

Class 3

The goal: Holistic, person-centered, and wrap-around

August 22, 2024



What do supports look like after school?

We moved on from a default “institutional” mindset, but what does that mean for individuals?

In the adult-services arena, “person-centered” and “person-focused” are terms that are often used .

In this class we are going to learn a bit about what those and other terms mean & how you can apply them.



Intro to Person Centered Planning & Supported Decision Making

Assessing skills and resources; using your voice

Advocacy framing

Person-centered

- Focused on what someone wants for themselves
- System works for the person who needs support
- Puts the person first
- Focuses on strengths
- Social model
- Developed by self-advocates and their allies

(Default) system-centered

- Focused on what others want for a person who needs support
- Tries to make a person who needs support act “better” for the system
- Puts the person last
- Focuses on deficits
- Medical model
- Developed by agencies and governments

Tool 1

Person-centered approach

Person-Centered Planning is a vision-building process and future planning tool used to:

- Discover the kind of life a person desires
- Create a plan for how their dreams may be achieved
- Identify ways to access needed supports and services

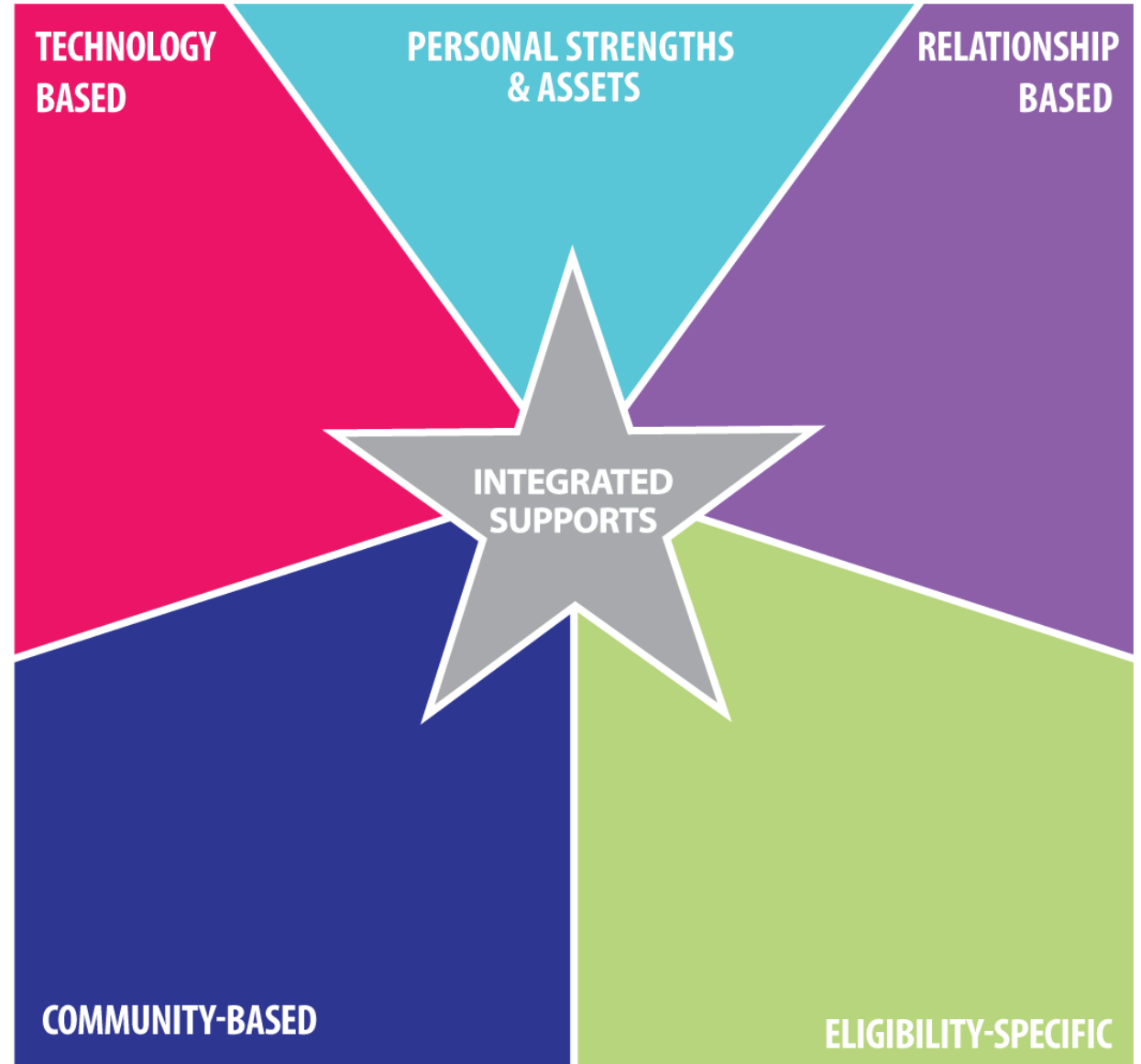
The focus is always on the vision of what the person would like to be and do.

The planning focuses on the **strengths** of the person rather than his/her weaknesses.

[The Arc of King County: Person Centered Planning](#)

Mapping out Person Centered Planning

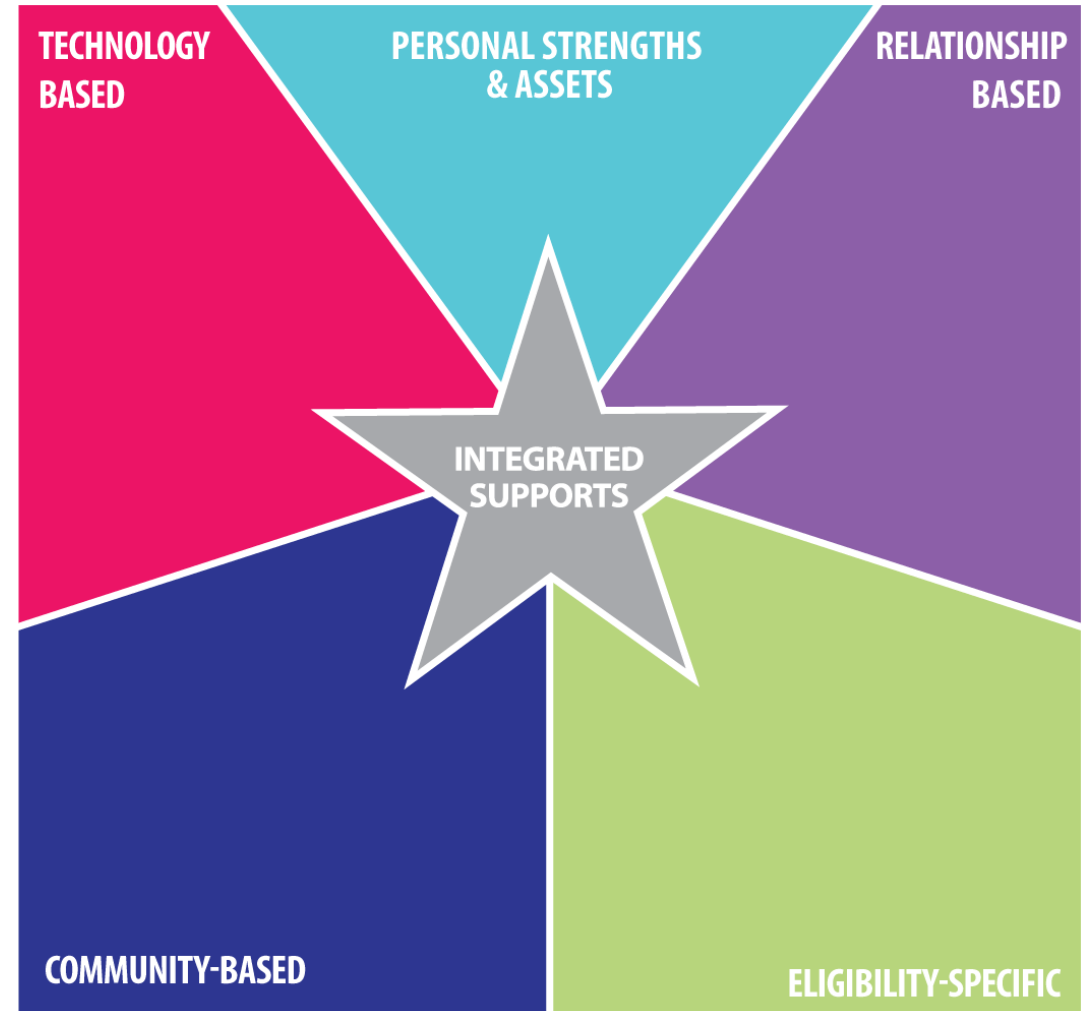
Image from Mary Lee Fay's lecture
"History of disability policy and new
Medicaid rules" at the Pacific
Alliance on Disability Self Advocacy



What are your supports?

Take 5 minutes to list out some supports you have. Examples include:

- Natural supports
 - Friends, family
- Technological supports
 - AAC device, calendar, planner
 - Car, smartphone
- Service supports



What are your strengths?

- Take 5 minutes to list out some strengths

Tool 2

Supported decision making

- Everyone makes decisions
- The decision may be big like moving to a new city
- The decision might be small like choosing a restaurant
- Everyone has a right to decide what is best for them
- Sometimes you might need help making a decision
- With this tool you can talk through your decision with someone who can help inform the decision—but you decide, not anyone else
- Like in person-centered planning, you build a team of supporters with supported decision making

Making a team

- Take 5 minutes and think about who you can ask for advice about advocacy, Individual Education Program (IEP) meetings, etc.
- Think about who you might reach out to if you are not connected with them already
- Those people can be part of your supported-decision making team

Eric's take

- What is person-centered planning?
- Why do you think it is important?
- What kind of questions do they ask?



<https://www.youtube.com/watch?v=-ilCeU-b-ql>

More on Person-Centered Planning

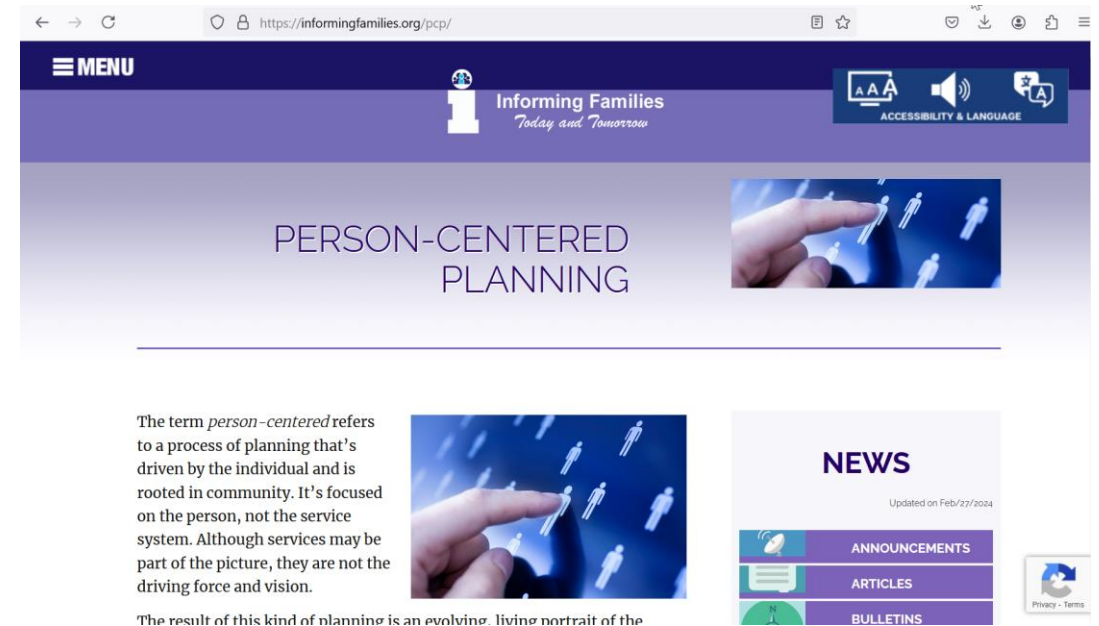
[One Page Profile](#)

[My Life Plan](#)

- From Washington's Developmental Disabilities Council.
- For all ages: 0-3, 4-6; 6-13; 14-21; 21-62; 62+)

About person-centered planning (our resource guide):

<https://arcofkingcounty.org/resource-guide/personcentered-planning/person-centered-planning.html>



The screenshot shows a web browser displaying the page <https://informingfamilies.org/pcp/>. The page features a dark purple header with a 'MENU' button, the 'Informing Families' logo with the tagline 'Today and Tomorrow', and an 'ACCESSIBILITY & LANGUAGE' section with icons for text size, volume, and language. The main content area has a large heading 'PERSON-CENTERED PLANNING' next to an image of a hand pointing at a globe with human figures. Below this, there is a text block explaining the concept of person-centered planning, accompanied by another image of a hand pointing at a globe. To the right, there is a 'NEWS' section with a date 'Updated on Feb/27/2024' and three categories: 'ANNOUNCEMENTS', 'ARTICLES', and 'BULLETINS'. A 'Privacy - Terms' link is visible in the bottom right corner.

PERSON-CENTERED PLANNING

The term *person-centered* refers to a process of planning that's driven by the individual and is rooted in community. It's focused on the person, not the service system. Although services may be part of the picture, they are not the driving force and vision.

The result of this kind of planning is an evolving, living portrait of the

NEWS
Updated on Feb/27/2024

ANNOUNCEMENTS
ARTICLES
BULLETINS

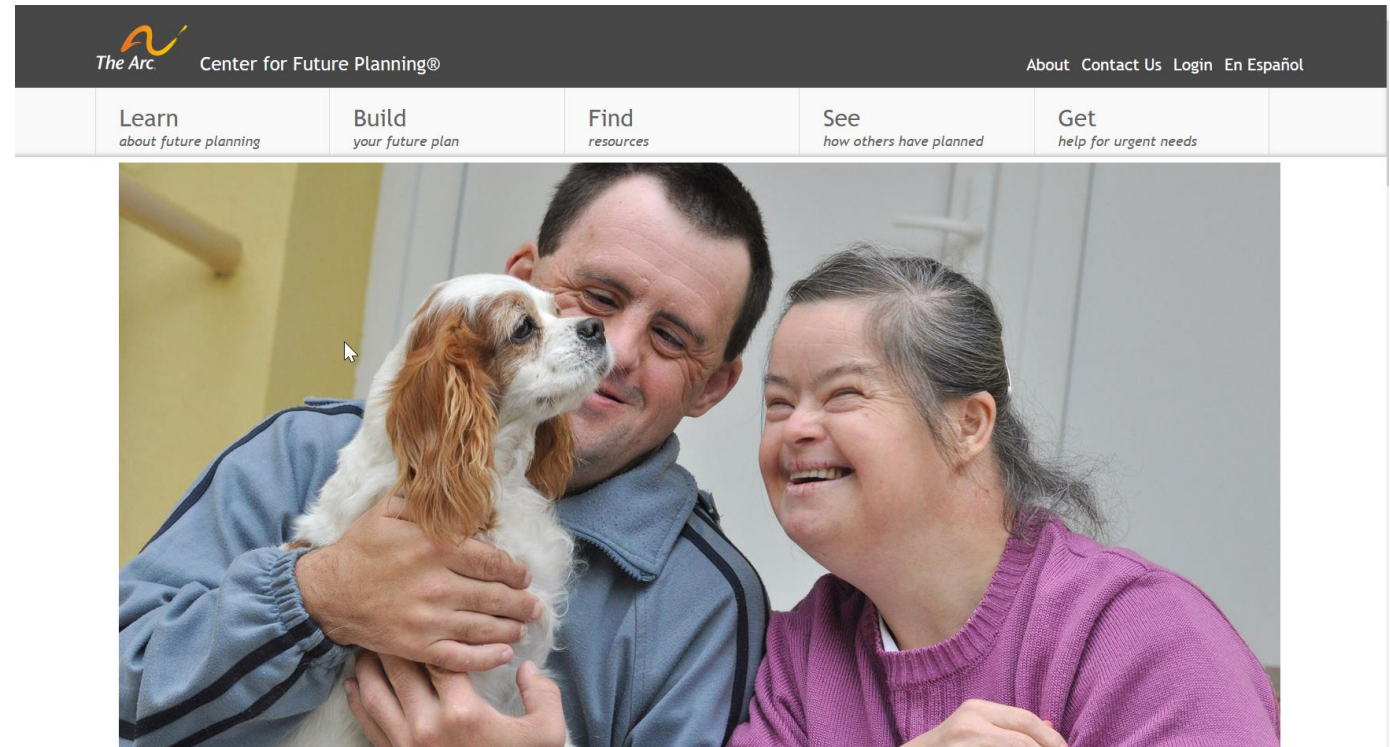
Privacy - Terms

Future planning

A BIG question for a lot of older parents that we support is, what happens if I am not around?

This toolkit from The Arc US walks families through future planning

- Expressing wishes for the future in writing
- Deciding where to live and how much support is needed
- Paying for basic and other needs
- Getting a job and other daily activities
- Making daily and major life decisions
- Making friends and having good relationships



<https://futureplanning.thearc.org/>

Why Future Planning is Important



Decision-Making



Your Next Home



What to Know About Public Benefits



Building Good Relationships



What to Know About Trusts & ABLE Accounts



Growing Your Social Network



Dealing with Changes, Grief, and Loss



Building a Career



Discussion:

- What would a person-centered SYSTEM offer and accomplish

Long-term services and support

What is DDA/what does it offer? <https://www.dshs.wa.gov/dda>

Development Disabilities Administration

What is AL TSA? <https://www.dshs.wa.gov/altsa>

Aging and Long-Term Care Administration

What is DVR? <https://www.dshs.wa.gov/dvr>

Division of Vocational Rehabilitation

Other DSHS resources <https://www.dshs.wa.gov/>

What is missing?

Long-term services and support

The Developmental Disabilities Administration (DDA) offers five Home and Community Based Services (HCBS) Waivers:

- [Basic Plus](#)
- [Children's Intensive In-home Behavioral Supports \(CIIBS\)](#)
- [Community Protection](#)
- [Core](#)
- [Individual and Family Services \(IFS\)](#)

Each of the five waivers provides an array of services tailored to the specific populations they serve. Waiver services provide additional support when Medicaid state plan services and other supports are not sufficient. For more information about the waiver program, go to the [Services and Information Request form](#), contact your Case Resource Manager, Social Worker, or [regional DDA office](#).

**Do you know
what a “waiver”
is and why they
are called that?**

Waiver Overview

Washington State Department of Social and Health Service's Developmental Disabilities Administration has five Home and Community-Based Service Medicaid Waiver programs. Each waiver offers specific services to meet an individual's health and safety needs in the community, as opposed to an institution. The Individual and Family Services waiver offers a variety of services when services are not available through any other resource (private insurance, Medicaid, school, etc.)

Individual and Family Services Waiver supports individuals who require waiver services to remain in the family home. Individuals must live with a family member. Services are limited by the amount of the annual allocation, which is determined by the DDA assessment (\$1,200; \$1,800; \$2,400; or \$3,600).

If the assessed need for services exceeds the scope of service provided under the IFS waiver, DDA will make one or more of the following efforts to meet health and welfare needs:

- Identify more available natural supports;
- Initiate an exception to rule to access available non-waiver services not included in the IFS waiver other than natural supports;
- Offer application for an alternative waiver that has the services needed;
- Offer placement in an intermediate care facility for individuals with intellectual disabilities.

If none of the above options are successful in meeting health and welfare needs, DDA may terminate the waiver eligibility. If terminated from a waiver, individuals may qualify for other non-waiver DDA services.

Waiver Services

Use this brochure to plan an individual's annual assessment. A case resource manager will explain services and requirements, and document services selected in the person-centered service plan. Some services require prior review & approval; ask their CRM what information is needed. Services in four categories with *age limits* include:

- **Community services** – promote client participation and integration in the community
- **Professional services** – support services provided by contracted professionals
- **Caregiving services** – supports for participants and their caregivers
- **Goods and services** – equipment, supplies and specialized services for participants

Use check boxes to show the CRM which services are of interest:

Community Services

- Community engagement** – services to increase connections and engagement in community supports.
- Peer mentoring** – using personal experiences to provide support and guidance to individuals and family.
- Person-centered plan facilitation** – a life planning process to increase personal self-determination and develop an action plan.
- Transportation** – reimbursement to a provider for non-medical transportation required to access waiver services specified in a PCSF.

Professional Services

- Stabilization services** – services to assist and support when a person experiences a behavioral health crisis. Includes specialized habilitation, staff/family consultation and crisis diversion bed.
- Risk assessment** – evaluations of violent, stalking, sexually violent, or predatory behavior to determine the need for psychological, medical or therapeutic services.
- Specialized habilitation** – individualized support to learn or maintain a range of life skills.
- Staff/family consultation** – professional training and consultation to family and direct service providers to better meet a person's needs. Counseling available.
- Supported Parenting** – professional services offered to parents and prospective parents with developmental disabilities.
- Therapies** – occupational, physical and speech, language and hearing services beyond those provided by Medicaid (Apple Health). 21+

Caregiving Services

- Respite** – short-term relief to individuals who live with and care for an individual with developmental and intellectual disabilities.
- Skilled nursing** – chronic, long-term, services to address needs not met through Medicaid (Apple Care). 21+

Goods and Services

- Assistive technology** – products and training used to improve or maintain functional abilities.
- Environmental adaptations** – physical modification necessary for one to continue living in the community.
- Specialized clothing** – nonrestrictive clothing adapted to the needs related to the disability.
- Specialized equipment and supplies** – necessary equipment and supplies not available under Medicaid (Apple Care) including equipment and supplies needed to implement therapeutic or positive behavioral support plan.
- Therapeutic adaptations** – modifications to the home environment to reduce or eliminate stressors.
- Vehicle modifications** – adaptations to a vehicle that accommodates needs and supports community integration.
- Wellness education** – monthly, individualized printed, educational letter designated to assist in managing health-related issues and achieving wellness goals.



Waiver Overview

The Department of Social and Health Service's Developmental Disabilities Administration has five Home and Community-Based Service Medicaid Waiver programs. Each waiver offers specific services to meet health and safety needs in the community. The Basic Plus waiver offers a variety of services not available through other resources (private insurance, Medicaid, school, etc.)

The Basic Plus waiver supports individuals who require waiver services to meet their assessed health and safety needs in the community. Services are provided in their own home, family home, in an adult family home or adult residential center. The Basic Plus waiver serves individuals of all ages.

If the assessed need for services exceeds the scope of service provided under the Basic Plus waiver, DDA will make one or more of the following efforts to meet health and welfare needs:

- Identify more available natural supports;
- Initiate an exception to rule to access available, nonwaiver services not included in the Basic Plus waiver other than natural supports;
- Offer the application to apply for an alternative waiver that has the services needed;
- Offer placement in an ICF/IID.

If none of the above options meet the health and welfare needs, DDA may terminate waiver eligibility. If terminated from a waiver, a person can qualify for other non-waiver DDA services.

Waiver Service

Use this brochure to plan for an annual assessment. A case resource manager will explain services and requirements, and document services selected in the person-centered service plan. Some services require review and approval before they are delivered. Ask the CRM about what information is needed for prior approval. Services in four categories with age limits include:

- **Community services** – promote client participation and integration in the community
- **Professional services** – support services provided by contracted professionals
- **Caregiving services** – supports for participants and their caregivers
- **Goods and services** – equipment, supplies and specialized services for participants

Use check boxes to show the CRM which services are of interest:

Community Services

- Community engagement** – supports to increase connections and engagement in community resources.
- Community inclusion** – individualized support services that connect people in their local community to build relationships with others who share similar interests.
- Supported employment** – intensive, ongoing individual and group support to obtain and sustain employment. 21+
- Transportation** – reimbursement to a provider for non-medical transportation required to access waiver services specified in one's PCSP.

Professional Services

- Stabilization services** – Assistance and support during a behavioral health crisis. The services include specialized habilitation, staff/family consultation and crisis diversion bed services.
- Risk assessment** – evaluations of violent, stalking, sexually violent, or predatory behavior to determine the need for psychological, medical or therapeutic services.
- Specialized habilitation** – individualized support to learn or maintain a range of life skills.
- Staff/family consultation** – professional consultation to family and direct service providers to better meet needs. Counseling available.
- Therapies** – occupational, physical and speech, language and hearing services beyond those provided by Medicaid (Apple Health). 21+

Caregiving Services

- Respite** – short-term relief to individuals living with and caring for clients.
- Skilled nursing** – chronic, long-term, services to address needs not met through Medicaid (Apple Care). 21+

Goods and Services

- Assistive technology** – products and training used to improve or maintain functional abilities.
- Bed bug extermination** – treatment for bed bugs in the home.
- Therapeutic adaptations** – modifications to the home environment to reduce or eliminate stressors.
- Environmental adaptations** – physical modification to the home necessary for a person to continue living in the community.
- Specialized equipment and supplies** – necessary equipment and supplies not available under Medicaid (Apple Care) including equipment and supplies needed to implement therapeutic or positive behavioral support plan.
- Wellness education** – monthly, individualized, printed educational letter designed to assist in managing health related issues and achieving wellness goals.

Waiver Overview

Department of Social and Health Services' Developmental Disabilities Administration has five Home and Community-Based Service Medicaid Waiver programs. Each waiver offers specific services to meet health and safety needs in the community. The Core waiver offers a variety of services when not available through other resources (private insurance, Medicaid, school, etc.)

Core waiver offers residential options to individuals at immediate risk of institutional placement or have an identified health and welfare need for services that cannot be met by the Basic Plus Waiver. *Age 0+*

If the assessed need for services exceeds the scope of service provided under the Core waiver, DDA will make one or more of the following efforts to meet health and welfare needs:

- Identify more available natural supports;
- Initiate an exception to rule to access available non-waiver services not included in the Core waiver other than natural supports;
- Offer an application for an alternative waiver that has services needed;
- Offer placement in an Intermediate Care Facility for Individuals with Intellectual Disabilities.

If none of the above options meet the health and welfare needs, DDA may terminate waiver eligibility. If terminated from a waiver, an individual may still be eligible for other non-waiver DDA services.

Waiver Services

Use this brochure to plan annual assessments. A case resource manager will explain services and requirements, and document services selected in the person-centered service plan. Some services require prior review and approval. Services in four categories with *age limits* include:

- **Community services** – promote client participation and integration in the community
- **Professional services** – support services provided by contracted professionals
- **Caregiving services** – supports for participants and their caregivers
- **Goods and services** – equipment, supplies and specialized services for participants



Community Services

- Community engagement** – supports to increase connections and engagement in community resources.
- Community inclusion** – individualized support services that connect people in the local community to build relationships with others who share similar interests.
- Residential habilitation** – assistance for learning, improving, or retaining skills necessary for living in the community.
- Supported employment** – intensive, ongoing individual and group support to obtain and sustain employment. *21+*
- Transportation** – reimbursement to a provider for non-medical transportation required to access waiver services specified in a PCSP.

Professional Services

- Stabilization services** – activities that assist one during a behavioral health crisis. Includes specialized habilitation, staff/family consultation and crisis-diversion bed services.
- Specialized habilitation** – individualized support to learn or maintain a range of life skills.
- Risk assessment** – evaluations of violent, stalking, sexually violent, or predatory behavior to determine the need for psychological, medical or therapeutic services.
- Staff/family consultation** – professional consultation for family and direct service providers to better meet needs of individual.

- Supported Parenting** – professional services offered to parents and prospective parents with developmental disabilities.
- Therapies** – occupational, physical and speech, language and hearing services beyond those provided by Medicaid (Apple Health). *21+*

Caregiving Services

- Respite** – short-term relief to individuals who live with and care for persons with disabilities.
- Skilled nursing** – chronic, long-term, nursing services to address needs not met through Medicaid (Apple Care). *21+*

Goods and Services

- Assistive technology** – products and training used to improve or maintain functional abilities.
- Bed bug extermination** – Treatment for bed bugs in the home.
- Environmental adaptations** – physical modification to a home necessary for one to continue living in the community.
- Specialized equipment and supplies** – necessary equipment and supplies not available under Medicaid (Apple Care) including items needed to implement therapeutic or positive behavioral support plan.
- Wellness education** – monthly, individualized, printed, educational letter designed to assist in managing health-related issues and achieving wellness goals.



Waiver Overview

Washington State's Developmental Disabilities Administration (DDA) offers five Home and Community-Based Service (HCBS) Medicaid Waiver programs. Each waiver offers specific services to meet individual health and safety needs in the community, rather than in an institution. The Community Protection waiver offers a variety of services when they are not available elsewhere (private insurance, Medicaid, school, etc.).

Community Protection (CP) Waiver offers therapeutic residential supports for individuals assessed to require 24-hour, on-site staff supervision to ensure the safety of others. Participants voluntarily agree to follow the Community Protection guidelines. Individuals served are age 18 and older.

If an individual's assessed need for services exceeds services provided under the CP waiver, DDA will make one or more of the following efforts to meet health and welfare needs:

- Identify more available natural supports;
- Initiate an exception to rule to access available non-waiver services not included in the CP waiver other than natural supports;
- Provide the opportunity to apply for an alternative waiver with the services needed;
- Offer placement in an Intermediate Care Facility for Individuals with Intellectual Disabilities (ICF/IID).

If none of the above options meet the health and welfare needs, DDA may terminate waiver eligibility. If terminated from a waiver, persons may still be eligible for other non-waiver DDA services.

Waiver Services

Use this brochure to plan for annual assessments. A Case Resource Manager (CRM) will explain services and requirements, and document services selected in the Person-Centered Service Plan (PCSP). Some services require review and approval. A CRM knows what information is needed for prior approval. Services in four categories with *waiver & age limits* include:

- **Community services** – promote client participation in the community
- **Professional services** – supports provided by contracted professionals
- **Caregiving services** – supports for participants and their caregivers
- **Goods and services** – equipment, supplies and specialized services for participants

Use check boxes to show the CRM which services are of interest:

Community Services

- Residential habilitation** – assistance to learn, improve, or retain the social skills necessary for living in the community.
- Supported employment** – intensive, ongoing supports to obtain and sustain employment. 21+
- Transportation** – reimbursement to a provider for non-medical transportation required to access waiver services specified in a PCSP.

Professional Services

- Positive behavior support and consultation** – supports that address behavioral health needs. These include direct interventions to promote behaviors that improve quality of life and inclusion in the community.
- Risk assessment** – assessment to determine if there is a current risk to a client by engage in behaviors and to identify the supports necessary for the individual to stay in their communities.
- Specialized evaluation and consultation** – ongoing service promoting skill building to address the following actions that compromise the client's ability to remain in the community through individual or group supports, treatment team participation, and plan writing.
- Staff/family consultation and training** – professional training and consultation to family and direct service providers to better meet an individual's needs.
- Stabilization services** – services to assist and support during a behavioral health crisis. This includes specialized habilitation, staff/family consultation and crisis diversion bed services.
- Therapies** – occupational, physical and speech, language and hearing services beyond those provided by Medicaid (Apple Health). 21+

Caregiving Services

- Skilled nursing** – chronic, long-term, nursing services to address needs not met through Medicaid (Apple Care). 21+

Goods and Services

- Assistive Technology** – products and training used to improve or maintain functional abilities.
- Bed bug extermination** – treatment for bed bugs in the home.
- Environmental adaptations** – physical modification to the home necessary for a person to continue living in the community.
- Specialized equipment and supplies** – medically-necessary equipment and supplies not available under Medicaid (Apple Care).



Waiver Overview

Department of Social and Health Services' Developmental Disabilities Administration has five Home and Community-Based Service Medicaid waiver programs. Each waiver offers specific services to meet health and safety needs in the community. The Children's Intensive In-Home Behavioral Support waiver offers a variety of services when not available through any other resources (private insurance, Medicaid, school, etc.)

Children's Intensive In-Home Behavioral Support waiver supports youth at risk of out-of-home placement due to challenging behaviors. The CIIBS model involves wraparound planning and family-centered positive behavior support. The CIIBS waiver serves persons aged between 8 and 20.

If the assessed need for services exceeds the defined scope of services provided under the CIIBS waiver, DDA will make one or more of the following efforts to meet health and welfare needs:

- Assist participants to identify more available natural supports;
- Initiate an exception to rule to access available non-waiver services not included in the CIIBS waiver other than natural supports;
- Provide an application for an alternative waiver that includes the services needed;

If none of the above options meet the health and welfare needs of the CIIBS waiver participant, DDA may terminate waiver eligibility. If terminated from a waiver, persons may still be eligible for other non-waiver DDA services or placement in an ICF/IID care facility.

Waiver Services

Use this brochure to plan for annual assessments. A case resource manager will explain services and requirements, and document the services selected in the person-centered service plan. Some services require prior review and approval. Ask the CRM what information is needed for prior approval. Services in four categories include:

- **Community services** – promote client participation and integration in the community
- **Professional services** – support services provided by contracted professionals
- **Caregiving services** – supports for participants and their caregivers
- **Goods and services** – equipment, supplies and specialized services for participants



Use check boxes to show the CRM which services are of interest:

Community Services

- Peer mentoring** – using personal experiences to provide support and guidance to individuals and family.
- Person-centered plan facilitation** – a life planning process to increase personal self-determination and develop an action plan.
- Transportation** – reimbursement to a provider for non-medical transportation required to access waiver services specified in a PCSP.

Professional Services

- Stabilization services** – services to assist and support during a behavioral health crisis. This includes specialized habilitation, staff/family consultation and crisis diversion bed services.
- Specialized habilitation** – individualized support to learn or maintain a range of life skills.
- Risk assessment** – evaluations of violent, stalking, sexually violent, or predatory behavior to determine the need for psychological, medical or therapeutic services.
- Staff/family consultation** – professional consultation provided to family and direct service providers to better meet needs. Counseling available.

Professional Services (continued)

- Equine therapy** – equine experience to promote emotional and physical growth to support a primary behavioral health plan.
- Music therapy** – musical interventions to promote progress on individual goals that support a primary behavioral health plan.

Caregiving Services

- Respite** – short-term relief to individuals living with and caring for clients.

Goods and Services

- Assistive technology** – products and training used to improve or maintain functional abilities.
- Environmental adaptations** – physical modification to the home, necessary for the participant to continue living in their family home.
- Specialized clothing** – non-restrictive clothing adapted to the needs related to the disability.
- Specialized equipment and supplies** – necessary equipment and items not available under Medicaid (Apple Care) including equipment and devices needed to implement therapeutic plan.
- Therapeutic adaptations** – modifications to the home environment to reduce or eliminate sensory processing stressors.
- Vehicle Modifications** – adaptations to a vehicle that accommodates needs and supports community integration.

Discussion:

- What is needed for the current system to become person-centered?