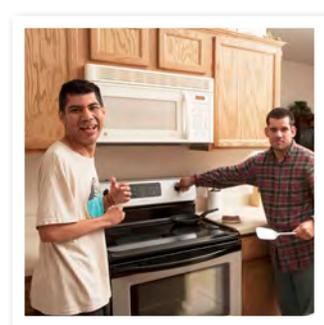
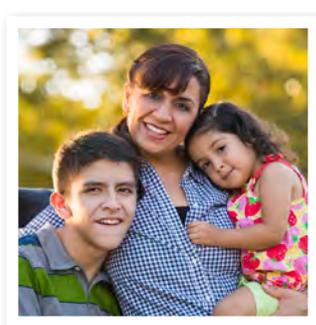




# MAKING INFORMED CHOICES



**Community Living Options  
for Legally Authorized  
Representatives of Nursing  
Facility Residents**



# Introduction



Where we live matters. Most of us take for granted the choices we have in making this life-altering decision. For those with an intellectual or developmental disability, or IDD, the opportunity to determine where and with whom they live may have been limited in the past.

This booklet provides information about community living options. It's designed for legally authorized representatives, or LARs, and family members of people with IDD living in nursing facilities.

Several Medicaid-funded programs provide comprehensive or essential community services and supports:

- STAR+PLUS waiver (residential component available)
- Community Living Assistance and Support Services, or CLASS, waiver program
- Home and Community-based Services, or HCS, waiver program (residential component available)
- Deaf-blind with Multiple Disabilities, or DBMD, waiver program (residential component available)

Some community programs provide residential services, such as a group home, foster care or an assisted living facility. All of the programs are available to people who live in their own home or their family's home.

Although the HCS program is the primary community program chosen by people with IDD and their LARs, a service coordinator from the local IDD authority can provide helpful information about all of these programs. Service coordinators have experience helping people with IDD successfully transition to community living. They can help arrange visits to different community settings and providers of community programs.

Each Medicaid program provides a variety of services and supports. People enrolling in a program can receive services from the provider of their choice anywhere in Texas. Once enrolled, they may move from one provider to another or from one location to another anywhere in Texas and these services and supports will move with them. Moving may require them to choose a different provider, as not all providers offer services statewide. Generally, people with IDD living in a Medicaid-certified nursing facility are eligible for any program listed on page 1. Each program has specific eligibility criteria.

Many of the services in these Medicaid-funded programs can be delivered through the Consumer Directed Services option. This option is for certain program services and allow people more personal control over how their services are delivered if they are able and willing to coordinate those services.

If someone with IDD chooses this option, he or she (or a designated representative) will:

- Recruit, hire and train employees and backup employees (which can include family, friends or neighbors).
- Set schedules and submit time sheets for employees.
- Select a financial management services agency to:
  - Train them to hire and manage employees.
  - Help them create a service budget and set wages and benefits for employees.
  - Process time sheets and payroll.
  - Process receipts and invoices.
  - Act as an agent to pay federal and state employment taxes.

A service coordinator is available to help explore community living options and identify the community program and service delivery option that best serves the recipient's needs.

# Program Comparison

PROGRAM SERVICE	STAR+PLUS	CLASS	HCS	DBMD
Residential services	✓		✓	✓
Adaptive aids	✓	✓	✓	✓
Behavior support		✓	✓	✓
Case management or service coordination	✓	✓	✓	✓
Day habilitation			✓	✓
Dental treatment	✓	✓	✓	✓
Emergency response services	✓	✓	✓	✓
Employment assistance (finding a job)	✓	✓	✓	✓
Minor home modifications	✓	✓	✓	✓
Medical supplies	✓	✓	✓	✓
Nursing	✓	✓	✓	✓
Professional therapies <sup>2</sup>	✓	✓	✓	✓
Respite	✓	✓	✓	✓
Supported employment (keeping a job)	✓	✓	✓	✓
Transition assistance services	✓	✓	✓	✓
Transportation services		✓	✓	✓
Unlimited prescriptions <sup>3</sup>	✓	✓	✓	✓
Personal assistance services with protective supervision	✓			
Home-delivered meals	✓			
Prevocational services		✓		
Specialized therapies <sup>4</sup>		✓		
Auditory integration or enhancement training		✓		
Chore services				✓
Intervener				✓
Orientation and mobility				✓
Community First Choice personal assistance services and habilitation <sup>5</sup>	✓	✓	✓	✓

<sup>1</sup> Programs provide services once all non-program resources, including Medicaid state plan services, are exhausted.

<sup>2</sup> Professional therapies are occupational, physical, and speech and language (may include dietary, audiology, social work or cognitive rehabilitation).

<sup>3</sup> Medicare beneficiaries receive their prescriptions through Medicare Part D.

<sup>4</sup> Specialized therapies are aquatic therapy, hippotherapy, massage therapy, music therapy, recreational therapy and therapeutic horseback riding.

<sup>5</sup> CFC PAS/HAB is a Medicaid-funded service available to enrollees in the above programs who live in their own home or family's home; however CFC PAS/HAB services are available only to people in the STAR+PLUS waiver program if they are receiving Supplemental Security Income or SSI-related Medicaid.

# Service Definitions

**Adaptive aids:** Devices, controls or appliances that let users retain or increase their ability to perform daily living activities or control their environment. Adaptive aids help with mobility or communication. They also may treat, rehabilitate, prevent or compensate for conditions resulting in disability or loss of function.

**Auditory integration or enhancement training:** Specialized training that helps the recipient cope with hearing dysfunction or over-sensitivity to certain frequency ranges by improving auditory processing skills and exercising the middle ear and auditory nervous system.

**Behavioral support:** Specialized interventions that help the recipient increase adaptive behaviors to replace or modify maladaptive or socially unacceptable behaviors that interfere with home or community life. Services include counseling recipients and assessing and training direct service providers or family members about a specific treatment plan.

**Case management or service coordination:** Help with the eligibility process; coordinating and developing a service plan; monitoring the quality and delivery of program and non-program services; acting as an advocate; identifying resources and making community referrals; providing crisis intervention; and safeguarding the recipient's rights.

**Community First Choice personal assistance services and habilitation:** Help with activities of daily living (such as grooming, dressing, bathing, eating) through hands-on assistance, supervision and cuing, and assistance with learning, retaining or improving daily living skills, self-help skills and socialization skills.

**Day habilitation:** Helps recipients learn, retain and improve self-help, socialization and adaptive skills so they can live successfully in the community.

**Emergency response services:** Round-the-clock emergency response services provided through an electronic monitoring system that is used by people with functional impairments who live alone or who are socially isolated in the community. In an emergency, the person can press a call button to signal for help.

**Employment assistance:** Help in locating paid, individualized employment in the community.

**Home delivered meals:** A nutritious meal delivered to a person's home to ensure the person gets at least one healthy meal per day.

**Intervener:** A service provider who serves as a facilitator to involve a person in home and community services and activities.

**Orientation and mobility:** Service that helps recipients acquire independent travel skills that enable them to move safely and efficiently between locations at home, school, work and in the community.

**Prevocational services:** Services that are not job-task oriented to prepare the recipient for potential eventual employment.

**Professional therapies:** Occupational, physical, speech and language therapies and dietary or nutritional services (may include audiology, social work or cognitive rehabilitation therapy).

**Residential services:**

- STAR+PLUS waiver – adult foster care and assisted living facility
- HCS waiver – host home or companion care (similar to foster care) and group home for 3 – 4 people
- DBMD waiver – registered home for 1– 3 people and assisted living facility for 4 – 6 people

**Specialized therapies:** Aquatic therapy, hippotherapy, massage therapy, music therapy, recreational therapy and therapeutic horseback riding.

**Supported employment:** Helps sustain paid employment for people who, because of their disability, require intensive, ongoing support to perform in a work setting.

**Transition assistance services:** Services to help Medicaid eligible recipients set up a household in the community before being discharged from an institution.

**Transportation:** Transporting a recipient from one location to another for habilitation, such as attending a day habilitation or grocery shopping. Depending on the program, transportation may be a bus pass, voucher or a service provider driving the recipient.

