









# **HCBS SERVICE SUMMARY**











### **AUTISM WAIVER SERVICES** •

- Family Adjustment Counseling
- Parent Support and Training (peer-to-peer)
- Respite Care
- Consultative Clinical And Therapeutic Services
- Intensive Individual Supports
- Interpersonal Communication Therapy (ICT)

#### Family Adjustment Counseling

Family Adjustment Counseling offers guidance and assistance for family members of a child with Autism Spectrum Disorder (ASD). These services are provided by a Licensed Mental Health Provider (LMHP) and help the family in coping with the child's illness and daily needs, by offering a safe and supportive environment to express emotions and ask questions.

#### Parent Support and Training (Peer to Peer)

Parent Support and Training assists family members to acquire the knowledge and skills needed to understand and address the specific needs of and treatment for the child in relation to ASD and develop the family's specific problem-solving skills, coping mechanisms, and strategies for the child's symptom and behavior management.

#### Respite Care

Respite Care offers temporary direct care and supervision of the child to provide relief to families and caregivers of a child with ASD. A respite care provider assists with normal activities of daily life in order to meet the needs of the primary caregiver as well as the child.

# Consultative Clinical and Therapeutic Services (provided by an autism specialist)

Consultative Clinical and Therapeutic Services focus on improving of behavioral challenges related to the diagnosis of autism spectrum disorder (ASD). They teach skills to help the family and paid support staff or other professionals with meeting the needs of the child with ASD. The autism specialist assesses the child and family's strengths and needs, develops the Individual Behavior Plan/Plan of Care (IBP/POC), coordinates services, provides training and technical assistance, and monitors the child's progress within the program.

#### Intensive Individual Supports

Intensive Individual Supports services are provided to a child with autism spectrum disorder (ADS) to assist in acquiring, retaining, improving, and generalizing skills needed to successfully function in their home and community. This may include development of skills such as social skills, language and communication, motor skills, engagement, cognitive skills, and behavior skills.

#### Interpersonal Communication Therapy (ICT)

Interpersonal Communication Therapy (ICT) works to improve social communication symptoms related to the diagnosis of an autism spectrum disorder (ASD). ICT includes the development of skills such as conversation, unplanned communication, understanding of verbal and nonverbal communication.

# PHYSICAL DISABILITY (PD) SERVICES · · · ·

- Assistive Services
- Financial Management Services
- Home-Delivered Meals
- Medication Reminder Services
- Personal Emergency Response System and Installation
- Personal Care Services
- Enhanced Care Services

#### Assistive Services

Assistive Services are supports or items that address the person's needs as documented in their Person Centered Service Plan. These services are designed to enhance an individual's independence or abilities through purchase of adaptive equipment, assistive technology, or home modification.

#### Financial Management Services

Financial Management Service (FMS) provides administrative and payroll services for people who choose to self-direct some or all of their services. FMS provides payroll, payment, reporting services, employer orientation, skills training, and other fiscal-related/administrative services to participant-employers.

#### Home-Delivered Meals

Home-Delivered Meals provides one or two prepared meals per day delivered to the person's home.

#### Medication Reminder

Medication Reminder service provides a scheduled reminder to the person when it's time for him or her to take their medications. This service may also include a medication dispenser which stores and dispenses medications at the appropriate time.

#### Personal Emergency Response

Personal Emergency Response provides electronic devices with portable buttons worn by the person to provide access to assistance or emergency help 24 hours a day.

#### Personal Care Services

Personal Care Services provides supervision and/ or physical assistance with instrumental activities of daily living (IADLs) and activities of daily living (ADLs), health maintenance activities, and in some cases socialization/recreation.

#### Enhanced Care Services

Enhanced Care Services provides sleep support to provide immediate supervision or physical assistance with tasks such as toileting, transferring, mobility, and medication reminders as needed, or to contact a doctor, hospital, or medical professional in the event of an emergency.

### FRAIL ELDERLY SERVICES · · · · ·

- Adult Day Care
- Assistive Technology
- Personal Care Services
- Comprehensive Support
- Financial Management Services
- Home Telehealth
- Medication Reminder
- Nursing Evaluation Visit
- Oral Health Services
- Personal Emergency Response
- Enhanced Care Services
- Wellness Monitoring

#### Adult Day Care

Adult Day Care provides activities meeting the needs and interests (for example, social, intellectual, cultural, economic, emotional, and physical) of the person to help them maintain physical and social function. This service includes basic nursing and daily supervision or physical assistance with eating, mobility, bathing, and dressing.

#### Assistive Technology

Assistive Technology provides supports or items that address the person's needs as documented in their Person Centered Support Plan or Person Centered Service Plan. These services are designed to enhance an individual's independence or abilities through purchase of adaptive equipment, assistive technology, or home modification.

#### Personal Care Services

Personal Care Services provides supervision and/ or physical assistance with instrumental activities of daily living (IADLs) and activities of daily living (ADLs), health maintenance activities, and in some cases socialization/recreation.

#### Comprehensive Support

Comprehensive Support provides one-on-one support and observation to supervise and assist with incidental care as needed in order to meet the person's health and welfare needs. This does not include hands-on nursing, but is completed by a worker present to supervise the person and to assist with minor care as needed.

#### Financial Management Services

Financial Management Service (FMS) provides administrative and payroll services for people who choose to self-direct some or all of their services. FMS provides payroll, payment, reporting services, employer orientation, skills training, and other fiscal-related/administrative services to participant-employers.

#### Home Telehealth

Home Telehealth is a remote monitoring system that includes education, counseling, and nursing supervision. It allows the person to manage their disease(s) and recognize issues before their health declines. This system is monitored by a nurse who is alerted if survey responses, and/or vital sign measurements shows a need for follow-up by a health care professional.

#### Medication Reminder

Medication Reminder service provides a scheduled reminder to the person when it's time for him or her to take their medications. This service may also include a medication dispenser which stores and dispenses medications at the appropriate time.

#### Nursing Evaluation Visit

Nursing Evaluation Visit is an evaluation completed by a nurse to see which personal care services worker may best meet the needs of the person and any special instructions or requests of the person regarding delivery of services.

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# FRAIL ELDERLY SERVICES ····

#### Oral Health Services

Oral Health Services provide dental services based on a person's level of need. Oral Health Services include accepted dental procedures, which include diagnostic, prophylactic, and restorative care. These services allow for the purchase, adjustment, and repair of dentures, which are provided to adults on the FE Waiver.

#### Personal Emergency Response

Personal Emergency Response provides electronic devices with portable buttons worn by the person to provide access to assistance or emergency help 24 hours a day.

#### Enhanced Care Services

Enhanced Care Services provides sleep support to provide immediate supervision or physical assistance with tasks such as toileting, transferring, mobility, and medication reminders as needed, or to contact a doctor, hospital, or medical professional in the event of an emergency.

#### Wellness Monitoring

Wellness Monitoring allows regularly scheduled nursing visits to check a person's health status and monitor for changes in health and wellbeing.

#### Targeted Case Management

Targeted Case Management assists a person in gaining access to medical, social, educational, and other needed services through assessment, support plan development, referral, and monitoring.

# INTELLECTUAL/DEVELOPMENTAL · · · · · · · DISABILITY (I/DD) SERVICES

- Assistive Services
- Adult Day Supports
- Financial Management Services
- Medical Alert-rental
- Overnight Respite
- Personal Care Services
- Residential Supports for Adults
- Residential Supports for Children
- Enhanced Care Services
- Specialized Medical Care
- Supported Employment
- Supportive Home Care
- Wellness Monitoring

#### Assistive Services

Assistive Services are supports or items that address the person's needs as documented in their Person Centered Support Plan or Person Centered Service Plan. These services are designed to enhance an individual's independence or abilities through purchase of adaptive equipment, assistive technology, or home modification.

#### Adult Day Supports

Adult Day Supports are out of home activities that help adults who are no longer eligible for school services maintain or increase abilities, productivity, independence, integration, and community participation.

#### Financial Management Services

Financial Management Service (FMS) provides administrative and payroll services for people who choose to self-direct some or all of their services. FMS provides payroll, payment, reporting services, employer orientation, skills training, and other fiscal-related/administrative services to participant-employers.

#### Medical Alert

Medical Alert provides electronic devices with portable buttons worn by the person to provide access to assistance or emergency help 24 hours a day. These systems provide support to persons having a medical need that could become critical at any time i.e. quadriplegia, severe heart conditions, diabetes, severe convulsive disorders etc.

#### Overnight Respite

Overnight Respite is a service that provides temporary direct care and supervision of the person, in order to provide relief to families and caregivers.

#### Personal Care Services

Personal Care Services provides supervision and/ or physical assistance with instrumental activities of daily living (IADLs) and activities of daily living (ADLs), health maintenance activities, and in some cases socialization/recreation.

#### Residential Supports For Adults

Residential Supports for Adults provide assistance and support in completing activities of daily living and the social and adaptive skills to people who live in a residential setting and do not live with someone meeting the definition of family

#### Residential Supports For Children

Residential Supports for Children provides placement for children (ages 5-21) in a licensed foster care home in order to avoid placement in an institutional or other congregate setting when they cannot remain in their family home.

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# INTELLECTUAL/DEVELOPMENTAL · · · · · · · DISABILITY (I/DD) SERVICES

#### Enhanced Care Services

Enhanced Care Services provides sleep support to provide immediate supervision or physical assistance with tasks such as toileting, transferring, mobility, and medication reminders as needed, or to contact a doctor, hospital, or medical professional in the event of an emergency.

#### Specialized Medical Care

Specialized Medical Care provides long-term Registered Nurse or Licensed Practical Nurse support for people who are medically fragile and technology-dependent.

#### Supported Employment

Supported Employment provides job support to people who work in, or want to work in, a competitive and integrated setting.

#### Supportive Home Care

Supportive Home Care provides one on one assistance for people living with family or foster family to provide assistance with ADLs, IADLs, socialization, and supervision.

#### Wellness Monitoring

Wellness Monitoring allows regularly scheduled nursing visits to check a person's health status and monitor for changes in health and wellbeing.

#### Targeted Case Management

Targeted Case Management assists a person in gaining access to medical, social, educational, and other needed services through assessment, support plan development, referral, and monitoring.

# TRAUMATIC BRAIN INJURY (TBI) SERVICES · · · · ·

- Assistive Services
- Financial Management Services
- Home-Delivered Meals
- Medication Reminder Services
- Personal Emergency Response System and Installation
- Personal Care Services
- Rehabilitation therapies: Behavior Therapy,
  Cognitive Rehabilitation, Physical Therapy,
  Speech-Language Therapy, and Occupational
  Therapy
- Enhanced Care Services
- Transitional Living Skills

#### Assistive Services

Assistive Services are supports or items that address the person's needs as documented in their Person Centered Service Plan. These services are designed to enhance an individual's independence or abilities through purchase of adaptive equipment, assistive technology, or home modification

#### Financial Management Services

Financial Management Service (FMS) provides administrative and payroll services for people who choose to self-direct some or all of their services. FMS provides payroll, payment, reporting services, employer orientation, skills training, and other fiscal-related/administrative services to participant-employers.

#### Home-Delivered Meals

Home-Delivered Meals provides one or two prepared meals per day delivered to the person's home.

#### Medication Reminder

Medication Reminder service provides a scheduled reminder to the person when it's time for him or her to take their medications. This service may also include a medication dispenser which stores and dispenses medications at the appropriate time.

#### Personal Emergency Response

Personal Emergency Response provides electronic devices with portable buttons worn by the person to provide access to assistance or emergency help 24 hours a day.

#### Personal Care Services

Personal Care Services provides supervision and/ or physical assistance with instrumental activities of daily living (IADLs) and activities of daily living (ADLs), health maintenance activities, and in some cases socialization/recreation.

#### Behavior Therapy

Behavior Therapy helps increase the quality of life of a person with TBI by helping reduce behaviors that can interfere with their ability to live successfully in the community. Behavior Therapy focuses on making positive changes in the environment, improving selfcontrol, and increasing the person's skills, abilities, and independence.

#### Cognitive Rehabilitation

Cognitive Rehabilitation is a treatment process in which a person works to reduce differences in thinking including poor attention and concentration, memory loss, difficulty with problem solving, and dysfunctional thoughts and beliefs that can contribute to problem behavior and emotional responses. The person learns about their limitations, strengths, and needs to learn coping strategies and increase independence.

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# TRAUMATIC BRAIN INJURY (TBI) SERVICES · · · ·

#### Physical Therapy

Physical Therapy assists people to reach their highest level of motor functioning and mobility. People suffering from TBI receive treatment that supports their ability to perform activities in their daily lives. It helps prevent loss of mobility through fitness and wellness programs that achieve healthy and active lifestyles. Functional activities include standing, sitting, walking, balance, muscle tone, endurance, strength, and coordination.

#### Speech/Language Therapy

Speech/Language Therapy provides treatment for speech and/or language disorders, to assist the person in regaining lost skills or learning new ways to compensate for permanent changes due to TBI. Assessment and treatment of persons with TBI may include the areas of language (listening, talking, reading, writing), cognition (attention, memory, sequencing, planning, time management, problem solving), motor speech skills and articulation, and conversational skills. Speech/Language Therapy also addresses issues related to swallowing and respiration.

#### Occupational Therapy

Occupational Therapy assists a person with TBI in regaining some or all of the physical, perceptual, and/or cognitive skills needed to perform activities of daily living through exercises and other related activities. If skills and strength cannot be fully developed or improved, Occupational Therapy offers creative solutions and alternatives for carrying out daily activities.

#### Enhanced Care Services

Enhanced Care Services provides sleep support to provide immediate supervision or physical assistance with tasks such as toileting, transferring, mobility, and medication reminders as needed, or to contact a doctor, hospital, or medical professional in the event of an emergency.

#### Transitional Living Skills

Transitional Living Skills (TLS) are skills training exercises in which people with TBI practice skills in real-life situations in their homes and communities. These trainings are designed to prevent or minimize chronic disabilities while restoring the person to an optimal level of physical, cognitive, and behavioral functioning within the context of the person, family, and community.

# SERIOUS EMOTIONAL DISTURBANCE (SED) SERVICES ·····

- Parent Support and Training
- · Independent Living/Skills Building
- Short Term Respite Care
- Wraparound Facilitation
- · Professional Resource Family Care
- Attendant Care

#### Parent Support and Training

Parent Support and Training is provided to family members of a child with SED to increase their ability to provide a safe and supportive environment in the home and community for the child.

#### Independent Living / Skills Building

Independent Living/Skill Building helps young adults learn and retain skills necessary to obtain and maintain employment, housing, education, and community life as they transition to adulthood.

#### Short Term Respite Care

Short Term Respite Care provides temporary direct care and supervision to a child with SED to provide relief to families and caregivers.

#### Wraparound Facilitation

Wraparound Facilitation is provided in addition to targeted case management to address the unique needs of a participant living in the community. Wraparound facilitation is used to bring the managed care organization, participant, family and community members together to discuss and complete an individualized Plan of Care

#### Professional Resource Family Care

Professional Resource Family Care provides shortterm and intensive supports to a person in a surrogate family setting.

#### Attendant Care

Attendant Care service enables the participant to accomplish tasks or engage in activities that they would normally do themselves if they did not have a mental illness. Assistance is in the form of direct support, supervision and/or cuing so that the participant performs the task by him/herself. Such assistance most often relates to performance of Activities for Daily Living and Instrumental Activities for Daily Living and includes assistance with maintaining daily routines and/or engaging in activities critical to residing in their home and community.

# **TECHNOLOGY ASSISTED (TA) SERVICES .....**

- Health Maintenance Monitoring
- Home Modification
- Financial Management Services (FMS)
- Intermittent Intensive Medical Care
- Personal Care Services
- Medical Respite
- Specialized Medical Care

#### Health Maintenance Monitoring

Health Maintenance Monitoring allows for regularly scheduled nursing visits to check a person's health status and monitor for changes in health and wellbeing.

#### Home Modification

Home Modification provides modifications or adaptations to a person's home through tangible equipment or hardware, such as adaptive equipment or environmental modifications.

#### Financial Management Services

Financial Management Service (FMS) provides administrative and payroll services for people who choose to self-direct some or all of their services. FMS provides payroll, payment, reporting services, employer orientation, skills training, and other fiscal-related/administrative services to participant-employers.

#### Intermittent Intensive Medical Care

Intermittent Intensive Medical Care provides people using attendant care services with nursing services to meet specific skilled nursing care needs.

#### Personal Care Services

Personal Care Services provides supervision and/ or physical assistance with instrumental activities of daily living (IADLs) and activities of daily living (ADLs), health maintenance activities, and in some cases socialization/recreation.

#### Medical Respite

Medical Respite is a temporary service provided on an intermittent basis to provide the beneficiary's family short, specified periods of relief.

#### Specialized Medical Care

Specialized Medical Care provides long-term Registered Nurse or Licensed Practical Nurse support for people who are medically fragile and technology-dependent.



