



Self-Directed Services

Module 3: Self-Directed Services in the Community Waiver Program

Hello, and welcome to the training on Self-Directed Services in the Community Waiver Program. This is the third video in a series of seven.

Self-Directed Services Available in the Community Waiver Program (CWP)

In this video we will discuss:

- What the Community Waiver Program, or CWP, is
- Services that can be self-directed in the Community Waiver Program
- Services available, but can't be self-directed in the Community Waiver Program

What is the Community Waiver Program?

The Community Waiver Program focuses on serving the participant before they and/or their family is in crisis. The service providers in this program focus on the goals of Home and Community-Based Services programs such as:

- Community integration
- Opportunities for employment
- Developing skills for independence

Self-Directed Services Available in the Community Waiver Program

In the Community Waiver Program there are many services that can be self-directed, including:

- Community Transportation
- Independent Living Skills
- Personal Assistance: Home
- Personal Assistance: Community
- Breaks and Opportunities (Respite)
- Individual Directed Goods and Services
- Skilled Nursing
- Community Integration and Skills Training
- Employment Supports: Individual Employment Support

In the next slides, we will go over these self-directed services, in detail. There are other services available that can't be self-directed, we will go over those later in the presentation.

Community Transportation

Let's explore those services in a little more detail. We will begin with Community Transportation. Community Transportation increases the participant's access to the community. Legally responsible individuals cannot provide this service.



Independent Living Skills Training

Next, we have, Independent Living Skills Training. Independent Living Skills Training is time-limited education and training to increase independence for:

- Personal hygiene
- Food and meal preparation
- Home upkeep or maintenance
- Money management or
- Technology utilization

Legally Responsible individuals and legal guardians cannot provide this service.

Personal Assistance: Home

Personal Assistance- Home is a service that covers assistance with activities of daily living (such as: eating, bathing, toileting, dressing, grooming) and instrumental activities of daily living (such as cooking, cleaning and laundry). These are service that happen within the home.

Participants can hire a natural caregiver or relative living with them, however legally responsible individuals and legal guardians cannot provide this service.

Personal Assistance: Community

Then, Personal Assistance- Community is a service that still covers assistance with activities of daily living and instrumental activities of daily living, but in the community. This service also covers relationship building in the community. Legally responsible individuals and legal guardians cannot provide this service.

Breaks and Opportunities (Respite)

Breaks and Opportunities, also called Respite, helps to give family and natural supports a break. It is scheduled for a specific time frame. Legally responsible individuals and legal guardians cannot provide this service.

Individual-Directed Goods and Services

The next service we will discuss is individual-directed goods and services. Individual-directed goods and services include items that will:

- Decrease the need for other Medicaid services
- And/or decrease dependency on paid support services
- And/or promote community inclusion
- And/or increase independence
- And/or increase health or safety
- And/or support the participant's ability to live in the community

These items are purchased with funds that have been saved and are in the participant's savings balance.



Individual-Directed Goods and Services Examples

Depending on a participant's needs, allowable individual-directed goods and services might include:

- Transportation-related purchases such as passes for public transportation
 - For example, a bus pass or ride sharing services, like Uber and Lyft
- Gym memberships, to provide opportunities for physical exercise and therapeutic recreation
- Electronic devices, such as an iPad for communication
- Music therapy, that could support communicating and socializing

Individual-Directed Goods and Services: What's Not Allowed

It is also important to know what items are not allowed under individual-directed goods and services. Items that are solely for recreation are not allowed. For example, if a participant wants to go to a movie, the tickets to the movie needs to be purchased independently however, the caregiver could be paid to go with the participant if that support is needed.

General home and vehicle repairs like fixing a roof or replacing tires, even on a wheelchair accessible van, are not allowed. This is because any person who owns a home or a vehicle may need to do those repairs, regardless of disability.

However, purchase of an item that is specifically related to the participant's disability, like vehicle modifications to accommodate a wheelchair or a ramp for the home are allowed.

Paying a participant's room and board (rent and food), purchases that are for the primary benefit of the family rather than the participant, and paying cash directly to the participant are all things that are not allowed by the federal government. The state of Alabama cannot make any changes or exceptions to these rules.

Additional things that are not allowed by the federal government, so the state of Alabama cannot make changes or exceptions include:

- Services that are available to the participant through other funding sources, such as the Medicaid state plan
- Goods and services that any household in Alabama would have to pay for, including households that don't include a person with a disability
 - For example, furniture that doesn't accommodate the participant's disability

Individual-Directed Goods and Services: Navigating the Gray Area

When it is not clear if an item is allowable, it is important to remember a few things.

The first is that the participant knows what their needs are best. The support coordinator should not tell the participant what to have or not have in their plan.



Allowable goods and services should not include things that are regular household expenses. This includes things like an Internet connection, or regular home maintenance. If the participant is not sure about the item, the support coordinator will check federal and state rules to be sure it is allowable.

Each participant has different needs, and although the participant might want an item someone else has purchased, the item must fit the participants needs and goals in order to be included in their plan.

Also, having enough money in the savings balance is not a reason to purchase an item.

Skilled Nursing

Now let's move on to the next self-directed service, which is Skilled Nursing. Skilled Nursing is nursing procedures that are necessary for the participant or when a nurse provides specific training and oversight for the worker to complete the task. A nurse will meet with the participant and the caregiver to provide this training and oversight. Legally responsible individuals and legal guardians cannot provide this service.

Community Integration Connections and Skills Training

Next, we have Community Integration Connections and Skills Training. This service can help the participant meet their community goals. This includes participating in community events, being involved in the community, memberships to community organizations, and making contributions and connections within the community. Legally responsible individuals and legal guardians cannot provide this service.

Employment Supports

There are several different types of Employment Services that can be self-directed and help the participant with employment. These include:

- Exploration: Understand if the participant would like a job
- Discovery: Understand what type of job the participant would like
- Job Development Plan: Planning with the participant and their supports
- Job Development: Implementation of the job plan

Once the person is employed, Employment Supports also covers:

- Job coaching: Includes support for the participant, their supervisors, and co-workers
- Career advancement: Help the participant get a promotion or move to a new career

Relatives, legally responsible individuals and legal guardians cannot provide this service.

Services Available, But Can't Be Self-Directed

Now that we have talked about what services can be self-directed, let's review the services available on the Community Waiver Program that are not self-directed. These include:

- Housing Counseling Services



- Housing Start-Up Assistance
- Minor Home Modifications
- Occupational Therapy
- Peer Specialist Services
- Physical Therapy
- Positive Behavior Supports
- Speech and Language Therapy
- Supported Living Services
- Case Management
- Adult Family Home
- Financial
- Residential Habilitation
- Remote Supports
- Supported Employment
- Supported Employment Small Group
- Assistive Technology and Adaptive Aids
- Co-Worker Supports
- Family Empowerment and Systems Navigation Counseling
- Literacy and Work Incentives Benefits Counseling

Thank You

Thank you for listening to this training on Self-Directed Services in the Community Waiver Program.