your family's home, or in a group or foster home.



### **Respite Care**

**Respite Care** is a service that gives family members (or caregivers who ordinarily provide care) some time off – a break – from the demands of caring for an individual with a developmental disability.

Respite care can be for a few hours to a few days and can also be used for family

emergencies. While your caregiver is away, the respite care provider may stay in your home. This person assumes all of the responsibilities of your caregiver until he or she returns. The respite care provider is given a file of information detailing your special needs, medication use, diet, emergency contacts, etc.

If a respite care worker is not available to stay in your home, you could go somewhere else to stay while your caregiver is gone. This could be a special home licensed to provide respite for several persons at a time, or a licensed foster or group home that has room and has agreed to provide the service. In either case, the individual continues to carry out his or her daily routine to the greatest extent possible. It is important that a respite caregiver know the home, the individual and the individual's routine.

**Subsidies**

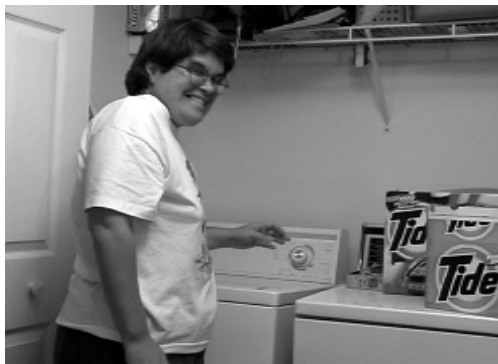
Subsidies are programs that provide money for special situations. It is important to remember that there is not very much money available for subsidies. Because these funds are so limited, the money is primarily used for people who are not on one of the Medicaid Waivers.



**The Family Care Program** subsidies may be used to pay for parent training, respite care, modifications to your home or vehicle, or other support services needed by you or your family in order for you to remain in your home.

**In-home subsidies** and **Supported Independent Living Allowance (SILA)** may be used to pay for basic living necessities like rent, utilities, food, clothing, household supplies, or other household items, or for one-time moving expenses or start-up costs for establishing a household. These subsidies are available only if you are living in your own home or in your family's home.

Your support coordinator can assist you in completing the necessary paperwork to determine your eligibility for these subsidies, as well as reviewing your finances quarterly to determine your continued need.



**Supported Living Coaching**

**Supported Living Coaching** is a service that can help you live in your own home or apartment. You can start getting coaching services while you are still living in your family's home, group home, foster home, or ICF DD. The coach begins teaching you the things you will need to know in supported living,

such as preparing and managing a budget, paying bills, housekeeping, grocery shopping, cooking simple meals, using public transportation and more. When you move into your own home or apartment, the coach will help you get settled, set up a budget and establish a daily routine.

Your coach can also help you make new friends and learn about your community. At first, the coach will spend as much time as needed with you in your new home. However, as you becomes more skilled, responsible and independent, support may become less frequent. When you are comfortable in your new residence, the coach may need to check in only periodically, but will be available when ever you need him or her. This service can be provided by an agency or by an individual who is approved to provide this service.

## Transportation

**Transportation** is a service that helps you get from place to place. When your family or friends can not take you, transportation services make it possible for you to get the supports and services identified on both your support plan and approved cost plan.

Transportation services are purchased from Community Transportation Coordinators, using operators through your county's coordinated transportation system. Vehicles used for transportation services range from automobiles to specialized vans and buses.

Sometimes, your service providers can handle your transportation needs. Also, friends or family members who do not live you may be reimbursed at





Services to Help You  
**Work and Learn**

the state mileage rate for taking you to waiver services when there is no other source of transportation available.

The waiver does not cover transportation services to or from your school or work.



Transportation to and from school is the responsibility of the public school system. All transportation needs not identified on your support plan and approved cost plan would be provided by the local Community Transportation Coordinator or, if available, the local area's fixed route public transit system.

Your support coordinator will help you identify the most appropriate forms of transportation required to meet your particular needs, and will help obtain those services.

### **Adult Day Training**

**Adult Day Training** is a service that you may attend to learn new skills and to be part of various activities. Some people go to the Adult Day Training center all day (about six hours) five days a week, while others may go part time. Most activities of the Adult Day Training program take place at the center but sometimes they take place in the community in groups, generally larger than three people.

In an Adult Day Training program you can learn skills through training such as self care, daily living skills like staying healthy, work-like activities and balancing a checkbook, as well as getting along with others. All the activities provided through an Adult Day Training program have an implementation plan that is tied back to a personal outcome or goal that you identified as important and is included your support plan.

If you need it, some Adult Day Training centers provide activities that could help you learn to communicate better, activities that provide sensory stimulation, or music and art therapies. Other Adult Day Training programs may also provide opportunities for you to learn about self-advocacy. Some Adult Day Training centers have special programs for seniors.

This service is usually for people who are at least 21 years old. *However, it may begin at age 16 if you are not enrolled in the public school system (even if you have received a special education diploma) and the public school system is willing to provide and fund the service throughout your legal age of public school eligibility. That is usually 18 or 22 years old, depending on your school district policies.*

## Early Intervention

**Early Intervention** is a service provided for infants, toddlers and young children ages birth to five years old, when it appears that their physical or mental development is not typical for their age. This condition is sometimes called a “developmental delay.”



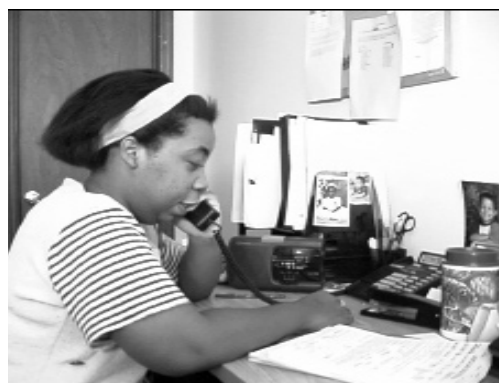
The process begins with an evaluation through Child Find. If a child is not speaking or walking as much as other children the same age, he or she may be experiencing a developmental delay. If needed services such as physical therapy or speech therapy are provided to help the child. A trainer can also teach parents things they can do at home to help their child develop. Early intervention may be done in the trainer’s office or in the child’s home.

Most early intervention services are available through your local school district (FDLRS) or through Children’s Medical Services (CMS).

## Parent Training

**Parent Training** is a service that helps parents, especially those with a young child with a disability, to improve their parenting skills. This service is not covered under the Medicaid Waiver and is provided on a funds available basis.

Parents may be taught about physical and mental development in children, or how to help their child develop at a pace consistent with his or her age. A trainer with expertise in the growth and development of infants and children provides the training. Parent training also helps parents find other programs or services in the community that can be helpful to both the parent and the child, such as support groups.



Parent training may be provided to the parent of any child 18 years of age or younger who is eligible to receive Developmental Disabilities services. It can also be provided to an adult with a developmental disability who has a child.

### **Supported Employment Services**

If you want help to get a job or you to keep the job you have, you need to let your support coordinator know so that she can help you get employment assistance through either Vocational Rehabilitation or APD. **Supported Employment** may be a service that can help. Through this service you will have a job coach. Your job coach works with you. Your coach or VR will help you learn about different types of jobs and then help you decide what kind of job might be right for you. Next, you will learn about working at a job. You will learn about getting to work on time. You will learn about getting along with your boss and other workers. You will learn how to be a good worker.



# Health, Safety and Medical Supports

You, with the assistance of your coach, may even find a new job that is best for you. You can then learn the things you need to know to do that job. You might begin to work and learn on the job. Or you might go to special training to learn what you need to know.



When you start your job, your coach may go to work with you. Your coach will help you learn how to do the job. When you know how to do the job, your coach will visit you once in a while. Your job coach will help you work out problems you

have at work – or help you find a job you like more.

Depending on your age, the public school can pay for this service. Even if you have received a special diploma, you can have the public school pay for this service up to your 22nd birthday. Again, work with your support coordinator.

### Adult Dental Services

**Adult Dental Services** are available if they are not covered by Medicaid State Plan. These services include cleaning teeth, filling and extraction of teeth, treatment of the mouth and gums to maintain healthy teeth, and dental surgery. These services are provided by a licensed dentist.



### Dietitian Services



**Dietitian Services** are available if you need help to improve your health and eating habits. This service requires an order from your doctor. The dietitian will talk with you about what kinds of food you eat.

The dietitian will talk with you about which foods to eat in order to maintain a balanced diet. Counseling might also include tips on how to change eating habits to lose or gain weight, and/or identify foods to avoid because of a

health condition such as diabetes. Dietitians may also manage special nutrition systems such as gastric tubes. These services may be provided in your home or in a classroom setting. Counseling may also be provided to your caregiver.

### Medication Review

If you take several types of medicines you might need to use this service. A **Medication Review** looks at all of the prescription and over-the-counter medication you may be taking. It is done by a pharmacist. He or she will check to make sure that your medicine is correct and that you still need it. The pharmacist will also check to make sure that your medicines will not cause an allergic reaction or interact with the other medications that you take.

There may be certain circumstances that require you to have a medication review. Check with your support coordinator if you think this service might be needed.



### Nursing Services

There are three types of nursing services covered under the waiver. They are:

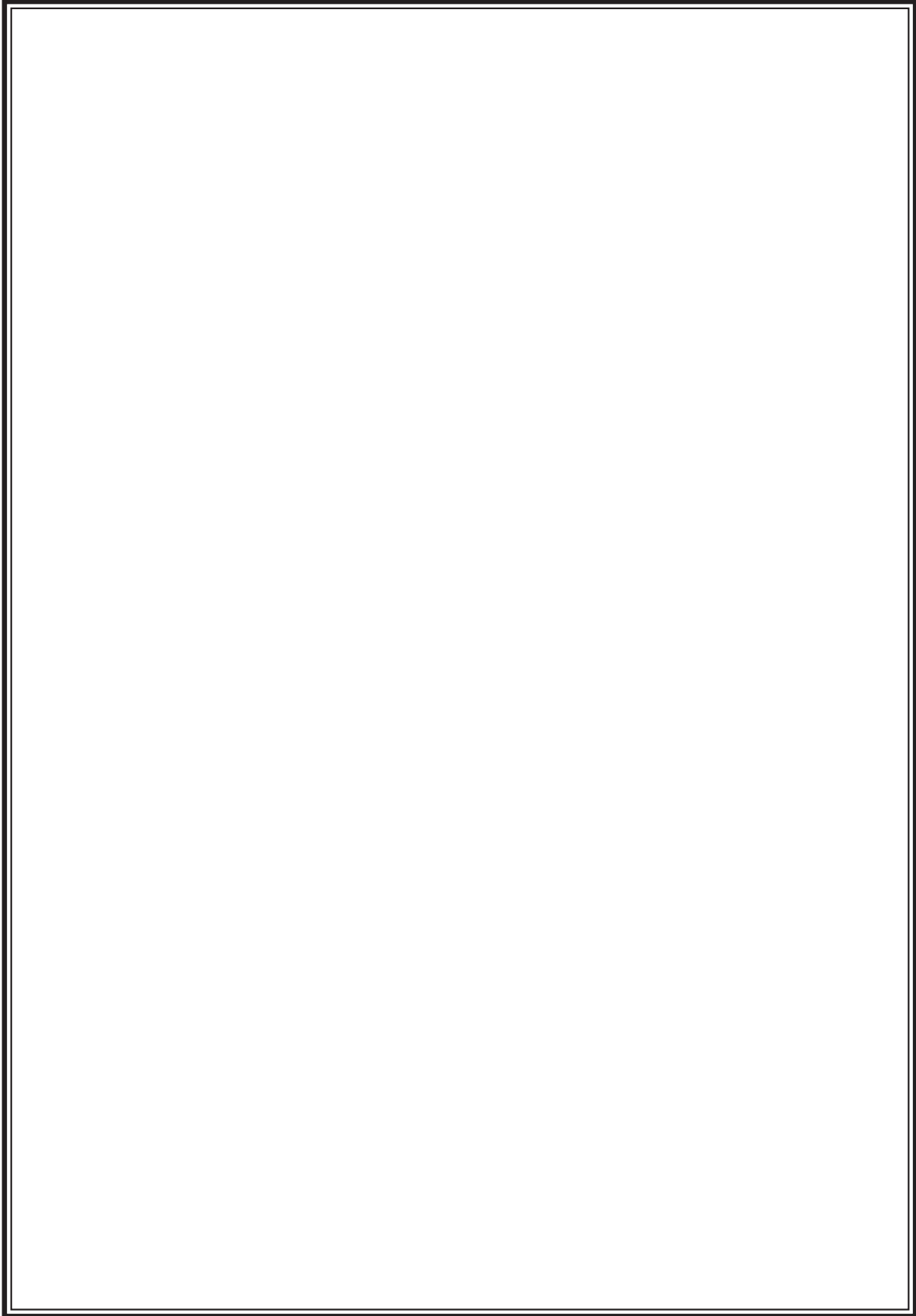
- **Private Duty Nursing**—Individual, continuous nursing care provided in your family’s home



vided in your home or

- **Residential Nursing**—Continuous nursing care provided in a licensed residential facility, your group or foster home
- **Skilled Nursing**—Part-time or intermittent nursing care provided where you live or at the location of your other waiver services, such as your Adult Day Training Program.

Your doctor will decide if you need a





# Assessment, Therapy and Treatment

nurse, which type of nursing service is right for you and how much time the nurse should spend with you. Nursing services may be provided by a Registered Nurse (R.N.) or a Licensed Practical Nurse (L.P.N.).

Nurses do things like help you care for a wound or injury that is not healing right, or take your blood pressure and temperature to make sure you continue to recover after you leave the hospital.



### Special Medical Home Care

**Special Medical Home Care** is provided in a special home for people with complex medical conditions. You can receive up to 24 hours a day of nursing services and medical supervision. The group home must maintain a staffing ratio of one nurse to every three individuals in the home for those who require close nursing supervision.

### Behavior Analysis and Behavioral Assistant Services



Some people need to learn things to be able to stay out of an institution or to be safe. Other people need to stop doing things that are not safe or that hurt them. **Behavior Analysis and Behavioral Assistant Services** might be able to help with these kinds of problems. Your services will be provided by someone who is a Certified Behavior Analyst, a Certified Associate Behavior Analyst, or a Certified Behavior Assistant.

The Behavior Analyst will work with you to design a program that can help you learn new skills, care for yourself or develop new friendships. This service is provided at home, at work or wherever it is needed.

### Counseling Services

There are two types of counseling services available. They are:

- **Psychological Assessment**—to evaluate learning, educational or adjustment needs.

• **Specialized Mental Health Services**—to treat psychiatric disorders

These services are usually performed in a psychologist’s office, but may be performed in your home. Depending on the service they may be provided through individual, group and family therapy. They can only be provided by certain licensed psychiatrists, psychologists, clinical social workers, marriage and family therapists or mental health counselors. Your support coordinator can assist you to find the mental health services that are appropriate to meet your personal needs.



Psychological counseling services are not available through the waiver, but may be obtained from the Medicaid State Plan’s physician services program or from a community mental health program.

**Occupational Therapy**

**Occupational Therapy (OT)** helps you do things better with your hands. These are fine motor skills and are needed so that you can do things such as bathing, dressing, eating or performing work tasks. If you have difficulty eating, an occupational therapist could also provide services to improve your oral motor skills (using your lips, tongue and mouth). The work your occupational therapist does helps build up your muscles and make them stronger.



Your occupational therapist can also recommend any special equipment to help you hold objects or find a special device to help you use your computer. The therapist may work with you directly and with other people like your family or caregivers so they can assist you with any activities he or she recommends.

If you are still in school the public school system provides this service. It may also be used to supplement Medicaid State Plan services. Occupational therapy services must be ordered by your doctor and conducted by a licensed therapist or certified occupational therapy assistant. An assessment can be done without a doctor’s prescription.

**Physical Therapy**

**Physical Therapy (PT)** is provided by a licensed physical therapist or certified physical therapy assistant. Just as with Occupational Therapy, an assessment

can be done without a doctor's order. Ongoing therapy does require a doctor's prescription,

Generally, PT focuses on improving *gross motor* skills such as muscle control, postural development and/or to prevent or reduce a physical disability. When necessary, a physical therapist will recommend specific body positioning to prevent deformities.

Your physical therapist may recommend a specific treatment and how often that treatment should occur. He or she may also give you activities that you can do at home or in other locations. The therapist might help you learn to use a cane or walker, and can do evaluations for wheelchairs and seating supports.



This service is also provided by the public school system for students who qualify and can be used to supplement Medicaid State Plan services.



## Respiratory Therapy

**Respiratory Therapy** is a type of therapy that improves breathing. It may include exercises that strengthen the muscles used in breathing, as well as the use of equipment such as oxygen and respiration systems.

respiratory therapist. Treatment can take place in the therapist's office or in your home.

Respiratory therapy must be prescribed by a doctor and provided by a licensed



## Speech Therapy

**Speech Therapy** is used if you need help to speak more clearly or to use a communication board or computerized speech device. The speech therapist may help you learn sign language, too.

Speech therapy must be prescribed by a



# Accessibility and Equipment

doctor and provided by a licensed speech therapist or speech language pathologist. The therapist will do an evaluation of your needs and then recommend activities for you to do. He or she may also work with your family or caregivers.

Speech therapy can be done in your home. If you are under age 21, speech therapy and assessment services are available through the Medicaid State Plan's OBRA '89 program. Assessments for augmentative communication devices and training are covered by Medicaid State Plan. Children who receive this service through the "school match" program, are still eligible for medically necessary services funded by State Plan Medicaid. When a child needs additional therapy, Medicaid funding should be sought.



### Therapeutic Massage

**Therapeutic Massage** is a service provided by a licensed massage therapist and requires a physician's order. If you have difficulty with breathing, blood circulation bowel elimination or general muscle control, the therapist may relax or stimulate your muscles. Therapeutic massage may also be used to help you relax or remain calm. This service may be provided in your home or in the therapist's office.



### Accessibility Adaptations

**Accessibility Adaptations** are changes made to your home for your health and safety or to help you have greater independence in your home.

Some of the adaptations include installing ramps or grab-rails, widening doorways, modifying bathroom facilities, or installing specialized electric and plumbing systems, medical equipment and supplies. Adaptations do not include carpeting, paint, landscaping, roof repair, central and air conditioning, decks, sidewalks, carports, sheds and/or fences.

Only a waiver certified building contractor, electrician, plumber or other worker may make modifications to the home but must be approved, in advance.



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