

# Medicaid Home & Community Based Services Waivers

*Source: Iowa Medicaid Enterprise 3/12/08*

The Iowa Home & Community Based Services (HCBS) waivers are Medicaid Programs from the federal government which have rules set aside or “waived”. This gives you more choice about how and where you receive services. It is available to people with disabilities and older Iowans who need services and supports; which may allow them to stay in their homes. You must be eligible for Medicaid and also meet the requirements for each waiver. Iowa currently has seven Medicaid HCBS waivers.

## **HCBS AIDS/HIV Waiver**

The AIDS/HIV waiver provides services for persons who have an AIDS or HIV diagnosis. The following services are available:

- Adult Day Care
- Consumer Directed Attendant Care
- Counseling Services
- Home Delivered Meals
- Home Health Aide
- Homemaker
- Nursing
- Respite

## **HCBS Brain Injury (BI) Waiver**

The BI waiver provides services for persons who have a brain injury diagnosis due to an accident or illness. An applicant must be at least one month of age but less than 65 years of age. The following services are available:

- Adult Day Care
- Behavioral Programming
- Case Management
- Consumer Directed Attendant Care
- Family Counseling & Training
- Home & Vehicle Modification
- Interim Medical Monitoring & Treatment
- Personal Emergency Response
- Prevocational Services
- Respite
- Specialized Medical Equipment
- Supported Community Living
- Supported Employment-Transportation

## **Elderly Waiver (EW)**

The Elderly waiver provides services for elderly persons. An applicant must be, at least, 65 years of age. The following services are available:

- Adult Day Care
- Assistive Devices
- Case Management

- Chore
- Consumer Directed Attendant Care
- Home & Vehicle Modification
- Home Delivered Meals
- Home Health Aide
- Homemaker
- Mental Health Outreach
- Nursing
- Nutritional Counseling
- Personal Emergency Response
- Respite
- Senior Companion and Transportation

### **HCBS III & Handicapped (IH) Waiver**

The IH waiver provides services for persons who are blind or disabled. An applicant must be less than 65 years of age. The following services are available:

- Adult Day Care
- Homemaker
- Consumer Directed
- Interim Medical Attendant Care Monitoring & Treatment
- Counseling
- Nursing
- Home & Vehicle
- Nutritional Counseling Modification
- Personal Emergency
- Home Delivered Meals Response
- Home Health Aide
- Respite

### **HCBS Mental Retardation (MR) Waiver**

The MR waiver provides services for persons with a diagnosis of mental retardation. The following services are available:

- Adult Day Care
- Personal Emergency
- Consumer Directed Response Attendant Care
- Prevocational
- Day Habilitation
- Respite
- Home & Vehicle
- Supported Community Modification Living
- Home Health Aide
- Supported Community
- Interim Medical Living-Residential Based Monitoring & Treatment
- Supported Employment
- Nursing
- Transportation

### **HCBS Physical Disability (PD) Waiver**

The PD waiver provides services for persons with a physical disability. An applicant must be at least 18 years of age, but less than 65 years of age. The following services are available:

- Consumer Directed Attendant Care
- Home & Vehicle Modification
- Personal Emergency Response
- Specialized Medical Equipment
- Transportation

### **HCBS Children's Mental Health (CMH) Waiver**

The CMH waiver provides services for children who have been diagnosed with a serious emotional disturbance. The following services are available:

- Environmental Modifications & Adaptive Devices
- Family & Community Support Services
- In Home Family Therapy
- Respite

### **Additional Information**

All waivers include some common service elements. These common elements are described below:

#### **SERVICE COORDINATION**

Your case manager/service worker is there to help you plan for and get the services and supports you need.

#### **INDIVIDUAL PLANNING**

All individuals who receive waiver services and supports have an Individual Service Plan. Your plan should include important information about you, your goals, and the steps you and your Support Team need to take to get there. Usually, the people on your team include yourself, your case manager/service worker, and other people whom you choose.

#### **QUALITY ASSURANCE**

It is important to make sure that you are satisfied with the services and supports that you receive, and that those supports are helping you move toward the goals that are in your Individual Service Plan. Iowa must also assure that HCBS waiver funds are used appropriately and in a fashion that meets federal and state requirements.

#### **FLEXIBLE SUPPORTS**

You should receive supports that are creative and effective so that your individual needs are met in the most efficient way possible.

#### **PERSON CENTERED APPROACH**

You should feel you are respected, valued, and an equal partner in the design and delivery of the supports that are provided to you. Your team is there to support you in making decisions. You have the responsibility of letting your team know your service needs.

#### **HEALTH & SAFETY**

The Iowa Department of Human Services requires providers to supply high quality supports. These supports will help you stay healthy and safe while allowing you to make informed choices,

try new experiences, take reasonable risks, and assume new challenges and responsibilities in your life.

### **EASY ACCESS**

You should be able to find and get the supports you need. Just contact your local Iowa Department of Human Services office or visit the Iowa Medicaid Enterprise (IME) website: [www.ime.state.ia.us](http://www.ime.state.ia.us) or <http://www.ime.state.ia.us/HCBS/HCBSindex.html>.

### **Implementation of Services**

Each child and family has an initial contact with an Income Maintenance Worker at his or her local Department of Human Services office to determine financial and medical eligibility. If the child is eligible and chooses to enroll in the CMH Waiver, the Iowa Medicaid Enterprise-Medical Services Unit completes initial and ongoing functional needs assessments; Targeted Case Managers are assigned to assist the child and family with coordinating services and convening the IDT; providers are enrolled and enlisted to provide services and supports to each family.

Accountability is achieved through a variety of systematic tracking methods. Training, technical assistance, quality assurance/ improvement are also part of the CMH Waiver's unique quality framework to promote successful outcomes.

### **The Interdisciplinary Team**

Each child and family is part of an interdisciplinary team (IDT) of dedicated professionals, para-professionals, and others - actively working together to achieve satisfactory outcomes. Each IDT is comprised of people from the child's own or nearby community and includes:

- the child and family
- a targeted case manager
- one or more service providers (chosen by the family to implement services and supports)
- mental health professional(s)
- any other person(s) the child and family choose to include

Collaboratively developed during the IDT meeting, each child has an individualized outcome achievement plan (OAP) - also referred to as an individual comprehensive plan (ICP) - that documents the agreed upon goals, objectives and service activities. Also collaboratively developed during the IDT meeting, is an individualized crisis plan that is designed to enable the individual to prevent, self manage, alleviate or end a crisis.

It may be necessary to apply for SSI at your local DHS office before waiver eligibility can be determined.