

IDD Home & Community Based Services (HCBS)

Description of Services

DAY SERVICES

Employment Readiness

Employment Readiness (also known as Prevocational supports) services are designed with the intent to assist persons to learn basic work-related skills necessary to acquire and retain competitive employment based on the person's vocational preferences and abilities. Services include teaching concepts such as following and interpreting instructions; interpersonal skills, including building and maintaining relationships; Communication skills for communicating with supervisors, co-workers, and customers; travel skills; respecting the rights of others and understanding personal rights and responsibilities; decision-making skills and strategies; support for self-determination and self-advocacy; and budgeting and money management. Developing work skills which include, at a minimum, teaching the person the appropriate workplace attire, attitude, and conduct; work ethics; attendance and punctuality; task completion; job safety; attending to personal needs, such as personal hygiene or medication management; and interviewing skills. Services are expected to specifically involve strategies that enhance a person's employability in integrated community settings. Competitive employment or supported employments are considered successful outcomes of Employment Readiness services.

Time limitations on use of Employment Readiness services:

For people who are not currently enrolled in Employment Readiness services, the service may only be authorized for up to one year, except that DDS may approve up to a one year extension if there is documentation that the person is making progress towards competitive integrated employment and would benefit from extended services.

For people who are currently enrolled in Employment Readiness services, the service may only be reauthorized for up to one year from the person's next ISP date, except that DDS may approve up to a one year extension if there is documentation that the person is making progress towards competitive integrated employment and would benefit from extended services.

For people with an ISP meeting that is scheduled within 90 days of the waiver effective date, DDS may authorize Employment Readiness services for up to 90 days following the ISP meeting to ensure a smooth transition.

If a person has exhausted Employment Readiness services and: (1) has had at least one year since the end of that service; (2) expresses an interest in employment; and (3) the support team has identified specific goals around building employment skills that are reflected in the ISP, then DDS may authorize Employment Readiness services one time, for up to one year. (Total of up to three years of Employment Readiness services). **Exception:** At any time that a person loses his or her job, or is employed and is seeking to learn new job skills, DDS may authorize Employment Readiness services for up to one year.

Day Habilitation Services

Day habilitation services are aimed at developing activities and skills acquisition to support or further integrate community opportunities outside of a person's home and assist the person in developing a full life within the community. Day habilitation services are aimed at developing meaningful adult activities and skills acquisition to: support or further community integration, inclusion, and exploration, improve communication skills; improve or maintain physical, occupational and/or speech and language functional skills; foster independence, self-determination and self-advocacy and autonomy; support people to build and maintain relationships; facilitate the exploration of employment and/or integrated retirement opportunities; help a person achieve valued social roles; and to foster and encourage people on their pathway to community integration, employment and the development of a full life in the person's community. Day habilitation can be provided as a one-to-one service to persons with intense medical/ behavioral supports who require a behavioral support plan or require intensive staffing and supports. Day habilitation services may also be delivered in small group settings at a ratio of one-to-three for people with higher intensity support needs. Small group day habilitation settings must include integrated skills building in the community and support access to the greater community.

Day Habilitation service may be offered 1:1 or in small group.

Time limitations on use of Day Habilitation services

(1) People who are 64 years old and younger and have a Level of Need Day Composite score of 2 or less would not be eligible to attend Day Habilitation services, unless approved by DDS due to extenuating circumstances or barriers that are expected to be resolved within six months. Exceptions may only be granted for 6 month periods and must be accompanied by an Individual Support Plan goal aimed at addressing the barrier to participation in other day or employment waiver supports. Alternative services, including Employment Readiness, Small Group Supported Employment, Individual Day Supports, and Companion services that are offered during regular day service hours, would be available, in combination, for up to forty hours per week.

(2) People who are 64 and younger and have a Level of Need Day Composite score of 3 or higher would not be eligible to attend Day Habilitation programs, unless they have tried other day and employment options for one year first unless approved by DDS due to extenuating circumstances or barriers that are expected to be resolved within six months. Exceptions must be accompanied by an ISP goal aimed at addressing the barrier to participation in other day or employment waiver supports. This is not applicable to Small Group Day Habilitation services. Alternative services including Supported Employment, Individual Day Supports, Employment Readiness and Companion would be available in combination for up to forty hours per week.(3)

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Day Habilitation services may not be authorized for any waiver participant for more than 24 hours per week. Wrap around services are available, including Supported Employment, Individualized Day Supports, Employment Readiness and Companion in combination for up to forty hours per week. This limitation is not applicable to Sm Group Day Habilitation services.

Individualized Day Supports

Individualized day supports services provide crucial habilitation supports in the community to ensure that a person's community integration is increased and the particular skills necessary for independence and community involvement outside the home are developed and maintained in ways that enhance community integration outcomes. These services and activities operate totally in the community and are focused on opportunities to increase a person's abilities. All Individualized Day Supports activities must be structured learning based events. Individualized Day Supports can be provided to people who choose to participate in structured activities in community settings; are transitioning into retirement activities; are interested in volunteerism and community services; or for those who previously participated in a day habilitation service setting and now wish to participate in a smaller and more individualized setting.

Individualized Day Supports are available both as a one-to-one service for a person, and in small group settings not to exceed 1:2 based upon the person's assessed needs; and for limited times, as approved by DDS, based on the ability to match the participant with an appropriate peer to participate with for small group IDS.

Supported Employment Services

Supported employment facilitates competitive work in integrated work settings for individuals with the most severe disabilities for whom competitive employment has not traditionally occurred, and who, because of the nature and severity of their disability, need ongoing support services in order to perform their job. Supported employment provides assistance such as job coaching, travel training, and customized employment.

Supported Employment services can be delivered individually, entrepreneurial or in a small group settings.

RESIDENTIAL SERVICES

Companion Services

Companion services provide non-medical assistance and supervision to support a person's goals, desires, and needs as identified in the person's Individual Support Plan (ISP), and reflected in his or her Person-Centered Thinking and Discovery tools. Goals may be related to the person's safety, promotion of independence, community integration, and/or retirement. Companion services may be provided in a person's home or in the community.

Host Home Services

Host Home providers enables people to live in the community in a family-type setting that will support them to achieve their goals, participate in community life and activities, maintain their health, and retain or improve skills that are important to them, which may include activities of daily living, money management, travel, recreation, cooking, shopping, use of community resources, community safety, and other adaptive skills they identify that are needed to live in the community.

In-Home Support Services

In-Home Support Service is provided to persons living in their own home or living in their family member's home. In-Home Support services are blended services that provide habilitation, personal care and other support services to the person in their home. These services assist the person to reside successfully in their home as their primary place of residence.

Personal Care Services

Personal Care services are the activities that assist the person with activities of daily living (ADL's) including bathing, transferring, dressing, grooming, and assistance during meals, and assistance with difficulties with incontinence. Personal Care Services through the Waiver is offered an extension through the DC State Medicaid Plan Personal Care services. DC State Medicaid Plan Personal Care services must be exhausted prior to Waiver Personal Care can be used. Personal Care services through the DC State Medicaid Plan and the wavier must be provided by a Home Health Agency.

Respite Care Services

Respite care services are the provision of short-term, temporary relief to those who are caring for family members enrolled in the Waiver. Respite care will ensure that persons will continue to receive services and have access to community activities as described in their ISP/Plan of Care including transportation to and from the activities.

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Residential Habilitation Services

Residential Habilitation Service is provided by an agency in a licensed home serving four to six persons that is owned or leased and operated by the agency. Residential Habilitation is a blended service that provides habilitation, personal care, nursing, other residential supports, and transportation to the persons living in the home.

Supported Living Services

Supported Living Service is provided by an agency in a home serving one to three persons. Supported Living is a blended service that covers habilitation, personal care, nursing, and other residential supports. Supported Living services can be provided either with or without transportation. A provider choosing to provide Supported Living services with transportation, must ensure the provision of transportation services are used to gain access to Waiver and other community services and activities for all persons living in the home.

CLINICAL SERVICES

Creative Art Therapies

Creative Art Therapies are professional services which include Art Therapy, Music Therapy, Dance Therapy, or Drama Therapy and are provided by a licensed or certified professional in their respective field of expertise. Art Therapies are intended to help a person to express and understand emotions through artistic expression and the creative process. The service can be used for the treatment of a person's behavioral or physiological health needs, including but not limited to improving self-image; fine and gross motor skill development; increasing communication skill; reducing maladaptive behaviors; and enhancing emotional expression and/ or adjustment. This service can be delivered at the provider's place of business, in a day habilitation program, one's own or family home, or provider operated home. Creative Arts Therapies services are available both as a one-to-one service for a person, and in small-group settings, not to exceed 1:4.

Dental

Dental services under this Waiver are identical to Dental services offered under DC Medicaid State Plan. Dental services for persons enrolled in the Waiver or Intermediary Care Facilities (ICF's) are reimbursed at an enhanced rate if the person requires additional support to successfully complete dental treatment. The Dentist must bill for the enhanced rate when providing services to those enrolled in the Waiver or ICF's. For persons enrolled in the Waiver between the ages of eighteen (18) and twenty-one (21), the DDS Service Coordinator shall ensure that Early and Periodic Screening, Diagnostic and Treatment benefits (EPSDT) are fully utilized and the Waiver service is not replacing or duplicating the service.

Behavior Support Services

Behavioral Support services are preventive and consultative services that focus on long-term behavioral supports to improve and maintain a person's long-term health, attitude, and behavior rather than short-term responses to immediate crises. Behavioral Support services assist to improve the person's independence and inclusion in their community.

Family Training Services

Family Training services provides coaching, consultation and other professional supports services offered to families or unpaid primary caregivers of persons enrolled in the Wavier. The training focuses on how to improve the caregivers support the person or gain a better understanding of the services outlined in the person's ISP/Plan of Care.

Family Training may be delivered by clinical professionals or by qualified peers, i.e., a qualified peer is an individual who meets the qualifications and standards as a family training provider.

Family Training is available both as a one-to-one service for a person , and in small-group settings not to exceed 1:4. A person served through the waiver may utilize both one-to-one and small group Family Training services.

Parenting Support

Parenting Support assists people who are or will be parents in developing appropriate parenting skills. Parents receive training that is individualized and focused on the health and welfare and developmental needs of their child, as well as building necessary parenting skills. Close coordination will be maintained with informal and other formal supports. This service is available to expectant parents, and parents with physical custody, visitation rights or parents who are pursuing reunification with their child.

This service may include training of individuals who provide unpaid support, training, companionship or supervision to persons served through the waiver to reinforce strategies provided to the person served.

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Parenting Support services are available both as a 1:1 service and in a small group setting, not to exceed 1:4. Parenting Support may be delivered by clinical professionals or by qualified peers, i.e., a qualified peer is an individual who meets the qualifications and standards as a Parenting Support provider.

Skilled Nursing

Skilled Nursing Services are medical and preventative care activities related to serious or persistent health issues that treat and manage a condition. These services include health assessments and treatment, health related trainings, and education for persons receiving Waiver services and their caregivers. Skilled Nursing Services through the Waiver is offered an extension through the DC State Medicaid Plan. DC State Medicaid Plan Skilled Nursing Services must be exhausted prior to Waiver Skilled Nursing Services can be used. Skilled Nursing Services through the DC State Medicaid Plan and the Waiver must be provided by a Home Health Agency

Speech, Hearing and Language Services

Speech, Hearing and Language services are designed to evaluate and treat people with communicative, hearing, cognitive or swallowing disorders and assist them in achieving the highest level of functioning possible. These services should be provided in accordance with the person's ISP/Plan of Care. All Speech, Hearing and Language Therapy services should be monitored to determine which services are most appropriate to enhance the person's well-being and to meet the therapeutic goals.

Speech, Hearing and Language Services are available both as a one-to-one service for a person, and in small group settings not to exceed 1:3. A waiver participant may utilize both one-to-one and small group Speech, Hearing and Language Services.

Occupational Therapy Services

Occupational therapy services are designed for a person to gain independence and promote development of fine, gross, and sensory motor skills, that are needed to function and socialize in their home, work, and community. In the case of an injury or debilitating illness, services focus on rehabilitation, allowing people to return to their daily routines at their highest level of function. All Occupational Therapy services should be monitored to determine which services are most appropriate to enhance the person's well-being and to meet the therapeutic goals. This service is delivered by a licensed practitioner and is delivered in the person's home or day service setting. For persons enrolled in the Waiver between the ages of eighteen (18) and twenty-one (21), the DDS Service Coordinator shall ensure that Early and Periodic Screening, Diagnostic and Treatment benefits (EPSDT) are fully utilized and the Waiver service is not replacing or duplicating the service.

Physical Therapy Services

Physical therapy services are designed to remediate impairments and disabilities that limit a person's physical ability. The services promotes functional mobility and physical abilities, improves quality of life and movement through examination, evaluation, diagnosis and physical intervention to maximize independence, prevent further disability, and maintain health. These services should be provided in accordance with the person's ISP/Plan of Care. All Physical Therapy services should be monitored to determine which services are most appropriate to enhance the person's well-being and to meet the therapeutic goals. This service is delivered by a licensed practitioner and is delivered in the person's home or day service setting. For persons enrolled in the Waiver between the ages of eighteen (18) and twenty-one (21), the DDS Service Coordinator shall ensure that Early and Periodic Screening, Diagnostic and Treatment benefits (EPSDT) are fully utilized and the Waiver service is not replacing or duplicating the service.

Wellness Services

Wellness services are professional services which include Bereavement Counseling, Nutritional Counseling, Fitness Training, Massage Therapy, and Sexuality Education and are provided by a licensed or certified professional in their respective field of expertise. Fitness services can be delivered in small group settings at a ratio of one-to-two for people who want to exercise with a partner. These services assist in increasing persons' independence, participation, emotional wellbeing, and productivity in their home, work, and community. This service can be delivered at the provider's place of business, in a day habilitation program, one's own or family home, or provider operated home.

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ASSISTIVE SUPPORTS

Assistive Technology

Assistive technology means an item, piece of equipment, service animal or product system, whether acquired commercially, modified, or customized, that is used to increase, maintain, or improve functional capabilities and can also support increased community inclusion, including in employment settings. Assistive technology are devices/supports not otherwise available through any funding source that are suitable to enable the person to function with greater independence, avoid institutionalization and reduce the need for human assistance. Assistive technology services include, but are not limited to **Personal Emergency Response System (PERS)**, an electronic device that enables persons who are at high risk of institutionalization to secure help in an emergency.

One-Time Transitional Services

One-Time Transitional Services are non-recurring set-up expenses for people who are transitioning from an institutional or another provider-operated living arrangement to a living arrangement in a private residence where the person is directly responsible for their own living expenses. One-Time Transitional Services is limited up to \$5,000 (One-Time). Allowable expenses are those necessary to enable a person to establish a basic household and may include: (a) security deposits; (b) essential household furnishings; (c) set-up fees or deposits for utility or service access; (d) services necessary for the participant's health and safety such as pest eradication and one-time cleaning prior to occupancy; (e) moving expenses; (f) necessary home accessibility adaptations; and, (g) activities to assess need, arrange for and procure need resources.