



GOVERNMENT OF THE DISTRICT OF COLUMBIA  
DEPARTMENT ON DISABILITY SERVICES

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## Individual and Family Support (IFS) Waiver Fact Sheet

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### Overview

The **Individual and Family Support (IFS) Waiver** offers a full range of health and clinical services for people with disabilities who have complex support needs and reside in their natural home. It provides individuals and their families with an alternative to institutional services and promotes community inclusion and independence.

- For District residents with intellectual and developmental disabilities (IDD) who live in an independent environment, either in their own home or with family or friends and meet the District Medicaid eligibility requirements.
- Residential supports and services (i.e. Host Home, Residential Habilitation, Supported Living) are not offered in the IFS Waiver.
- Capped at \$75,000 per person per Individual Support Plan (ISP) year.
- Offers eighteen (18) services currently available under the Home and Community-Based Services (HCBS) IDD Waiver and adds two (2) services specific to the IFS Waiver, including Education Supports and a new service: Participant-Directed Services (PDS)/*My Life, My Way* program.
- All current HCBS IDD Waiver providers are automatically approved to be an IFS Waiver provider.
- The IFS waiver rates align with the HCBS IDD waiver service rates.

### IFS Waiver Services

- Assistive Technology
- Behavioral Supports
- Companion Services
- Creative Arts Therapies
- Day Habilitation
- Education Supports
- Employment Readiness
- Family Training
- Individualized Day Supports
- In-Home Supports
- Occupational Therapy
- Parenting Supports
- Personal Care
- Physical Therapy
- Respite Services
- Skilled Nursing
- Speech, Hearing, and Language
- Supported Employment
- Wellness Services (Bereavement, Fitness, Massage, and Nutrition)
- Participant-Directed Services (**NEW**)

## New Service

Participant-Directed Services (PDS) is a new service under the IFS Waiver, *My Life, My Way* program, that provides participants, or their authorized representative if applicable, decision-making authority over the supports the participant needs to live life their way. The participant is the employer of their staff or Participant-Directed Workers (PDW) and has the responsibility to hire, train and evaluate the employees who will help achieve their goals. The *My Life, My Way* program allows participants to manage their services with the assistance of the Vendor Fiscal/Employer Agent Financial Management Services (VF/EA FMS)/Support Broker entity. The PDS delivery model is an alternative to traditionally delivered and managed services, such as a provider agency delivery model. The *My Life, My Way* program allows participants to have the flexibility for managing all aspects of service delivery in a person-centered planning process. The *My Life, My Way* program will offer participants the opportunity to self-direct the following services:

- In-Home Supports
- Individualized Day Supports (1:1)
- Companion Services (1:1)
- Respite (Hourly- out of home)
- Individual-Directed Goods and Services (IDGS)

Individual-Directed Goods and Services (IDGS) are services, equipment, or supplies that promote inclusion and safety in the home and/or community. IDGS is capped at \$2,500 per person per ISP year. IDGS are only approved if the participant does not otherwise have the funds to purchase the good or service, or the good and/or service is not available through another source and is not provided through the IFS Waiver or State Plan.

## Contact Information

Winslow Woodland, Deputy Director, Developmental Disabilities Administration at [winslow.woodland@dc.gov](mailto:winslow.woodland@dc.gov) or (202) 730-1618, or Pamela Harmon, Supervisory Medicaid Waiver Specialist at [pamela.harmon@dc.gov](mailto:pamela.harmon@dc.gov) or (202) 730-1585.