



# Individual Options Waiver Handbook

A Guide to Services and Eligibility

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The Mission of the Ohio Department of Developmental Disabilities is continuous improvement of the quality of life for Ohio's citizens with developmental disabilities and their families.



John Kasich, Governor

John L. Martin, Director



# Individual Options Waiver Handbook

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## Introduction

The Individual Options Waiver (IO Waiver), is a Medicaid waiver for people who have developmental disabilities. Individuals who are eligible can use a Medicaid waiver to stay in their homes and get support, rather than live in an Intermediate Care Facility for Individuals with Intellectual Disabilities (ICF/IID). This handbook will help you understand the waiver and its eligibility requirements, and learn about the services it provides. It is divided into four areas:

1. Who is Eligible?
2. What Services are Covered?
3. Definition of Services
4. Who Can Help Me Get an IO Waiver?

## Who Is Eligible?

The IO Waiver is for people with developmental disabilities who:

- Require the level of care provided in an ICF but who want to live in their family home, or in the community with friends and/or roommates.
- Meet the financial criteria of Medicaid eligibility as determined by your local county's Department of Job and Family Services (ODJFS).

## What Services are Covered?

- Homemaker/Personal Care
- Adult Foster Care
- Adult Family Living
- Remote Monitoring
- Remote Monitoring Equipment
- Environmental Accessibility Adaptations
- Transportation
- Residential Respite
- Community Respite
- Social Work
- Home-delivered meals
- Nutrition
- Interpreter Services
- Specialized Medical Equipment & Supplies
- Adult Day Support
- Supported Employment-Community
- Supported Employment-Enclave
- Vocational Habilitation
- Non-Medical Transportation

## Definitions of Services

Homemaker/Personal Care is provided to help a person with daily living activities such as personal hygiene, dressing and eating. These services include:

- Basic personal care and grooming, including bathing, hair care, and help with clothing.
- Help with medications that are usually self-administered when ordered by a doctor.
- Household services essential to a person's good health and comfort, such as changing bed linens.
- Light cleaning in areas of the home used by the person.
- Preparation of a shopping list, grocery shopping and meal preparation.
- Laundry
- Other neighborhood errands including going to medical appointments or taking walks.
- Other activities that ensure a person's safety, health, and welfare.

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## **Definitions of Services**

**Adult Foster Care** means personal care and supportive services (e.g., homemaker and chore services) provided in a private home by an unrelated, principal care provider who lives in the home and whose primary, legal residence is that home. Adult Foster Care is furnished to adults who receive these services in conjunction with residing in the home, and the services, their associated activities, and skill development approximate the rhythm of life that naturally occurs as part of living in the family home (Host Home).

**Adult Family Living** is personal care and support services provided to an adult by a caregiver who is related to and lives with the individual receiving the services.

**Remote Monitoring** means the monitoring of an individual in his or her residence by staff using one or more of the following systems: live video feed; live audio feed; motion sensing system; radio frequency identification (RFID); web-based monitoring system; or other device approved by DODD. The system shall include devices to engage in live two-way communication with the person being monitored.

**Remote Monitoring Equipment** means the equipment used to operate Remote Monitoring Systems.

**Environmental Accessibility Adaptations (Home Modifications)** are changes to a home that enable a person to function with greater independence. Examples include:

- Installing ramps or grab-bars;
- Widening doorways;
- Modifying bathrooms to be wheelchair-accessible; and,
- Installing specialized electrical or plumbing systems to accommodate medical equipment.

**Transportation** enables people to access waiver services and travel to community services, activities, and other resources.

**Residential Respite** means services provided to individuals unable to care for themselves that are furnished on a short-term (90-day) basis due to the absence of or need for relief of those persons who normally provide care for the individuals. Residential Respite can be provided in an ICF; in a licensed facility; or in a residence (if the provider is an agency provider.)

**Community Respite** means services provided to individuals unable to care for themselves that are furnished on a short-term (60-day) basis because of the absence of or need for relief of those persons who normally care for the individuals. Community Respite shall be provided only outside of an individual's home in a camp, recreation center, or other place where an organized community program or activity occurs.

## **Adaptive & Assistive Equipment**

- Devices, controls or appliances that allow people to do daily living activities or to help them communicate;
- Items necessary for life support and the supplies and equipment necessary for upkeep; and,
- Durable and non-durable equipment that is not paid for by the Medicaid State Plan.

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## Definitions of Services

**Supported Employment** services are intensive, ongoing supports that help people to perform work in a regular employment setting, including self-employment. *Supported Employment does not include sheltered work or other vocational services furnished in specialized facilities.*

There are two types of **Supported Employment** services:

- *Community* -- Provided to individuals who work in an integrated community work setting, along side employees without disabilities, and performing same or similar tasks.
- *Enclave* -- Provided to individuals who work as a team at a single work-site (community business or industry) with ongoing support provided by on-site staff.

**Adult Day Support** services are provided separately from any home or facility in which an individual resides, focus on non-work activities, and include five components:

- *Assessment* -- May be formal or informal, for the purpose of developing an Individual Service Plan (ISP);
- *Personal Care* -- Includes personal hygiene, eating, communication, mobility, toileting, and dressing;
- *Skill Reinforcement* -- Includes implementing behavioral intervention plans, and help with the use of communication and mobility devices;
- *Training in Self Determination* -- Includes developing self-advocacy skills and acquiring skills that enable an individual to become more independent;
- *Recreation and Leisure* -- Includes supports identified in the ISP that are therapeutic, and help to develop and maintain social relationships and family contacts.

**Vocational Habilitation** services are designed to teach and reinforce concepts related to work, including responsibility, attendance, task completion, problem solving, social interaction, motor skill development, and safety.

**Non-Medical Transportation** is transportation necessary to access Adult Day Support, Vocational Habilitation, Supported Employment-Enclave and Supported Employment-Community waiver services, as specified by the Individual Service Plan.

**Social Work** helps a person and his/her family with emotional problems or social needs that will allow them to live in the community. The counselor or social worker may work on problem-solving, help a person to develop self-help or adaptive skills, or arrange for counseling, or other support services to help ease stress that may be caused by such things as work, families or living situations.

**Home-delivered meals** mean the preparation, packaging, and delivery of meals to people who are unable to prepare or get nourishing meals. The waiver will provide up to two meals a day, seven days a week.

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## Definitions of Services

**Nutrition Services** are used when people need direction to ensure they are eating the right foods to be healthy. A nutritionist can provide a nutrition care plan that could include an outline of foods to be eaten, conversations about the importance of the foods and counseling about the need for proper nutrition. The nutritionist can be used to teach the person with disabilities, his/her family, guardian, or others who help with meals.

**Interpreter Services** help a person communicate when they are hearing-impaired. People who provide this service can help the person who has a disability to convey a message, as well as feelings or attitudes.

## Additional Information

### Who provides the services paid for with this waiver?

Individuals enrolled in the IO Waiver can select certified providers of their choice. Providers are certified by the Ohio Department of Developmental Disabilities (DODD) and the Ohio Department of Medicaid, and are listed on the DODD website, [www.dodd.ohio.gov](http://www.dodd.ohio.gov).

### Who can help me apply for an IO waiver?

To apply, contact your County Board of Developmental Disabilities.

### What if I am denied enrollment or placement on the waiting list?

You may appeal that decision by requesting a Medicaid State Hearing.

### How do I do that?

Ask for a State Hearing if you do not agree with an action or a decision on your waiver application or Medicaid waiver benefits. To ask for a Medicaid State Hearing, call the Bureau of State Hearings at (866) 635-3748; TTY (614) 728-2985. For more information about Medicaid State Hearings, use the following link: <http://www.odjfs.state.oh.us/forms/file.asp?id=1680&type=application/pdf>.



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