

GOVERNMENT OF THE DISTRICT OF COLUMBIA
DEPARTMENT ON DISABILITY SERVICES



ICF/IID Active Treatment Implementation Guidance

February 27, 2014

On October 1, 2013, the Department of Health Care Finance (“DHCF”), in collaboration with the Department on Disability Services (“DDS”), added flexibility to the way Intermediate Care Facilities for Individuals with Intellectual Disabilities (“ICF/IID”) providers may spend the Active Treatment portion of the ICF/IID rate. This change allows the people who live in ICF/IID’s to have more flexible and meaningful days that meet each person’s individualized needs for Active Treatment, as identified through the Person Centered Thinking process, and incorporated into the person’s Individual Program Plan (“IPP”) as a component of his or her Individualized Support Plan (“ISP”). Many of the people supported in these settings should already have an ISP goal for community integration. This flexibility in the rate supports activities to meet those, and other goals in the most integrated, least restrictive settings which meet the person’s needs.

With the added flexibility in the rate, people who live in an ICF/IID can now participate in different activities on different days of the week – or, based on the person’s interests and ability, on different parts of a day. For example, a person can explore the community and perhaps participate in a class through Parks and Recreation (<http://dpr.dc.gov/service/activities-programs>) one or two days per week, attend a senior wellness center (<http://dcoa.dc.gov/service/senior-wellness-centers>) on another day, have art or recreational therapy at home one day, and also spend time at a more traditional day habilitation program, where he or she may have long time friends and relationships.

The activities a person wants to participate in should reflect what he or she finds interesting, important, and enjoyable. This should also be used as time to explore new things a person has expressed interest in learning more about. If you are not sure what new activities the person might enjoy and benefit from, the PCT skills and tools such as Rituals and Routines, Like and Admire, and Good Day/Bad Day are helpful. The PCT Learning Log is useful when someone is involved in new activities.

For each person supported by an ICF/IID provider, what he or she does during the week may vary. What is meaningful and valued for each person will be different, based on his or her interests, preferences, and support needs. For each person, what they do during the week should include opportunities to make choices about how they spend their time, to build community and

relationships, and, if they are interested, to explore employment. What we are learning about people using Person Centered Thinking tools will lead to more personalized goals that should be implemented in the most integrated setting that meets the person's needs – more simply put, in the community.

If there are people you support who would benefit from this rate flexibility, speak with the person's service coordinator and convene a team meeting. The first step is person-centered thinking and planning. Based on that planning, the service coordinator will amend the person's IPP/ ISP to include any new goals and/ or activities. Once the IPP/ ISP has been amended, you may begin to implement this for the person.

We have already seen examples of people who have had new opportunities as a result of the new flexibility and the opportunity to craft individualized days for people instead of a one size fits all approach to Active Treatment. But, there is more work to do so that each person who lives in an ICF/IID can benefit from this change. DDS is committed to helping providers make the most of the new rate flexibility for the people we support:

- Person Centered Thinking (PCT) tools help us learn what is important to and important for each person so that we can plan for an individualized, meaningful week. DDA continues to regularly offer PCT training and will do so at a provider location. If you would like the PCT training offered at your location, please be sure you are able to have at least 20 people participate. You can also join with other providers to meet the minimum attendance requirement. To schedule PCT training, please call the DDS Training Institute at 202-730-1535. Additionally, the PCT trainers are available to consult with support teams, as needed. The person's service coordinator can help you arrange this.
- The IDD Home and Community Based Services Waiver includes a new service called Individualized Day Supports. There are currently thirteen (13) providers approved to provide this service. These providers are another resource for ICF/IID providers to contract with for a portion of a person's Active Treatment in the community.
- DDS will continue to host training opportunities on how to use the Discovery process and tools like the Positive Personal Profile to inform and develop meaningful day/ vocational goals and activities through the entire programming day and week.
- DDS has engaged vocational assessment experts to develop vocational assessments, including Positive Personal Profiles for people who have expressed an interest in work.
- DDS and community and government partners are engaged in several national Communities of Practices and Affinity Groups aimed at bringing resources, expertise,

and training opportunities to the District on employment and community-based day supports. We have also engaged Subject Matter Experts so that we can share best practices.

We want to help share and celebrate your successes! As you are supporting people to explore their interests and participate as full and valued members of the community, let us know the good things that are happening. With the person's permission, we will profile these success stories on our website. Send success stories to Erin Leveton, DDS State Office of Disability Administration, at erin.leveton@dc.gov.

If you have any questions about implementing the Active Treatment rate, please contact Belinda Wiley, Supervisory Resource Specialist, Provider Resource Management Unit, at (202) 870-1320 or Belinda.wiley@dc.gov. Additionally, attached for your reference is the PowerPoint presentation from the joint DHCF/DDS presentation on these changes on September 18, 2013. The DHCF transmittal, which requires the day plan to be incorporated into the person's ISP, is also attached and is available on-line at: <http://dhcf.dc.gov/sites/default/files/dc/sites/dhcf/publication/attachments/Transmittal%2013-08.pdf>. Thank you!