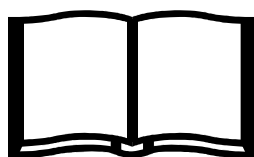




Ohio Department of Mental Retardation
and Developmental Disabilities

The Level 1 Waiver Handbook



A Guide To:

What Services are Covered?
For How Much?
Who is Eligible?

March 2008

Introduction

The Level 1 Waiver is for people with mental retardation or other developmental disabilities.

Waivers allow people to stay in their homes and get supports rather than move to an Intermediate Care Facility for the Mentally Retarded (ICFMR).

The Level 1 Waiver offers different services with set spending limits, but some of the limits can be changed with approval from your County Board of MRDD.

This guide is designed to help you understand the Level 1 waiver, learn about the services it provides, and the eligibility requirements. The guide is divided into sections:

- Who Is Eligible?
- What Services Are Covered?
- Definition of Services
- Who Can Help Me Get A Level I Waiver?
- Where are the Rules For This Waiver?
- When Will People Get This Waiver?
- Who Provides Services Paid For With This Waiver?

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Who Is Eligible?

The Level I Waiver is for people with mental retardation or other developmental disabilities who:

- Require the care given in an Intermediate Care Facility for the Mentally Retarded (ICFMR) but want to live at home.
- Have a network of families, friends, neighbors and professionals who can safely and effectively provide the needed care. The cost for this help cannot be more than the Level I Waiver allows.



What Services Are Covered?

Homemaker/Personal Care

Institutional Respite

Informal Respite

Transportation

Personal Emergency Response Systems

Specialized Medical Equipment and Supplies

Environmental Accessibility Adaptations

Emergency Assistance

Supported Employment

Day Habilitation

Adult Day Services

How much of each service can I get?

Each year you can use any combination of Homemaker/Personal Care, Informal Respite, Institutional Respite, or Transportation, up to a combined total of \$5000.

Every three years, starting from your initial date of enrollment, you can use any combination of personal emergency response systems, environmental accessibility adaptations, and specialized medical equipment and supplies.

If you are an adult, each year you can access Adult Services. You may choose from: Adult Day Support; Vocational Habilitation; Supported Employment; Enclave; and, Supported Employment-Community. If you need special equipment for your Supported Employment job, the Level 1 Waiver may also be able to help pay for this equipment.

For more detailed information on Adult Day Services, please refer to the New Adult Day Services Handbook.

NOTE: ‘Environmental Accessibility Adaptations’ are changes to your home to make it easier for you to get around. They are called many things, including “home modifications,” “home mods” or “changes to your home.” These changes might be a ramp to your front door or a railing in your front hall.

You can spend up to \$6,000 for changes to your home to make it easier to get around if this is where the need is the greatest and you get approval from the County Board of MRDD.

This would mean you would have no money for Personal Emergency Response Systems or Specialized Medical Equipment and Supplies for the 3-year life of the waiver. With the change, your plan would look like this:

Service	3-Year Limit
Personal Emergency Response Systems	\$ -0-
Specialized Medical Equipment and Supplies	\$ -0-
Environmental Accessibility Adaptations	\$6,000

Only the home modifications category (Environmental Accessibility Adaptations) can be increased. The most that can ever be spent for a Personal Emergency Response System or Specialized Medical Equipment and Supplies is \$2,000 each over the three-term of the waiver. Remember, the County Board of MRDD must OK the change.

Finally, every three years, starting from your initial date of enrollment, you can use \$8,000 for emergency assistance.

Service	3-Year Limit
Emergency Assistance	\$8,000

What does this mean?

Emergency Assistance is help for you when something unexpected happens. If a family member who cares for you is put in the hospital for several weeks, you would qualify for emergency help. The limit for emergency help is \$8,000 for three years.

Or if you have an emergency and need more help than your caregiver can give you, Emergency Assistance would help pay that care. Remember, the limit is \$8,000 for three years.

Define these services, please



Respite Care

Respite Care is support on a short-term basis for the person who receives the waiver to give family members a break.

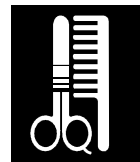
- **Informal Respite** can be provided in a person's home, the home of a friend or family member of the individual or at sites of community activities; or
- **Institutional Respite** means the care is provided in a Medicaid-certified Intermediate Care Facility for the Mentally Retarded (ICFMR) or a facility licensed by the State Department of MRDD.

Homemaker/Personal Care

Homemaker/Personal Care is provided in a person's home and helps a person with daily living activities such as personal hygiene, dressing and eating.

Homemaker/Personal Care services include:

- Basic personal care and grooming: bathing, hair care and help with clothing.
- Helping the person to and from the bathroom.
- 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 short walks.
- Other activities that ensure the enrolled person's safety, health and welfare



Day Habilitation is used when people go to workshops. It includes things like learning how to pack stuff in boxes so it doesn't get broken, or how to use a microwave oven to heat your lunch. If you already go to a workshop, you probably already get services a lot like day habilitation. This service is only available in workshops that follow special rules about working with people who have a disability. When you go to the workshop, the people who drive you on the bus or van also are part of getting day habilitation, so you don't have to ask your provider at home to take you or pick you up from there.

NOTE: Adult Day Services helps people get services when they are not at home. The new services are similar to Day Habilitation, but offer people more choices in the services they can get. Please see the "New Adult Day Services" handbook (ODMRDD) for more information.

Transportation



Transportation enables people on the waiver to travel to waiver and community services, activities and resources.

Whenever possible, family, neighbors, friends or community agencies that can provide the Transportation without charge will be used.

Specialized Medical Equipment and Supplies

Specialized Medical Equipment and Supplies include:

- 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 (Medicaid card).



Home Modifications (or Environmental Accessibility Adaptations)

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

Examples of **Home Modifications** are:

- Installing ramps and grab-bars
- Widening doorways
- Modifying bathrooms to be wheelchair accessible
- Installing specialized electric and plumbing systems to accommodate medical equipment



Personal Emergency Response System

A **Personal Emergency Response System** is an electronic device that a person with disabilities uses to get help in an emergency.

For example, the system may be a portable “help” button connected to a person’s phone that is programmed to send a signal to a response center when the “help” button is activated. Trained professionals staff the response center.

To qualify for a Personal Emergency Response System, a person must

- Live alone and/or can be alone for significant parts of the day, and
- Have no regular caregiver for extended periods of time, and
- Otherwise require extensive routine supervision.

Emergency Assistance

Emergency Assistance provides increased levels of any covered service in crisis situations EXCEPT FOR Informal Respite.

Emergency situations are:

- Involuntary loss of home for any reason, including legal action.
- Loss of caregiver including death of a caregiver or changes in the caregiver’s mental or physical status that makes them unable to do their duties.
- Abuse, neglect or exploitation of the person.
- Health and welfare conditions that post a serious risk of immediate harm or death to the person.
- Significant changes in the emotional or physical condition of the person that requires more support than the current caregiver can provide.



Who Can Help Me Get A Level I Waiver?



- To apply for the Level I Waiver go to your local Department of Job and Family Services office and fill out the application.

Where Are The Rules For This Waiver?



- The rules are available on the Ohio Department of MRDD website at www.mrdd.ohio.gov

Who Provides Services Paid For With This Waiver?



- Individuals receiving Level I Waiver services can select from ODMRDD certified providers of their choice. Individuals or agency applicants who are interested in providing Level I Waiver services may apply for certification through the Ohio Department of MRDD. Each Level I Waiver service has a different certification requirement. Certification must be obtained before delivering services to people enrolled on the Level I Waiver. For information about the certification process or requirements, call the Provider Certification Support Line at (877) 289-3636.

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



Ted Strickland, Governor

John L. Martin, Director

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