



Self-Directed Services

Module 4: Self-Directed Services Available in the Intellectual Disability and Living at Home Waivers

Hello, and welcome to the training on Self-Directed Services Available in the Intellectual Disability (ID) and Living at Home Waivers. This is the fourth video in a series of seven.

Self-Directed Services in the Intellectual Disability (ID) and Living at Home (LAH) Waivers

In today's presentation we will discuss what the Intellectual Disability and Living at Home Waivers are and what self-directed services are available in the waivers.

We will also go through services that are available, but can't be self-directed.

What Are the Intellectual Disability and Living at Home Waivers?

The Intellectual Disability or ID and Living at Home or LAH Waivers provide services to anyone three years and older with an intellectual disability.

The Intellectual Disability/Living at Home Waivers offer services and supports to help people live in the community.

Self-Direction Services Available in the Intellectual Disability/Living at Home Waivers

The Intellectual Disability/Living at Home Waivers provide many services that support the participant. These include:

- Personal Care
- Respite
- Adult Companion Services
- Assistive Technology Services
- Environmental Accessibility Adaptations
- Individual-Directed Goods and Services
- Personal Emergency Response System
- Skilled Nursing
- Specialized Medical Supplies

Let's go over these services in more detail.

Personal Care

First, we will look at personal care. This service covers Activities of Daily Living or ADL's. These are supports that are necessary to assist with basic physical needs including: eating, bathing, toileting, dressing, and grooming.

Another covered service in personal care is Instrumental Activities of Daily Living or IADL's. These are tasks such as cooking, cleaning, grocery shopping, etc.



Legally responsible individuals or legal guardians cannot provide personal care.

Respite

Next, we have Respite. Respite is a service that provides the unpaid, primary caregiver a break. This is usually planned in advance. Legally responsible individuals and legal guardians cannot provide this service.

Adult Companion Services

Next is Adult Companion Services. Adult Companion Services are non-medical care with supervision and socialization. This service provides the adult-participant an opportunity to participate in community events with family or friends while getting support from a worker. Legally responsible individuals and relatives cannot provide this service.

Assistive Technology Services

Next is Assistive Technology Services. Assistive Technology Services directly assist an individual in the selection, acquisition, or use of an assistive technology device including:

- Specialized Durable Medical Equipment, or any equipment not covered by the Medicaid State Plan Services
- A Service animal
- A System or item that will help the participant increase, maintain, or improve their abilities

Environmental Accessibility Adaptations

The next service is Environmental Accessibility Adaptations. An accessible home is a necessity. With Environmental Accessibility Adaptations, the participant can make necessary changes or adaptations to their home. These items must be part of the participant's plan and must be necessary to ensure the participant's health, welfare, and safety or help the participant function with more independence in the home. The adaptations must be something that will ensure the participant will stay living independently, instead of requiring institutional care. Legally responsible individuals, relatives, and legal guardians cannot provide this service.

Individual-Directed Goods and Services

Next, we will go over individual-directed goods and services. Individual-directed goods and services are things that support the participant to be independent at home or in the community. The item or service addresses an identified need in the plan and is not otherwise available through the Medicaid State plan.

Another important thing to consider for goods and services is that they are only for participant's who are self-directing their services and can save funds to pay for them. The support coordinator will assist the participant to ensure each of these requirements are addressed and met.

Additional things to know about individual-directed goods and services include that:

- Individual-directed goods and services doesn't cover experimental or prohibited treatments



- A participant may not use individual-directed goods and services to pay for rent or mortgage payments or food
- Individual-directed goods and services also cannot be used to pay for items that are solely for entertainment or recreation
- Individual-directed goods and services cannot be used to pay for things that are illegal or otherwise prohibited by Federal rules, State statutes and regulations
- If the participant doesn't have the funds, the item or service cannot be purchased
- And finally, the participant and service coordinator must make sure the item or service is not available through another source

Legally responsible individuals or legal guardians cannot be a provider of Individual-Directed Goods and Services. As with any of the services on the Intellectual Disability/Living at Home Waivers, your support coordinator can guide you and provide more information.

Personal Emergency Response System (PERS)

Another service on the Intellectual Disability/Living at Home Waivers is a Personal Emergency Response System, often referred to as PERS. This service is used when there is a need for the participant to get help in the event there is a physical, emotional or environmental emergency.

A participant can purchase cell phone service when the traditional a Personal Emergency Response System is not possible.

The Intellectual Disability/Living at Home Waivers can pay for:

- The installation fee
- Monthly service fee
- Upkeep of the system
- Maintenance of the device or system

Other things to consider when purchasing a Personal Emergency Response System include:

- The installation and testing fee cannot be more than \$500
- The monthly service fee cannot be more than \$83.00 per month
- The cost of the system cannot be more than \$1,500
- The maximum cost per year for the PERS cannot be more than \$3,000

Skilled Nursing

The next self-directed service is Skilled Nursing. Skilled nursing covers training and supervision for the worker related to medical care and/or medication assistance and nursing procedures that meet the participant's health needs as ordered by a physician. Legally responsible individuals, relatives and legal guardians cannot provide this service.



Specialized Medical Supplies

Next, we are going to talk about Specialized Medical Supplies. The Specialized Medical Supplies that are covered will be identified in the plan and address the participant's physical health and/or be necessary to maintain the participant's health, safety, and welfare.

The Specialized Medical Supplies need to increase the participant's ability to perform activities of daily living and/or prevent further deterioration of a condition.

Also note that participants Must use an approved Alabama Department of Mental Health Vendor for the Specialized Medical Supplies. This service cannot be performed by legally responsible individuals, relatives or legal guardians.

Available Services That Can't be Self-Directed

Now that you know the services that can be self-directed, let's look at the services in the Intellectual Disability/Living at Home Waivers that are available, but can't be self-directed. They include:

- Day Habilitation Services
- Employment Services
- Prevocational Services
- Assistance in Community Integration
- Benefits and Career Counseling
- Crisis intervention
- Housing Stabilization Service
- Occupational Therapy
- Physical Therapy
- Positive Behavior Supports
- Remote Supports
- Speech and Language Therapy
- Supported Employment
- Transportation

Thank You

Thank you for listening to this training on Self-Directed Services in the Intellectual Disability/Living at Home Waivers Programs.