

1



2

Home and Community-Based Services After a Brain Injury

- Outline
 - Life Course Perspective
 - Compare Transitions, Trajectories, and Turning Points
 - Resilience
 - Person-Centered Approach
 - Home and Community-Based Services (HCBS)

3

Life Course Perspective

- Life Course Perspective
 - Relationship between time and human behavior
 - How biological, psychological, and social factors act independently, cumulatively, and interactively to shape people's lives from conception to death across generations
- Defining moments
 - Times when you are making a pivotal decision or experiencing something that fundamentally changes you
 - Opportunities to learn and grow
 - Resiliency

4

Life Course Perspective

- When we work with individuals and look at their life course, we must consider the individual life events, transitions, and their life course trajectory
 - Life events are significant occurrences involving a relatively abrupt change that may produce serious and long-lasting effects
 - Transition is a change in role or status that represents a distinct departure from prior roles and statuses
 - Life course trajectory includes long-term patterns of stability and change, which usually involves multiple transitions

5

Transitions Across the Life Course

- Transitions
 - Changes in roles and statuses that represent a distinct departure from prior roles and statuses
 - Process of gradual change that usually involves acquiring or relinquishing roles but can also be any change in status
 - Each transition changes statuses and roles and generally is accompanied by exits and entrances into and out of roles
 - Happens in all aspects of life
 - marriages, births, divorces, remarriages, death, health events, etc.

6

Transitions Across the Life Course

- Transitions disrupt patterns and comfort levels, even transitions we want
 - Feelings before, during, after
- Feelings Associated with Transitions
 - Unsure
 - Excited
 - Hopeful
 - Afraid
 - Apprehensive
 - Ready
 - Anxious
 - Confused



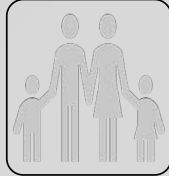
7

Trajectories Across the Life Course

- Trajectories
 - A longer view of long-term patterns of stability and change in a person's life, involving multiple transitions
 - The path from one transition to the next
- Trajectories are always embedded in transitions
- Long-term pattern of stability and change
 - Lives are made up of multiple, intersecting trajectories

8

Trajectories Across the Life Course



Family Life

- Marriage
- Divorce
- Adoption
- Birth



Health

- Brain Injury
- Complex Medical
- Physically Active
- Injury



Education

- High School Graduation
- Scholarship
- College
- Loans
- Military



Career

- New Job
- Retirement
- Job Loss
- Downsizing
- Promotion

9

Trajectories Across the Life Course

- Differences in life course trajectories as a result of
 - Cohort variations
 - Social class
 - Culture
 - Gender
 - Individual agency
- Intersectionality theory
 - All of us are jointly and simultaneously members of a number of socially constructed identity groups

10

Turning Points Across the Life Course

- Turning Points
 - Time when major change occurs in the life course trajectory
 - Defining moments
 - May involve transformation in how the person views the self in relation to the world and/or how the person responds to risk and opportunity
- Three types of life events can serve as turning points:
 - Either open or close opportunities
 - Make a lasting change on the person's environment
 - Change a person's self-concept, beliefs, or expectations

11

Turning Points Across the Life Course

- Most life course pathways include multiple turning points
- A transition can become a turning point under five conditions:
 - occurs simultaneously with a crisis or is followed by a crisis
 - involves family conflict over the needs of the needs and wants of individuals and the greater good of the family unit
 - when it is "off-time", meaning that it does not occur at the typical stage in life
 - followed by unforeseen negative consequences
 - requires exceptional social adjustments



12

Resilience

- Resilience is the ability to stay effective in the face of life's challenges and setbacks, while staying positive about the future
- Five components of resilience
 - Clarity
 - Confidence
 - Control
 - Connection
 - Contentment



13

Resilience

- Resilience Inventory
 - Client feels CLEAR about how he/she would like his/her life to be as he/she transitions
 - Client feels CONFIDENT he/she is able to thrive
 - Client feels in CONTROL as he/she navigates the transition
 - Client feels CONNECTED to and/or supported by others
 - Client feels CONTENT with life overall

14

Person-Centered Approach

- Person-centered approach is based on the theory and philosophy of Dr. Carl Rogers
 - He developed the non-directive theory of psychology, a client-centered approach, in which the client is “treated as a person, not as an object to be manipulated and directed”.



15

Person-Centered Approach

- The goal of person-centered **thinking, planning, and practice** should be to assist an individual to develop meaningful goals based on his/her values, beliefs, desires, strengths, supports, etc.
- Centers for Medicare and Medicaid Services (CMS) define person-centered thinking as:
 - Helps to establish the means for a person to live a life that they and the people who care about them have good reasons to value

16

Person-Centered Approach

- Person-Centered Practice
 - Is the alignment of service resources that give people access to the full benefits of community living and ensure they receive services in a way that may help them achieve individual goals and preferences
- The main principles of person-centered practices can be summarized as follows:
 - **Focus on the person.** The person is at the center of the planning process. The person's desires should be heard, honored, valued and reflected in the services received. People who are important in the person's life should be part of the planning process.
 - **Choice and self-determination.** People should make choices (with support if needed and wanted) about services and supports as well as decisions regarding their own health, well-being and life goals.
 - **Community inclusion.** People must have full access to the community and be treated with dignity and respect.
 - **Availability of services and supports.** People should have access to an array of individualized services that meet their particular needs.

17

Person-Centered Approach

- Person Centered Planning
 - Is a way to assist people to construct and describe what they want and need to bring purpose and meaning to their life
- CMS Person-Centered Planning Requirements
 - Process is driven by the individual
 - Recipient chooses who will participate
 - Meeting location and time that is convenient for the individual
 - Ensure delivery of services in a manner that reflects personal preferences and choices
 - Reflects cultural considerations
 - Uses plain language and is understandable to the person
 - The assessment should be comprehensive and not service-specific
 - Person-centered planning is an ongoing process

18

Person-Centered Approach



19



20

Home and Community-Based Services (HCBS)

- Allow people with significant physical and cognitive limitations to live in their home or a home-like setting and remain integrated with the community
- Assist in Meeting Olmstead Requirement of the Least Restrictive Setting
 - The Americans with Disabilities Act (ADA) requires public agencies to eliminate unnecessary segregation of persons with disabilities and provide services in the most integrated setting appropriate to the needs of the individual.
 - In 1999 the Federal Supreme Court Olmstead decision affirmed the ADA requirements.
- Goal is to prevent or delay institutional placement
- Some states provide certain HCBS in their Medicaid State Plans, Medicaid Waivers, or other state-funded programs

21

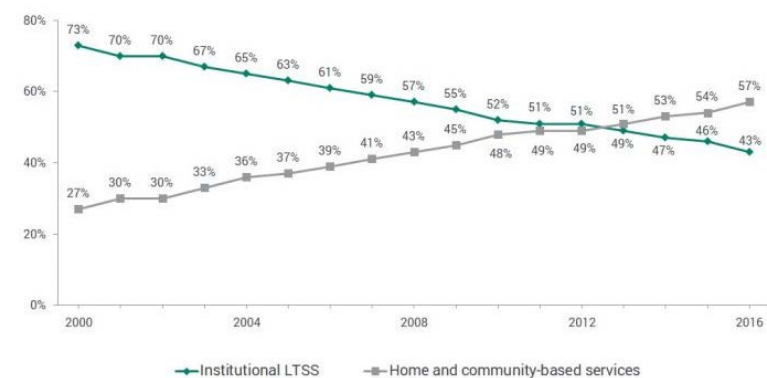
Home and Community-Based Services (HCBS)

- Nationwide, Medicaid beneficiaries increasingly are receiving long-term services and supports (LTSS) through HCBS
- In fiscal year (FY) 2016, Medicaid programs across the country spent approximately \$94 billion on HCBS compared to about \$72 billion on institutional services
- In North Dakota during FY 2018, HCBS served over 2,500 individuals

22

Home and Community-Based Services (HCBS)

Proportion of Total Medicaid LTSS Spending on Institutional LTSS and HCBS, FYs 2000–2016



23

Home and Community-Based Services (HCBS)

- Home and Community Based Services in North Dakota
 - Individual needs are formally assessed
 - Individuals' choice of services
 - Individuals' choice of who provides care
 - Maintaining as much independence as possible in the least restrictive setting
 - Primarily serve older individuals and individuals with physical disabilities
 - Individuals must meet both functional and financial eligibility
 - Long-term care services paid for by Medicaid and state-funded programs
 - May have client cost share based on income

24

Home and Community-Based Services (HCBS)

- Home and Community Based Services:
 - Service Payments for Elderly and Disabled (SPED)
 - Expanded Service Payments for Elderly and Disabled (Ex-SPED)
 - Medicaid State Plan – Personal Care (MSP-PC)
 - HCBS Medicaid Waiver
 - Technology Dependent Medicaid Waiver
- Aging Services also administers personal care services in Basic Care facilities

25

NORTH DAKOTA | Human Services

HCBS FUNCTIONAL & FINANCIAL ELIGIBILITY REQUIREMENTS COMPARISON (01/2020)

	EXSPED (Expanded Service Payments for the Elderly & Disabled)	SPED (Service Payments for the Elderly & Disabled)	MSP-Personal Care (Level A)	MSP-Personal Care (Level B)	MSP-Personal Care (Level C)	Medicaid Waiver for HCBS (Elderly & Disabled)	Technology Dependent Medicaid Waiver
Services	<ul style="list-style-type: none"> • Adult Day Care • Adult Foster Care • Chore & ERS • Emergency Response • Environmental Modification • Family Home Care • HCBS Case Management (billed under Targeted Case Management) • Home Delivered Meals • Homemaker • Non-Medical Transportation • Respite 	<ul style="list-style-type: none"> • Adult Day Care • Adult Foster Care • Chore & ERS • Emergency Response • Environ. Modification • Ext. Personal Care • Family Home Care • HCBS Case Management • Home Delivered Meals • Homemaker • Non-Medical Transp. • Personal Care Services • Respite 	<ul style="list-style-type: none"> • Personal Care Services (includes Daily-Rate & PC-Basic Care) 	<ul style="list-style-type: none"> • Personal Care Services 	<ul style="list-style-type: none"> • Personal Care Services 	<ul style="list-style-type: none"> • Adult Day Care • Adult Foster Care • Adult Residential • Chore & ERS Systems • Community Support • Community Transition • Companionship • Environmental Modification • Extended Personal Care • Family Personal Care • HCBS Case Management • Home Delivered Meals • Homemaker • Non-Med Transportation • Residential Habilitation • Respite • Sp. Equipment Supplies • Supervision • Supported Employment • Transitional Living 	<ul style="list-style-type: none"> • Attendant Care Service • HCBS Case Management • Non-Medical Transportation • Specialized Equipment and Supplies
Functional Eligibility	Not severely impaired in ADLs: Toileting, Transferring, Feeding And Impaired in 3 of the 4 following IADLs: • Meal Preparation • Housework • Laundry • Medication Assistance Or Have health, welfare, or safety needs, requiring supervision or structured environment	Impaired in 2 ADLs, OR in at least 4 IADLs, totaling eight (6) or more points or if living alone totaling at least six (4) points Or If under age 18, meet LOC screening criteria And Impairments must have lasted or are expected to last 3 months or more	Impaired in 1 ADL Or Impaired in 3 of the 4 following IADLs: • Meal Prep • Housework • Laundry • Medication Assistance And Meet LOC criteria	Impaired in 1 ADL Or Impaired in 3 of the 4 following IADLs: • Meal Prep • Housework • Laundry • Medication Assistance And Meet LOC criteria	Impaired in 3 ADLs And Meet LOC criteria No units allocated to the tasks of laundry, shopping, & housekeeping And Prior approval from the Dept.	Meet LOC criteria • Age 18 or older • Choose waiver services • Receive service on a monthly basis • Participate in planning • Functional impairment cannot be the result of a mental illness or mental retardation • If under 65 the disability must meet Social Security criteria or determined to be physically disabled by the state review team	Meet LOC criteria • Vent Dependent at least 20 hrs per day • Medically stable • Has an informal caregiver system for contingency planning • Is competent to participate in planning • If under 65 the disability must meet Social Security criteria or determined to be physically disabled by the state review team
Financial Eligibility	Medicaid Eligible	Income & Asset Based Sliding Fee Scale Resources \$50,000 or less	Medicaid Eligible			Medicaid Eligible	
Program Cap	\$3537.00 per month	\$3537.00 per month	Level A-480 units per month (a unit is 15 minutes) Level B-960 units per month Level C-1200 units per month			Total cost of all waiver services is limited to the highest monthly rate allowed to a nursing facility within the rate setting structure of the Department. Individual service caps may also apply.	

Individual QSP Rate \$5.19 per/unit, HIMK \$4.67 per/unit - Agency QSP Rate \$7.13 per/unit, HIMK \$6.42 per/unit (Some rates are also daily, one time, half day, or specific to the service)

26

Home and Community-Based Services (HCBS)

- Service Payments for Elderly and Disabled (SPED)
 - A state program under which Qualified Service Providers are reimbursed by the Department for the provision of certain services provided to eligible elderly and disabled persons. These services are designed to assist individuals to remain in their own homes and communities.
- Expanded Service Payments for Elderly and Disabled (Ex-SPED)
 - A program which pays for in-home and community-based services for people who would otherwise receive care in a licensed basic care facility.
- Medicaid State Plan – Personal Care (MSP-PC)
 - A state Medicaid program that assists an individual with ADLs and IADLs, so the individual is able to live at home.
- HCBS Medicaid Waiver
 - A federal program enabling states to deliver, under waiver of several Medicaid requirements, services to aged and disabled persons at risk of institutionalization.
- Basic Care
 - A residence that provides room and board and personal care services to individuals who because of impaired capacity for independent living, require health, social, or personal care services, but do not require regular 24 hour medical or nursing services.

27

Home and Community-Based Services (HCBS)

- Financial Assessment
 - This assessment looks at a person's assets and income, and determines cost share by deducting verified prescription drug costs, out of pocket medical costs, and health insurance and/or eligibility for Medicaid
- Functional Assessment
 - This assessment looks at a person's ability/inability to perform Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs)
- Nursing Facility Level of Care Screening
 - This screening is completed to assure the person's needs are at a level where their needs/impairments would qualify the individual for nursing home care

28

HCBS Service Definitions

- **Adult Day Care**
 - Community-based service offered within a group setting designed to meet the needs of functionally impaired individuals
- **Adult Foster Care**
 - Assistance with ADLs and IADLs and supportive services provided in a licensed private home
- **Adult Residential Services**
 - Residential program specializing in care of individuals with chronic moderate to severe memory loss or with significant emotional, behavioral or cognitive impairments
- **Attendant Care Services**
 - Hands-on supportive and medical care specific to a client who is ventilator dependent for a minimum of 20 hours per day
- **Case Management**
 - Assists individuals to understand options, make informed choices, solve problems, and connect with community resources and QSPs
- **Chore**
 - Assistance with tasks which an elderly or disabled individual is not able to complete in order to maintain his/her home or walkway

29

HCBS Service Definitions

- **Community Support Services**
 - Community supports is formalized training and supports provided to eligible individuals who require some level of ongoing daily support. This service is designed to assist with and develop self-help, socialization, and adaptive skills that improve the participant's ability to independently reside and participate in an integrated community
- **Community Transition Services**
 - Assist eligible individuals transitioning from an institution or another provider-operated living arrangement (to include skilled nursing facility, adult residential, adult foster care, basic care, and assisted living) to a living arrangement in a private residence where the client is directly responsible for his/her own living expenses and needs non-recurring set-up expenses
- **Companionship Services**
 - Reduces social isolation in older adults and individuals with physical disabilities. Companionship services are non-medical care, supervision and socialization, provided to a waiver recipient who lives alone or with an individual who is not capable or obligated to provide the service
- **Emergency Response System**
 - Allows individuals to access emergency call systems during the absence of human assistance
- **Environmental Modification**
 - Physical adaptations to a recipient's or family member's home to enhance the recipient's ability to function as independently as possible

30

HCBS Service Definitions

- Extended Personal Care
 - Hands-on medical care specific to the needs of an eligible individual, enabling the individual to live at home
- Family Home Care
 - Assists individuals to remain with family members and in their own communities
- Family Personal Care
 - Assists individuals to remain with family members or spouse in their own communities
- Home Delivered Meals
 - Nutritious and well-balanced meals delivered to individuals who live alone and unable to prepare an adequate meal for themselves
- Homemaker Services
 - To complete intermittent or occasional environmental tasks, such as housework, laundry, shopping, meal preparation, etc. that an elderly or disabled individual is not able to complete him/herself in order to maintain that individual's home
- Non-Medical Transportation
 - Enables individuals to access essential community resources or services in order to maintain themselves in their home and community
- Personal Care Services
 - Assists an individual with ADLs and IADLs so the individual is able to live at home

31

HCBS Service Definitions

- Residential Habilitation
 - Formalized training and supports provided to eligible individuals who require some level of ongoing daily support. This service is designed to assist with and develop self-help, socialization, and adaptive skills that improve the participant's ability to independently reside and participate in an integrated community
- Respite Care
 - Provides temporary relief to the individual's primary care provider from the stresses and demands associated with constant care or in an emergency
- Specialized Equipment and Supplies
 - Purchase of equipment and supplies that will facilitate or promote a recipient's independent functioning within his or her home
- Supervision
 - Up to 24 hours of supervision may be provided to individuals who because of their impairments need monitoring to assure their continued health and safety
- Supported Employment
 - Ongoing support to perform in a work setting with necessary adaptations, supervision and training needed to sustain paid work
- Transitional Living Services
 - Provides training, supervision, socialization, communication skills, etc. for the client in order to live with greater independence in the home

32

References

- Centers for Medicare and Medicaid Services. System-wide person-centered planning. Retrieved from <https://www.medicaid.gov/medicaid/hcbs/downloads/system-wide-person-centered-planning.pdf>.
- Evans, S. (August, 2017). How to define your defining moments. Retrieved from <https://www.forbes.com/sites/forbescoachescouncil/2017/08/03/how-to-define-your-defining-moments/#39293c0e25d0>.
- Human Services Research Institute (November, 2019). Person-centered thinking, planning, and practice: A national environmental scan of definitions and principles. Retrieved from https://ncapps.acl.gov/docs/NCAPPS_Principles_NationalEnvironmentalScan%20191202.pdf
- Hutchinson, E. D. (2015). *Dimensions of human behavior: The changing life course* (5th ed.). Thousand Oaks, CA: Sage Publications, Inc.
- Medicaid and CHIP Payment and Access Commission (MACPAC). Home- and community-based services. Retrieved from <https://www.macpac.gov/subtopic/home-and-community-based-services/>.
- McLeod, S. (2014). Carl Rogers. In *Simple Psychology*. Retrieved from <https://simplypsychology.org/carl-rogers.html>.
- Person Centered Practices. Retrieved from <http://personcenteredpractices.org/>.
- Scott, C. (2018) *Transitioning with Resilience* [Webinar]. American Society on Aging.