

## **Medicaid Services and Supports for Adults with a Developmental Disability**

All Medicaid participants receive the services and supports that best meet their individualized needs and fit within their Medicaid budget. The following services and supports are available for adults with developmental disabilities:

- Targeted Service Coordination - A service for individuals who can't access, coordinate, or maintain services on their own.
- Developmental Therapy – Skill development services provided through individual or group therapy in the home, community or a center.
- Community Crisis Supports - Interventions for individuals who are at risk of losing housing, employment or income, or who are at risk of incarceration, physical harm, family altercations or other emergencies.
- Intermediate Care Facility for Persons with Intellectual Disabilities (ICF/ID) Services - An ICF/ID is a home for up to 8 individuals. The home has shared dining, living, and cooking areas. Each individual can have a private bedroom or share a bedroom with another individual. Services provided by the ICF/ID are designed to meet the needs of individuals requiring in-home care, and provide services 24 hours a day.

### **Developmental Disability Waiver Services-Waiver services include the following:**

- Residential Habilitation - Certified Family Home and/or Supported Living.
  - *Certified Family Home*  
An individual can live in the home of his/her parents, the home of another family member, or the home of someone in the community who isn't related. Some supports and services will be provided in the home and some supports and services will be provided in the community.
  - *Supported Living Services*  
An individual can live in his/her own home, apartment, or an apartment with up to two other individuals. Supports and services can be provided in the home or apartment and in the community to help the individual live as independently as possible.
- Chore Services – Might include washing windows, moving heavy furniture, or shoveling snow.
- Respite Services – Services provided on a short-term basis due to the absence of the normal care-giver, and limited to individuals who live with non-paid caregivers.
- Supported Employment – Provides competitive work in a regular work setting with job coaches who help the individual learn the job.
- Non-Medical Transportation – Transportation to community services.

- Environmental Accessibility Adaptations – Provides for certain interior and exterior changes to the home which enable individuals who would otherwise be institutionalized to function with greater independence in the home.
- Specialized Medical Equipment and Supplies – Additional supports when state plan limits are used up, or the equipment or supply is not available under the regular state plan. Items must be necessary for the direct medical or remedial benefit of the individual.
- Personal Emergency Response Systems (PERS) – A PERS unit is a portable or stationary device that is used to call for help in an emergency. This item is sometimes referred to as a “lifeline.”
- Home Delivered Meals – A service that delivers one or two nutritious meals each day for individuals who are alone for significant parts of the day, who have no regular caregiver for extended periods of time, and are unable to prepare a meal without assistance
- Skilled Nursing – Provides professional nursing services to individuals who need them. Nursing services must be recommended by a physician and must be listed on the participant’s plan.
- Behavioral Management and Crisis Management – This service is delivered to individuals who are having a psychological, behavioral, or emotional crisis. Behavioral and crisis management is an emergency back-up and provides direct support for the individual in crisis.
- Adult Day Health – A supervised and structured day program for individuals to receive a variety of social, recreational, and health activities.
- Self-Directed Community Supports – This is a Medicaid option for adults who are eligible for the DD waiver. This option gives participants choices, and the freedom to manage their own lives. Participants don’t have to choose supports alone. They will have as much or as little help as they need from a support broker, a circle of support, and a fiscal employer agent (FEA).

Participants will have an individualized budget, create a support and spending plan, hire workers, and buy goods and services. Participants must agree to follow four guiding principles:

- Freedom to plan their own lives.
- Control over their Medicaid dollars to buy supports and services.
- Support to become involved in their communities.
- Responsibility for their choices and decisions.

If self direction doesn’t work, individuals can go back to receiving services in the traditional way.