



Home and Community-Based Services (HCBS) Individuals with Intellectual and Developmental Disabilities (IDD) and Individual and Family Supports (IFS) Waivers Description of Services

DAY SERVICES

Day Habilitation Services

Day habilitation services are aimed at developing activities and/or skills acquisition to support or further integrate community opportunities outside of a person's home, to foster independence, autonomy or career exploration and encourage development of a full life within the community.

Day habilitation services primary focus is developing meaningful adult activities and new skills or maintenance of existing skill acquisition, based upon the person's current, emerging and newly discovered interests and preferences, 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.

This service may be rendered using remote support. The purpose of the remote supports service delivery option is to maintain or improve a participant's functional abilities, enhance interactions, support meaningful relationships, and promote their ability to live independently, and meaningfully participate in their community. The IDT will need to assess the person's ability to benefit from remote services engagement to determine how many hours the person can engage in remote supports for day habilitation services. Day Habilitation services can be implemented partially in-person and partially remote supports.

Day Habilitation 1:1, day habilitation and small group day habilitation remote support staffing ratio are 1:6 and must have active, continuous engagement and contact with the remote support platform.

Time/service 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 (6) months. Exceptions may only be granted for 6 month periods and must be accompanied by an Individual Support Plan (ISP) goal aimed at addressing the barrier to participation in other day or employment waiver supports. Alternative services, including Employment Readiness, Small Group Supported Employment, Individualized Day Supports, and Companion services that are offered during regular day service hours, would be available, in combination, for up to forty (40) 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 (6) 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, Individualized Day Supports, Employment Readiness and Companion services that are offered during regular day service hours, would be available, in combination, for up to forty (40) hours per week.

(3) Day Habilitation services may not be authorized for any waiver participant for more than forty (40) 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 Small Group Day Habilitation services. This service can be provided using remote support for no more than four (4) hours per day. The participant's services may not be delivered virtually one hundred (100) percent of the time and must always have the option to utilize in-person services.

Employment Readiness

Employment Readiness 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.

This service may be rendered using remote support. The purpose of the remote supports service delivery option is to maintain or improve a participant's functional abilities, enhance interactions, support meaningful relationships, and promote their ability to live independently, and meaningfully participate in their community. The IDT will need to assess the person's ability to benefit from remote services engagement to determine how many hours the person can engage in remote supports for employment readiness services. Employment Readiness services can be implemented partially in-person and partially remote supports. Employment Readiness remote support service staffing ratio is 1:6 and must have active, continuous engagement and contact with the remote support platform.

Time/service limitations on use of Employment Readiness services:

(1) 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.

(2) 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.

(3) 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.

(4) Employment Readiness may not be authorized for any waiver participant for more than forty (40) hours per week. This service can be provided using remote supports no more than four (4) hours per day. The participant's services may not be delivered virtually one hundred (100) percent of the time and must always have the option to utilize in-person 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, based on the individualized preferences and goals. These services and activities operate totally in the community and are focused on opportunities to increase a person's abilities, support socialization, education, recreation, building and strengthening relationships with others in the local community who are not paid to be with the person, and learning, practicing and applying skills that promote greater independence and inclusion in their community. 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.

Individualized Day Support one-to-one (1:1) services are available via Participant-Directed Services (PDS) to Individual and Family Supports (IFS) waiver participants enrolled in the *My Life, My Way* program. The participant or his/her authorized representative, as applicable, is the common law employer of the participant-directed worker (PDW) providing services. These PDWs are recruited, selected, hired, and managed by the participant/representative-employer.

Time/service limitations on use of Individualized Day Supports:

(1) Individualized day supports shall be delivered in a variety of community settings that the individual chooses to attend for up to six (6) hours per day. IDS may be authorized for a minimum of 2 and a maximum of 6 hours per day.

(2) IDS is delivered for no more than 30 hours per week and may be offered in combination with any other waiver day or vocational support services. In combination, the person may not receive more than 40 hours per week of waiver day or vocational support services. This includes Day Habilitation, Employment Readiness, Small Group Supported Employment, or Supported Employment.

Supported Employment Services

Supported employment facilitates competitive work in integrated work settings for persons 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.

This service can be rendered using remote support. The purpose of the remote supports service delivery option is to maintain or improve a participant's functional abilities, enhance interactions, support meaningful relationships, and promote their ability to live independently, and meaningfully participate in their community. The IDT will need to assess the person's ability to benefit from remote services engagement to determine how many hours the person can engage in remote supports for supported employment services. Supported Employment services can be implemented partially in-person and partially remote supports.

Time/service limitations on use of Supported Employment services:

(1) Supported employment services are delivered no more than forty (40) hours per week in combination with any other Waiver day or vocational support services. This includes Day Habilitation, Employment Readiness and Individualized Day Supports.

(2) Intake and Assessment activities shall not exceed 80 hours per calendar year. Job Preparation, Development and Placement activities shall not exceed 240 hours per job placement per calendar year. Additional hours may be provided as prior authorized by DDS. On the Job training shall not exceed more than 360 hours per placement per year. Additional hours may be provided as prior authorized by DDS.

(3) The participant's services may not be delivered virtually one hundred (100) percent of the time. The participant must always have the option to utilize in-person services.

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. Companion services can be used during the day or overnight hours when supervision or non-medical support is needed to ensure the person's safety. For people who receive companion services during waking hours, this should include a flexible list of proposed leisure and recreational activities at home and in the community, based upon the person's interests. Companion services are available both as a one-to-one (1:1) service for a person and in small group settings not to exceed one-to-three (1:3). A waiver participant may utilize both one-to-one and small group companion services.

Companion one-to-one (1:1) services are available via Participant-Directed Services (PDS) to Individual and Family Supports (IFS) waiver participants enrolled in the *My Life, My Way* program. The participant or his/her authorized representative, as applicable, is the common law employer of the participant-directed worker (PDW) providing services. These PDWs are recruited, selected, hired, and managed by the participant/representative-employer.

Time/service limitations on use of Companion services:

(1) Companion services shall not exceed eight (8) hours per day.

(2) Companion services shall not exceed forty (40) hours per week when used with Residential Habilitation, 24-Hour Supported Living, and 24-Hour Supported Living with Transportation Services, or when used in combination with Personal Care Services or any other Waiver day or vocational support services, including but not limited to Day Habilitation, Employment Readiness, Supported Employment, Small Group Supported Employment, or Individualized Day Supports as part of a person's traditional Monday to Friday day/vocational programming time.

(3) Companion services cannot be provided at the same time as In-Home Supports, Personal Care Services, Respite, and/or Behavioral Supports Non-Professional.

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, such as personal grooming and cleanliness, bed-making and household chores, eating and the preparation of food, money management, travel, recreation, cooking, shopping, use of community resources, community safety, and social and other adaptive skills they identify that are needed to live in the community.

Service limitation on use of Host Home services:

(1) Host home services shall not be used at the same time as the following services provided to the person: Supported Living, Residential Habilitation, Personal Care (unless provided when a person is working or in school), Respite, and In-Home Supports.

In-Home Support Services

In-Home Support Service is provided to persons living independently in their own home or living in/with their family member's or friend's home. In-Home Support services are blended services that provide a combination of hands-on personal care, habilitation supports, skill development, assistance with activities

of daily living personal care and other support services to the person in their home. These services assist the person to increase his or her skills and self-reliance to reside successfully in their home as their primary place of residence. In-Home support services goals are related to acquiring, retaining, and improving independence, autonomy, and adaptive skills. The service shall offer adult skill building activities, including opportunities for community exploration, inclusion and integration, based upon the person's current, emerging and newly discovered interests and preferences.

In Home Supports may be provided in person, or through phone or other technological means (e.g., Skype, Facetime), where approved by the person and his or her support team and documented in the ISP. In-Home Supports may also be offered as "High Acuity In-Home Supports" for people with more complex medical and/ or behavioral health needs.

In-Home Support services are available via Participant-Directed Services (PDS) to Individual and Family Supports (IFS) waiver participants enrolled in the *My Life, My Way* program. The participant or his/her authorized representative, as applicable, is the common law employer of the participant-directed worker (PDW) providing services. These PDWs are recruited, selected, hired, and managed by the participant/representative-employer.

Time/service limitations on use of In-Home Support services:

(1) In-home supports services shall only be provided for up to 56 hours per week unless there is a temporary emergency. In the event of a temporary emergency, DDS may authorize up to 112 hours per week for up to 180 days until the situation has stabilized during the persons ISP year and written justification must be included.

(2) In-home Supports can be provided concurrently with Personal Care Aid (PCA) services.

Personal Care Services

Personal Care services are the activities that assist the person with activities of daily living (ADL's) including bathing, toileting, transferring, dressing, grooming, and assistance during meals, and assistance with difficulties with incontinence, or for safety monitoring. 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. A person may receive personal care services at home, in the day setting, at school, at work, or in the community.

Time/service limitations on use of Personal Care services:

(1) Personal care services under the waiver shall only be provided when, after having fully utilized the daily limit of eight (8) hours of personal care services under the State Plan.

(2) Personal care services and In-home Supports may both be delivered on the same day but cannot be delivered at the same time.

(3) Personal care services shall not be provided at the same time as Residential Habilitation, Supported Living, or Host Home services, except that a person may receive personal care services at school and at work.

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. Services are developed in accordance with the needs of the person and include supports to foster independence and encourage development of a full life in the community, based upon what is important to and for the person, as documented in his or her Individualized Support Plan (ISP) and reflected in his or her Person-Centered Thinking tools. This includes assisting and teaching people to attain new and maintain and improve existing skills in areas including but not limited to self-care, daily living, adaptive, leisure, and community integration, including building and maintaining relationships.

Time/service limitations on use of Residential Habilitation services:

(1) This service may not be used in combination with any other waiver residential support service on the same day. This includes Supported Living, Host Home, In-home Respite, or In-home Supports. However, a person in Residential Habilitation may receive Personal Care Services if they are employed and/or in school.

(2) Companion services can be used with Residential Habilitation services during regular daytime hours on Mondays through Fridays, not to exceed forty (40) hours per week, or in combination with any other waiver day or vocational support service, including Day Habilitation, Employment Readiness, Supported Employment, and Individualized Day Supports not to exceed forty (40) hours per week.

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. Respite can be utilized on an hourly or daily basis.

Respite hourly can be participant-directed or provider-managed. Respite hourly services are available via Participant-Directed Services (PDS) to Individual and Family Supports (IFS) waiver participants enrolled in the *My Life, My Way* program and can be provided outside of the participant's home. The participant or his/her authorized representative, as applicable, is the common law employer of the participant-directed

worker (PDW) providing services. These PDWs are recruited, selected, hired, and managed by the participant/representative-employer.

Time/service limitations on use of Respite Care services:

(1) Respite is only provided to persons served through the waiver who live in their own home, or their family home. Respite may not be provided in the following settings: (1) an Intermediate Care Facility (ICF); a Residential Habilitation setting, if doing so would cause the setting to have more than four (4) people in the home.

(2) Respite is not available to persons receiving Supported Living, Host Home, or Residential Habilitation services.

(3) Respite is limited to 720 hours or 30 days per individual, per calendar year. Any request for respite hours in excess of 720 hours must have DDS approval with proper justification and documentation.

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.

Supported Living Services provides support to persons who have limited informal supports and have an assessed need for assistance with acquisition, retention, or improvement in skills related to activities of daily living, such as personal grooming and cleanliness, bed making and household chores, eating and the preparation of food, and the social and adaptive skills necessary to enable the person to reside in and be a part of his or her community, based upon what is important to and for the person, as documented in his or her Individualized Support Plan (ISP) and reflected in his or her Person-Centered Thinking tools.

This service may be rendered using remote support. The purpose of the remote supports service delivery option is to maintain or improve a participant's functional abilities, enhance interactions, support meaningful relationships, and promote their ability to live independently, and meaningfully participate in their community. The IDT will need to assess the person's ability to benefit from remote services engagement to determine how many hours the person can engage in remote supports for supported living services. Supported Living services can be implemented partially in-person and partially remote supports.

Time/service limitations on use of Supported Living services:

(1) Supported Living services may not be used at the same time as In-Home Supports, Host Home, or Residential Habilitation.

(2) A person in Supported Living may receive Personal Care Services if they are employed and/or in school.

(3) Supported living (periodic) services cannot be delivered remotely one hundred (100) percent of the time. Supported living (daily) requires in-person visits and may be delivered remotely up to seventy percent (75%) of the time the person receives supported living services per day.

CLINICAL SERVICES

Behavioral 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. Behavioral Support services are provided in one of three tiers, based upon the assessed needs of the person: (1) Tier 1, or Low Intensity Behavioral Support; (2) Tier 2, or Moderate Behavioral Support; and (3) Tier 3, or Intensive Behavioral Support.

This service may be rendered using remote support. The purpose of the remote supports service delivery option is to maintain or improve a participant's functional abilities, enhance interactions, support meaningful relationships, and promote their ability to live independently, and meaningfully participate in their community. The IDT will need to assess the person's ability to benefit from remote services engagement to determine how many hours the person can engage in remote supports for behavior support services. Behavior Support services can be implemented partially in-person and partially remote supports.

Time/service limitations on use of Behavioral Support services:

(1) The person must be referred by the ISP Team or physician to address specific behavioral support needs that jeopardize the individual's health and welfare, and/or interfere with the individual's ability to gain independent living skills to qualify for this service and the service must be authorized in the Plan of Care.

(2) Diagnostic assessments are limited to one (1) assessment every three (3) years unless approved for additional diagnostic assessments by the DDA Behavioral Health Officer, for example because the person changes providers.

(3) Tier 1 Low Intensity Behavioral Support Services shall provide up to twelve (12) hours of support per year; Tier 2 Moderate Behavioral Support Services shall provide up to fifty (50) hours of support per year; In addition, a person receiving Tier 2 Moderate Behavioral Support Services may receive up to twenty-six (26) hours of counseling per year, if approved by DDS; and a person receiving Tier 3 Intensive Behavioral Support

Services may receive up to one hundred (100) hours per year with up to fifty-two (52) additional hours of counseling per year, if approved by DDS.

(4) Services cannot be delivered remotely one hundred (100) percent of the time. The participant must always have the option to utilize in-person services.

Dental

Dental services under the Individuals with Intellectual and Developmental Disabilities (IDD) waiver are identical to Dental services offered under DC Medicaid State Plan. Dental services for persons enrolled in the IDD 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 IDD Waiver or ICF's. For persons enrolled in the IDD 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.

Service limitation on use of Dental services:

(1) This waiver service is only provided to adults age 21 and over. All medically necessary dental services for children under age 21 are covered in the state plan pursuant to the EPSDT benefit.

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 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.

This service may be rendered using remote support. The purpose of the remote supports service delivery option is to maintain or improve a participant's functional abilities, enhance interactions, support meaningful relationships, and promote their ability to live independently, and meaningfully participate in their community. The IDT will need to assess the person's ability to benefit from remote services engagement to determine how many hours the person can engage in remote supports for occupational

therapy services. Occupational Therapy services can be implemented partially in-person and partially remote supports.

Time/service limitations on use of Occupational Therapy services:

(1) This waiver service is only provided to adults age 21 and over. All medically necessary speech, hearing and language therapy services for children under age 21 are covered in the state plan pursuant to the EPSDT benefit.

(2) Services cannot be delivered remotely one hundred (100) percent of the time. The participant must always have the option to utilize in-person services.

Physical Therapy Services

Physical therapy services are designed to remediate impairments and disabilities that limit a person's physical ability. The service 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.

Service limitation on use of Physical Therapy services:

(1) This waiver service is only provided to adults age 21 and over. All medically necessary speech, hearing and language therapy services for children under age 21 are covered in the state plan pursuant to the EPSDT benefit.

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 as an extension through the DC State Medicaid Plan. DC State Medicaid Plan Skilled Nursing Services must be exhausted prior to Waiver Skilled Nursing Services being used. Skilled Nursing Services through the DC State Medicaid Plan and the Wavier must be provided by a Home Health Agency. Skilled Nursing services must be included in the person's Plan of Care/ISP, have a physician's order, a physician's letter of medical necessity, an individual nursing service plan, a summary of

medical history, and the skilled nursing checklist. Skilled Nursing services may be delivered in the home or community, based upon where the services are needed.

Time/service limitations on use of Skilled Nursing services:

(1) This waiver service is only provided to adults age 21 and over. All medically necessary skilled nursing services for children under age 21 are covered in the state plan pursuant to the EPSDT benefit.

(2) Skilled nursing services under the waiver may be available based on medical need for persons who, after having fully utilized the daily limit of six (6) hours of skilled nursing services under the State Plan, require additional hours per day of skilled nursing services to support living in the community (for persons who would otherwise be required to live in a nursing facility).

(3) One-to-one extended nursing daily limits may be increased to up to twenty-four (24) hours per day for persons on a ventilator or requiring frequent tracheal suctioning who have fully utilized the daily limit of six (6) hours of skilled nursing services under the State Plan. With prior approval, the annual limits may also be extended to up to 365 days per year for persons on a ventilator or requiring frequent tracheal suctioning who have exhausted the annual limits under the State Plan.

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 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.

This service may be rendered using remote support. The purpose of the remote supports service delivery option is to maintain or improve a participant's functional abilities, enhance interactions, support meaningful relationships, and promote their ability to live independently, and meaningfully participate in their community. The IDT will need to assess the person's ability to benefit from remote services engagement to determine how many hours the person can engage in remote supports for speech, hearing and language services. Speech, Hearing and Language services can be implemented partially in-person and partially remote supports.

Time/service limitations on use of Speech, Hearing and Language services:

(1) This waiver service is only provided to adults age 21 and over. All medically necessary speech, hearing and language therapy services for children under age 21 are covered in the state plan pursuant to the EPSDT benefit.

(2) Services cannot be delivered remotely one hundred (100) percent of the time. The participant must always have the option to utilize in-person services.

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.

These services may be rendered using remote support, with the exception of Massage Therapy. The purpose of the remote supports service delivery option is to maintain or improve a participant's functional abilities, enhance interactions, support meaningful relationships, and promote their ability to live independently, and meaningfully participate in their community. The IDT will need to assess the person's ability to benefit from remote services engagement to determine how many hours the person can engage in remote support for wellness services. Wellness services can be implemented partially in-person and partially remote supports.

Time/service limitations on use of Wellness services:

(1) This waiver service is only provided to adults age 21 and over. All medically necessary speech, hearing and language therapy services for children under age 21 are covered in the state plan pursuant to the EPSDT benefit.

(2) Services cannot be delivered remotely one hundred (100) percent of the time. The participant must always have the option to utilize in-person services.

PROFESSIONAL SUPPORT SERVICES

Creative Arts 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 skills; 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.

These services may be rendered using remote support. The purpose of the remote supports service delivery option is to maintain or improve a participant's functional abilities, enhance interactions, support meaningful relationships, and promote their ability to live independently, and meaningfully participate in their community. The IDT will need to assess the person's ability to benefit from remote services engagement to determine how many hours the person can engage in remote supports for creative arts therapies. Creative Arts Therapies services can be implemented partially in-person and partially remote supports.

Time/service limitations on use of Creative Arts Therapies services:

(1) There is \$2,250 per individual, per calendar year cap for Creative Arts Therapy services.

(2) Services cannot be delivered remotely one hundred (100) percent of the time. The participant must always have the option to utilize in-person services.

Education Supports

Education Supports is intended for a person who is enrolled in the Individual and Family Supports (IFS) waiver and has a demonstrated need for education supports services to enhance or maintain independence; to increase, maintain, or improve education; and/or to support increased community inclusion; or an employment outcome-related goal for skill attainment or development that is documented in a service plan related to the need for education supports services, and which are not available through vocational rehabilitation funding. Education Support services may be offered individually (1:1) or in small group (1:3 or 1:4).

Service limitations on use of Education Supports services:

(1) The provision of Education Support services may not be provided on the same day at the same time as the direct provision of any of the following: Supported Employment; Day Habilitation; and Individualized Day Supports.

(2) Education Supports may be used in combination with any other waiver day or vocational support service, for a total of no more than forty (40) hours per week. This includes Day Habilitation, Employment Readiness, Small Group Supported Employment, and Individualized Day Supports.

(3) Participants can receive a maximum of \$5,000 per semester of communications education for participants taking at least 6 credit hours of classes per semester.

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 Waiver. 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.

This service may be rendered using remote support. The purpose of the remote supports service delivery option is to maintain or improve a participant's functional abilities, enhance interactions, support meaningful relationships, and promote their ability to live independently, and meaningfully participate in their community. The IDT will need to assess the person's ability to benefit from remote services engagement to determine how many hours the person can engage in remote supports for family training services. Parenting supports services can be implemented partially in-person and partially remote supports.

Time/service limitations of on use of Family Training services:

(1) Services are limited to 100 hours per year. Requests for additional hours may be approved by DDS, based upon the person's needs as documented in their ISP.

(2) Services cannot be delivered remotely one hundred (100) percent of the time. The participant must always have the option to utilize in-person services.

Parenting Supports

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. 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. This service shall be provided in the person's home or in a variety of community-based settings, based upon the person's needs and choices.

This service may be rendered using remote support. The purpose of the remote support service delivery option is to maintain or improve a participant's functional abilities, enhance interactions, support meaningful relationships, and promote their ability to live independently, and meaningfully participate in their community. The IDT will need to assess the person's ability to benefit from remote services engagement to determine how many hours the person can engage in remote support for parenting supports. Parenting supports services can be implemented partially in-person and partially remote support.

Time/service limitations of on use of Parenting Support services:

- (1) Parenting Support services do not include activities that are the responsibility of Supported Living, Supported Living with Transportation, Residential Habilitation, Host Home or In-Home Supports and can be offered in combination with any waiver residential services.
- (2) Parenting Support is limited to 1460 hours per ISP year of individualized child-focused direct training per week. Support is available from the first trimester until the eligible participant's child transitions from high school.
- (3) Services cannot be delivered remotely one hundred (100) percent of the time. The participant must always have the option to utilize in-person services.

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.

Time/service limitations on use of Assistive Technology services:

(1) An individual receiving this service over the course of five years has a cap of \$10,000.

(2) An individual may be able to exceed this cap on a case-by-case basis with the approval of DDS; a prior authorization for the amount requested beyond the cap that includes supporting documentation; and is based on need.

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 that does not constitute room and board 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 needed resources.

Service limitation on use of One-Time Transitional services:

(1) One-time payment of \$5,000 per individual for the duration of the waiver period as a non-recurring expense.

PARTICIPANT-DIRECTED SERVICES

Participant-Directed Services

Participant-Directed Services (PDS) offers persons enrolled in the Individual and Family Supports (IFS) Waiver, *My Life, My Way* program, living in their natural home, with a family member or friend, in their home, more choice, control, and flexibility over the services and supports they receive as an alternative delivery model to traditionally delivered and managed services, such as an agency delivery model (services delivered through provider agencies). Participants, or their authorized representative if applicable, have decision-making authority over certain services and take direct responsibility to manage their services with the assistance of the Vendor Fiscal/Employer Agent Financial Management Services (VF/EA FMA)/Support Broker entity. The participant is the employer of their staff or Participant-Directed Worker (PDW) and has the responsibility to hire, train and evaluate the employees who will help achieve their goals. PDS allows participants to have the responsibility for managing all aspects of service delivery in a person-centered planning process.

The *My Life, My Way* program offer participants the opportunity to self-direct the following services:

- (1) In-Home Supports
- (2) Individualized Day Supports (IDS) 1:1
- (3) Companion Services 1:1
- (4) Respite Hourly (Out of Home)
- (5) Individual-Directed Goods and Services (IDGS)

Service limitation on use of Participant-Directed Services:

- (1) The Participant-Directed Services (PDS) budget is capped based upon the IFS Waiver maximum cost allowance of \$75,000 per ISP year.

Individual-Directed Goods and Services

Individual-Directed Goods and Services (IDGS) are services, equipment, or supplies not otherwise provided through the IFS Waiver or the Medicaid State Plan that: (1) relate to a need or goal identified in the person-centered Individual Support Plan (ISP); (2) maintain or increase independence; and (3) promote opportunities for community living and inclusion. IDGS are only available if the individual does not otherwise have the funds to purchase the good or service or the good or service is not available through another source, such as the IFS Waiver or State Plan.

Service limitation on use of Individual-Directed Goods and Services:

- (1) Individual-Directed Goods and Services (IDGS) are purchased from the IFS Waiver budget. IDGS is capped at \$2,500 per person per ISP year from the total IFS waiver budget of \$75,000.