

## **Revisions to the Medicaid Waiver**

### **What is the Medicaid Waiver and how can it help me and my family?**

The Medicaid Waiver is also called the Home and Community Based Services (HCBS) Waiver or the 1915 (c) waiver. The District of Columbia has a Medicaid Waiver just for people with developmental disabilities. Waivers give States the ability to develop creative ways to support people to live and work in the community. Years ago, many people in DC lived in Forest Haven, an institution. The Medicaid Waiver allows the city to use the money they would have used to pay for people to live at Forest Haven to instead, support people with developmental disabilities in a wide array of community services. Some of the services provide staff support in someone's home or apartment, regardless of whether the home belongs to or is rented by the person receiving services, their family, or a service provider organization. Other services may include medical services, like dental services, skilled nursing services, nutrition services, and so on, as well as non-medical services, like respite care, case management, environmental modifications, etc.

### **What can I do to make sure that the waiver will provide what I need?**

- ❖ Attend Stakeholders meetings (call the Department on Disability Services for the schedule)
- ❖ Apply for services
- ❖ Comment on the services in the proposed Waiver definitions and rules by joining advocacy groups, getting on mailing lists, signing up to serve on advisory groups as Waiver rules and regulations are being developed.
- ❖ Join a self-advocacy group or a family advocacy group to stay informed (see the Advocacy page – hot link this on our website)
- ❖ Get on mailing lists to stay informed

### **What should I think about and look for in the definitions and rules?**

- ✓ Are the services you need described in the proposed definitions?
- ✓ Is there anything missing?
- ✓ Will the services, as described meet your needs? For example, if there are limits on the hours or support, are they reasonable?
- ✓ Are there restrictions that will not work for you? For example, you may not be able to combine services you would like to combine.

### **What are the services being proposed under the revised waiver?**

(Note: These are abbreviated draft definitions as of 2/12/07, which are currently being rewritten and revised. These do not provide all of the details. For more detailed information, contact the Department on Disability Services (<http://dc.gov/agencies/detail.asp?id=1629>). Many are to supplement funding for support that is only partially available under the Medicaid State Plan. Many also reference providing service so as to prevent institutionalization.)

- ❖ Residential Habilitation – provides services to 2-6 people in a home managed by a provider agency, with services available 24 hours a day as required, including health care, supervision, transportation, etc.
- ❖ Host Home – provides services in the private home of the care provider who also lives in the home. Services are for children and adults who require 24-hour services, including health care support, activities of daily living, money management, recreation, community inclusion, etc.
- ❖ In-Home Supports – provides services to adults in their own homes to assist someone in acquiring, retaining and improving skills related to independence and community living.
- ❖ Day Habilitation Services – provides services outside an individual’s home to further community inclusion, engage people in community activities, and/or assist someone in learning new skills.
- ❖ Pre-Vocational Services – provide services to assist someone in learning or maintaining basic work skills needed to get and keep competitive jobs.
- ❖ Supported Employment – provides support so that people can get and keep jobs in integrated work settings for competitive salaries including individual job support; the development and support of micro-enterprises that are owned and operated by the program participant; and support for mobile work crews and enclaves.
- ❖ Companion Care Services – a paid roommate who becomes the principal care provider for an individual for people who require 24-hour support.
- ❖ Skilled Nursing Services – provides health care coordination, assessments, health-related training and education for participants and caregivers, provided by a licensed nurse or an LPN with support from a licensed RN.
- ❖ Nutrition Services (in index but not defined)
- ❖ Community Support Team – provides intensive behavioral and psychiatric support for people in the community who are at imminent risk of institutionalization.
- ❖ Adaptive Equipment and Assistive Technology – provides devices, controls or appliances specified in a Plan of Care to help a person to perform daily activities, communicate and control their environment
- ❖ Environmental Accessibility Adaptations – provides physical adaptations to a home or vehicle to ensure someone’s health, welfare and safety; to enable them to function with greater independence; and without which, someone would be at risk for institutionalization.

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- ❖ Behavioral Supports – provides support from clinicians or therapists to assist staff, family members or other people in someone’s life to carry out an agreed-upon behavior support plan to assist someone in being able to participate in the community (e.g., working, worshipping, engaging in recreation, etc.), to be as independent as possible, and to maintain relationships.
  - ❖ Speech, Hearing and Language Therapy – provides therapy services to maximize independence, prevent further disability and maintain health as specified in an individual Plan of Care.
  - ❖ Physical Therapy – provides therapy services to focus on an identified physical dysfunction to maximize independence, prevent further disability and maintain health.
  - ❖ Occupational Therapy – provides therapy services designed to maximize independence, prevent further disability and maintain health as specified in a Plan of Care.
  - ❖ Respite – provides supports and services for an individual in a DDS-authorized respite facility or an individual’s home or place of residence so that the unpaid people who normally provide him/her with support can engage in other activities in which the individual with a disability is not included.
  - ❖ Crisis Intervention from a Psychiatrist or Behavioral Specialist (in index but not defined)
  - ❖ Dental Services – provides routine, preventative and all other required dental services to address dental issues.
  - ❖ Professional Services – provides a therapy service to an individual based on a need identified in a Plan of Care (e.g., music therapy, art therapy, sex therapy, massage therapy, acupuncture, etc.).
  - ❖ Personal Emergency Response System (PERS) – provides an electronic device so that people can get help in case of an emergency.
  - ❖ One-Time Transitional Services – provide one-time-only funds to set up a home or apartment in the community as an individual transitions from another facility or program.
  - ❖ Transportation – Community Access – provides up to \$2,400 a year and no more than one round-trip a day to enable an individual to gain access to waiver and other community services, activities and resources, as specified in their Plan of Care.



## What is different between the proposed and current waivers?

Transportation is built into Residential Habilitation and Supported Employment. It is being supported in a very limited way as a separate service.

- ❖ In-home support replaces independent habilitation. It is still limited to 8-hours a day.
- ❖ There are no longer services called Chore Service, Personal Care Service, Attendant Care, Family Training. These all are to be part of In-Home Support.
- ❖ Companion Services, as proposed, requires that the Companion live with the person in the person's home or apartment.
- ❖ One-time Transitional Services is new and support people during a major move to a home/apartment of their own or into a new more independent setting.