

## NHTD & TBI Waiver Services

NHTD & TBI waiver services are used to complement already available sources of support and services. The following provides general definitions. More specific information is provided to applicants and participants as part of the service planning process. Others may access information from the DOH web at [http://www.nyhealth.gov/facilities/long\\_term\\_care/](http://www.nyhealth.gov/facilities/long_term_care/).

### 1. **Service Coordination NHTD**

Assistance with the development and implementation of a person-centered individualized Service Plan that will lead to the waiver participant's independence, integration into the community, health and welfare.

#### **Service Coordination TBI**

Provides ongoing assistance with a person-centered individualized Service Plan. The Service Coordinator assists the prospective participant to become a waiver participant and coordinates and monitors the provision of all services in the Service Plan. The goal is to increase the participant's independence, productivity and integration into the community while maintaining the health and welfare of the individual.

### 2. **Assistive Technology NHTD**

Equipment that will improve the participant's independence, decrease reliance on staff and be a cost effective aid for community integration. This service supplements Durable Medical Equipment provided through the general Medicaid program.

#### **Assistive Technology Services TBI**

Supplements the State Plan Medicaid Service for Durable Medical Equipment and Supplies, which provides a broad range of special medical equipment and supplies. The Medicaid State Plan and all other resources must be utilized before considering Assistive Technology Services.

This service will only be approved when the requested equipment and supplies directly contribute to the participant's level of independence, ability to access needed supports and services in the community or maintain or improve the participant's safety.

### 3. **Community Integration Counseling (CIC) NHTD**

Counseling service provided to waiver participants who are coping with altered abilities and skills, revisions in long term expectations and/or changes in their roles in relation to significant others.

#### **Community Integration Counseling Service (CIC) TBI**

CIC is an individualized service designed to assist the waiver participant to more effectively manage the emotional difficulties associated with adjusting to and living in the community. It is a counseling service provided to a participant coping with altered abilities and skills, the need to revise long term expectations, and changed roles in relation to significant others.

### 4. **Community Transitional Services (CTS) NHTD**

Assistance in transitioning from a nursing home back to the community, including the cost of moving, essential furnishings, deposits for utilities, security deposits or one-time cleaning services prior to occupancy.

These funds are not available to move from the participant's home in the community to another location in the community. This service is separate and apart from Moving Assistance, and the two services cannot be used at the same time in any approved Service Plan.

### **Community Transitional Services (CTS) TBI**

Community Transitional Services (CTS) provide funding for the reasonable costs of one-time set-up expenses for individuals transitioning from a nursing home to their own home or apartment in the community. Reasonable costs are defined as necessary expenses for an individual to establish his/her living space.

Items eligible for CTS funding include reasonable costs for some or all of the following items:

- Security deposits that are required to obtain a lease on an apartment or home within Fair Market Rate as established by the federal Department of Housing and Urban Development (HUD)
- Essential furnishings: bed, table, chairs, eating utensils, window coverings
- One-time set up fees for services access including: electric, heat, telephone
- Broker's fee
- Health and safety assurances, such as pest eradication, allergen control or one-time cleaning prior to occupancy
- Moving expenses

### **5. Congregate and Home Delivered Meals NHTD only**

Meals for waiver participants who cannot prepare or obtain nutritionally adequate meals for themselves, or when the provision of such meals will decrease the need for more costly supports to provide in-home meal preparation.

Note NHTD will provide meals to those under 65.

### **6. Environmental Modifications Services (E-mods) NHTD**

Internal and external physical adaptations to the home necessary to assure the waiver participant's health and welfare in that setting. E-mods also include modifications to a vehicle. Environmental modifications may be made to a residence owned by the participant or to rental units with permission received from the landlord.

An E-mod may not add to the total square footage of the home. Allowable E-mod services do not include improvements to the home (carpeting, roof repair, central air conditioning) that are not medically necessary or are not necessary to maintain the waiver participant's independence in the home or community.

### **Environmental Modifications Service (E-mods) TBI**

Environmental Modifications are internal and external physical adaptations to the home, which are necessary to ensure the health, welfare and safety of the individual. E-mods also include modifications to a vehicle. These modifications enable the participant to function with greater independence and prevent institutionalization.

E-mods must be provided where the participant lives. E-mods may be obtained at the time the individual becomes enrolled as a participant, up to thirty days prior to a Notice of Decision, or during the development of any Service Plan. Modifications must not be completed more than thirty days prior to the issuance of the Notice of Decision. All modifications must meet State and local building codes.

### **7. Home and Community Support Services (HCSS) NHTD**

Home and Community Support Services (HCSS) are utilized when oversight and/or supervision as a discrete service is necessary to maintain the health and welfare of the participant living in

the community. Oversight and/or supervision is necessary to prevent a cognitively impaired individual from unsafe activities (for example wandering or leaving the stove on unattended). Oversight and/or supervision can be accomplished through cueing, prompting, direction and instruction. If the applicant/participant does not require oversight and/or supervision, HCSS would not be appropriate.

HCSS is complementary but not duplicative of other services. HCSS is not to be used as a companion service.

### **Home and Community Support Services (HCSS) TBI**

Home and Community Support Services (HCSS) are only appropriate when oversight and/or supervision is necessary as a discrete service to maintain the health and welfare of a participant living in the community. HCSS may also include personal care assistance with Activities of Daily Living (ADL) and Instrumental Activities of Daily Living (IADL). HCSS is not a companion service. The service must be provided under the direction and supervision of a Registered Professional Nurse (RN) based on an assessment of the individual's needs and supported by physician orders.

Oversight and/or supervision is necessary to protect a cognitively impaired individual from adverse outcomes related to his/her activities (for example, wandering or leaving the stove on unattended). Oversight and/or supervision includes cueing, prompting, directing and instructing. If a participant's need for oversight/supervision warrant HCSS during the night, the HCSS staff must remain awake throughout the duration of time assigned to the participant.

### **8. Home Visits by Medical Personnel NHTD only**

Services provided by a physician, nurse practitioner or physician's assistant to diagnose, treat and monitor wellness to preserve the waiver participant's functional capacity to remain at home. An evaluation of the caretaker's ability to maintain his/her role is conducted, as well as an assessment of the living environment to identify if it can support the participant's medical needs. Currently NHTD has no providers offering this service.

This service is not the same as private duty nursing.

### **9. Independent Living Skills Training Services (ILST) NHTD**

Training to improve or maintain the waiver participant's ability to live as independently as possible by focusing on essential community living skills such as task completion, money management, interpersonal skills, sensory/motor skills, problem solving skills and the ability to maintain a household. ILST assists in recovering skills that have decreased as a result of onset of disability. Also, ILST will primarily be targeted to those individuals with progressive illnesses to maintain essential skills. ILST may be provided in the waiver participant's residence and in the community.

It is expected that this service will be provided in the waiver participant's environment; for example, in the participant's kitchen as opposed to a provider's kitchen. This expectation is based on the difficulty many participants experience with transferring or generalizing knowledge and skills from one situation to another. However, it is recognized that there is need for some practice of skills before using them in the waiver participant's environment.

### **Independent Living Skills Training and Development Services (ILST) TBI**

It is the responsibility of the ILST provider to conduct a comprehensive functional assessment of the waiver participant, identifying the participant's strengths and weaknesses in performing Activities of Daily Living (ADL) and Instrumental Activities of Daily Living (IADL) related to his/her established goals. The assessment is the basis for developing an ILST plan that

describes the milestones and interim steps necessary to attain these goals. The assessment must also include a determination of the participant's manner of learning new skills and responses to various interventions. This comprehensive and functional assessment must be conducted at least annually from the date of the last assessment.

ILST services may include assessment, training, and supervision of, or assistance to, an individual with issues related to self-care, medication management, task completion, communication skills, interpersonal skills, socialization, sensory/motor skills, mobility, community transportation skills, reduction/elimination of maladaptive behaviors, problem solving skills, money management, pre-vocational skills and skills to maintain a household.

10. **Moving Assistance Services NHTD only**

Moving Assistance Services are individually designed services intended to pack and/or transport a waiver participant's possessions and furnishings within the state of New York when he/she must be moved from an inadequate or unsafe housing situation to a viable environment that more adequately meets the waiver participant's health and welfare needs. Moving Assistance may also be utilized when the waiver participant is moving to a location where more informal supports will be available, thus allowing the waiver participant to remain in the community.

Moving Assistance is only available to waiver participants who already reside in the community. It differs from Community Transitional Services (CTS) as CTS is only available to waiver participants who are transitioning from a nursing home.

11. **Nutritional Counseling/Educational Services NHTD only**

Nutritional Counseling/Educational Services is an individually designed service which provides an assessment of the waiver participant's nutritional needs and food patterns, and the planning for the provision of food and drink appropriate for the waiver participant's conditions, or the provision of nutrition education, and counseling to meet normal and therapeutic needs.

In addition, these services may include:

- Assessment of nutritional status and food preferences;
- Planning for the provision of appropriate dietary intake within the waiver participant's home environment and cultural considerations;
- Nutritional education regarding therapeutic diets as part of the development of a nutritional treatment plan;
- Regular evaluation and revision of nutritional plans; and
- The provision of in-service education to the waiver participant, family, advocates, waiver and non-waiver staff as well as consultation on specific dietary problems of the waiver participants.

12. **Peer Mentoring NHTD only**

Improvement of the waiver participant's self-sufficiency, self-reliance, and ability to access needed services, goods and opportunities in the community accomplished through education, teaching, instruction, information sharing, and self-advocacy training, provided by a "peer" (with similar disabilities).

This service is provided on an individual basis and specific goals must be established for the individual. Peer Mentoring will primarily be available to waiver participants who have recently transitioned into the community from a nursing home or as needed during times of crisis.

13. **Positive Behavioral Interventions and Supports (PBIS) NHTD**

Services intended to decrease the frequency or intensity of the waiver participant's significant behavioral difficulties that may jeopardize his/her ability to remain in the community of choice due to inappropriate responses to events in his/her environment. PBIS should be provided in the situation where the significant maladaptive behavior occurs.

**Positive Behavioral Interventions and Support Services (PBIS) TBI**

PBIS services are provided to participants who have significant behavioral difficulties that jeopardize their ability to remain in the community of choice due to inappropriate responses to events in their environment. The primary goal of PBIS services is to decrease the intensity or frequency of targeted behaviors, and to teach more socially appropriate behaviors.

PBIS services include but are not limited to:

- A comprehensive assessment of the individual's behavior in the context of his/her medical diagnosis, abilities/disabilities and the environment which precipitates the behaviors.
- A detailed holistic behavioral treatment plan including a clear description of successive levels of intervention starting with the simplest and least intrusive.
- Arrangements for training informal supports and waiver and non-waiver service providers to effectively use the basic principles of the behavioral plan.
- Regular reassessments of the effectiveness of the plan and modifying the plan as needed.
- An emergency intervention plan when there is the possibility of the participant becoming a threat to himself, herself or others.

14. **Respiratory Therapy Services NHTD only**

Services providing preventive, maintenance and rehabilitative airway-related techniques and procedures to the waiver participant in his/her home. Respiratory Therapy Services include:

- application of medical gases, humidity and aerosols;
- intermittent positive pressure;
- continuous artificial ventilation;
- administration of drugs through inhalation and related airway management;
- individual care; and
- instruction administered to the waiver participant and informal supports.

15. **Respite Services NHTD**

Respite Services is an individually designed service intended to provide scheduled relief to informal, non-paid supports who provide primary care and support to a waiver participant. Respite Services are provided in a 24-hour block of time, not to exceed thirty (30) days per year. This is usually provided for participants who are in need of oversight and supervision as a discrete task. Participants approved to receive Respite Services do not necessarily need to be receiving HCSS, as the oversight and supervision is being provided by their informal/non-paid supports on a regular basis.

The primary location for the provision of this service is in the waiver participant's home, but Respite Services may also be provided in another dwelling acceptable to the waiver participant.

**Respite Care Services TBI**

Respite Care Services may be included in the Service Plan to provide relief to informal, non-paid supports who provide primary care and support to a participant. These services are usually provided in the participant's home. As Respite Care Services are used in a 24 hr. unit,

no other waiver services can be provided during this time unless specifically outlined and justified in the Service Plan. Specific attention is to be placed on tasks that would typically be completed by informal supports, but which may be above the scope of practice of a Respite Care provider (i.e., medication administration, wound care, etc.)

Services may be provided in another home in the community if this is acceptable to the participant and the people living there. If a participant is interested in seeking a brief respite in a nursing facility, this may be accomplished through a Scheduled Short Term Admission and is not considered a Waiver service.

16. **Structured Day Program Services NHTD**

Outpatient congregate setting providing services designed to improve or maintain waiver participants' skills and abilities to live as independently as possible within the community. Services may include assessment, training and supervision to an individual with self-care, task completion, communication skills, interpersonal skills, problem-solving skills, socialization, sensory/motor skills, mobility, community transportation skills, reduction/elimination of maladaptive behaviors, money management skills, and ability to maintain a household.

**Structured Day Program Services TBI**

Structured Day Program services are individually designed services, provided in an outpatient congregate setting or the community, to improve or maintain the participant's skills and ability to live as independently as possible in the community. Services may include assessment, training and supervision of, or assistance to, an individual with issues related to self-care, medication management, task completion, communication skills, interpersonal skills, problem-solving skills, socialization, sensory/motor skills, mobility, community transportation skills, reduction/elimination of maladaptive behaviors, money management skills, and skills to maintain a household.

17. **Substance Abuse Program Services TBI only**

Substance Abuse Program services provide individually designed interventions to reduce/eliminate the use of alcohol and/or other substances by the participant, which, if not effectively dealt with, will interfere with the individual's ability to remain in the community.

Substance Abuse Program services are provided in an outpatient group setting and may include an assessment of the individual's substance abuse history; learning/behavioral assessment; development of a structured treatment plan which reflects an understanding of the participant's substance abuse history and cognitive abilities; implementation of the plan; on-going education and training of the participant, family members, informal supports and all other service providers; individualized relapse strategies; periodic reassessment of the plan; and ongoing support. The treatment plan may include both group and individual interventions and must reflect the use of curriculum and materials adopted from a traditional substance abuse program to meet the needs of individuals with traumatic brain injury.

18. **Waiver Transportation TBI only**

Waiver transportation supplements transportation provided by the Medicaid State Plan. It includes transportation for non-medical activities which support the participant's integration into the community.

All other options for transportation, such as informal supports, community services and public transportation, must be explored and utilized prior to requesting waiver transportation. Use of this service must be indicated in the Service Plan.

19. **Wellness Counseling Service NHTD only**

Wellness Counseling Service is an individually designed service intended to assist the medically stable waiver participant in maintaining optimal health status. It is intended to be available to a waiver participant who does not otherwise have access to nursing services. Through Wellness Counseling, a Registered Professional Nurse assists the waiver participant to identify his/her health care needs and provides guidance to the waiver participant to minimize, or in some cases, prevent acute episodes of disease and utilize health care resources efficiently and effectively. This service differs from Medicaid (MA) State Plan Nursing Service as wellness counseling is provided as a discrete service to medically stable individuals.