The Arc™
Indiana

An Introduction to Indiana's Medicaid Waiver Program for Home and Community Based Services



March 2013 Update

The Arc Indiana

An Introduction to Medicaid Waivers

What are Medicaid Waivers?

- Medicaid Waivers allow Medicaid to fund supports and services for children and adults with disabilities in their family homes or communities instead of institutions.
- Medicaid Waivers allow an individual to use traditional Medicaid services AND the additional services available under a waiver.

What Medicaid Waivers are available in Indiana?

Indiana provides Medicaid Waivers to individuals with medical needs requiring skilled nursing care (A&D Waiver), traumatic brain injuries (TBI Waiver) and developmental disabilities, including autism.

In September 2012, Indiana made several changes in the Medicaid Waiver program for individuals with developmental disabilities/autism.

- A new Family Supports (FS) Waiver replaced the Support Services Waiver.
- A new Community Integration and Habilitation (CIH) Waiver replaced the Developmental Disabilities (DD) and Autism Waivers.
- The FS Waiver can provide up to $16,250 annually in services and supports. The CIH Waiver provides supports and services based on the individual's level of need and living situation.
- Individuals who had been on a waiting list for the DD, Autism or Support Services Waiver were placed on the FS Waiver waiting list and will be targeted for the waiver based on their date of application.
- New applicants will be placed on the FS Waiver waiting list.
- There is no waiting list for the CIH Waiver. Consideration for CIH Waiver services will be made on a case by case basis in situations that include:
  - Loss or incapacitation of the primary caregiver
  - Living with an aging primary caregiver age 80 or older
  - Aging out of a residential placement for children
  - Health and welfare is threatened in current living situation
  - Moving from a nursing facility or group home
  - Certain other emergency or crisis situations

How do you qualify?

- You must meet Indiana's Medicaid disability and financial eligibility requirements.
- Your family income and assets are NOT counted to determine eligibility for children under 18; however, assets or income in the child's name ARE counted. For those older than 18, only the individual's income and assets are counted.
- You must require the type of care that ordinarily would be provided in a Medicaid-funded facility, such as a nursing home, large residential facility or group home.

for Home and Community Based Services



Where do you apply?

- Adults and children with developmental disabilities/ autism: Obtain the number for your local Bureau of Developmental Disability Services (BDDS) office by calling 800-545-7763.
- Adults and children with medical needs requiring skilled nursing care/TBI: Obtain the number for your local Area Agency on Aging by calling 800-986-3505.
- If you need assistance in completing the application, contact The Arc at 317-977-2375 or 800-382-9100 and ask to speak to a Family Advocate.

How long will you have to wait for services?

- There are waiting lists for Medicaid Waiver services. The length of time that you may have to wait is due in part to the availability of state and federal funds. However, it is important to apply even if you do not immediately need services. Applying is an important part of the process in planning for the future of your loved one.

How do I check my status on the waiting list and keep my information up-to-date?

- The state has created a Waiting List Web Portal to check your status on the waiting list and keep your information updated.
- To access the Waiting List Web Portal visit: www.in.gov/fssa/ddrs/4328.htm.
- You should periodically check the portal to verify that your information is correct. If you do not have access to the Internet, contact your local BDDS office by calling 800-545-7763.
- *Always* keep paperwork in a safe place, including a copy of your original application and application date. If you have questions or need assistance, contact The Arc of Indiana at 317-977-2375 or 800-382-9100 and ask to speak to a Family Advocate.

What other supports are available to people with disabilities?

- Medicaid
- Health Insurance/Medical Supports
- Caregiver Support
- First Steps
- Early Childhood Education
- Special Education
- Vocational Rehabilitation
- Supplemental Security Income (SSI)
- Medicaid funded group homes
- Natural Supports and Community Programs

Family Supports & Community Integration and Habilitation Waiver

(ICF/DD Level of Care)

Eligibility: Must meet ICF/DD level of care. An ICF/DD is a facility specifically licensed to care for people with developmental disabilities. In Indiana, group homes for 6-8 people may be licensed as an ICF/DD. Large facilities for 15 or more people may also be licensed as an ICF/DD. The income and resources of an adult or child (under 18) receiving waiver services ARE considered in determining financial eligibility. Parental income and resources for children under 18 is NOT considered. Medicaid financial eligibility for individuals receiving waiver services is based on 300% of the Supplemental Security Income (SSI) maximum ($710/month as of January 2013).

Waiver Services (examples)

- Supported Employment
- Participant Assistance and Care
- Community Habilitation
- Residential Habilitation (CIH)
- Case Management
- Respite
- Behavioral Support
- Therapies
- Adult Day Services
- Transportation

Aged and Disabled & TBI Waiver

(Nursing Facility Level of Care)

Eligibility: Must meet nursing facility level of care. The income and resources of an adult or child (under 18) receiving waiver services ARE considered in determining financial eligibility. Parental income and resources for children under 18 is NOT considered. Medicaid financial eligibility for individuals receiving waiver services is based on 300% of the Supplemental Security Income (SSI) maximum for the A & D Waiver ($710/month as of January 2013) and 150% of the SSI maximum for the TBI Waiver ($355/month).

Aged & Disabled Waiver Services (examples)

- Adult Day Services
- Attendant Care
- Assisted Living
- Case Management
- Homemaker Services
- Nutritional Supplements
- Respite
- Transportation

TBI Waiver Services (examples)

- Adult Day Services
- Attendant Care
- Behavior Management
- Residential Habilitation
- Respite
- Supported Employment
- Transportation
- Therapies

State and Federal Agencies





Family and Social Services Administration, (FSSA)
www.in.gov/fssa

Division of Disability & Rehabilitative Services (DDRS)
800-545-7763

Bureau of Developmental Disabilities Services (BDDS)
800-545-7763

Statewide Waiver Ombudsman
brian.reynolds@fssa.in.gov
800-622-4484

Vocational Rehabilitation Services (VRS)
800-545-7763

Division of Aging
888-673-0002

First Steps (Early Intervention 0-3)
www.firststeps.in.gov
800-441-STEP (800-441-7837)

State Department of Education (Early Childhood and Special Education)
www.doe.in.gov
317-232-6610

Indiana Protection and Advocacy Services (P&A)
www.in.gov/ipas
800-622-4845

Social Security Administration
www.socialsecurity.gov/disability
800-772-1213

Health Insurance/Medical Supports



Medicaid
www.in.gov/fssa/2408.htm
800-457-8283

Children's Special Health Care Services (CSHCS)
www.in.gov/isdh/19613.htm
800-475-1355

CHOICE / State funded home and community based supports
www.in.gov/fssa/da/3508.htm
888-673-0002

Healthy Indiana Plan
www.in.gov/fssa/hip
877-438-4479

Indiana Comprehensive Health Insurance Association (ICHIA)
www.onlinehealthplan.com
800-552-7921

WIC
www.in.gov/isdh/19691.htm
800-522-0874

Advocacy Groups & Disability Organizations

The Arc of Indiana
www.arcind.org
800-382-9100

Self-Advocates of Indiana
www.arcind.org click on "Self Advocates"
800-382-9100

About Special Kids
www.aboutspecialkids.org
800-964-4746

Autism Society Indiana
www.autism-society.org
800-609-8449

Best Buddies
www.bestbuddiesindiana.org
317-436-8440

Down Syndrome Indiana
www.dsindiana.org
888-989-9255

Family Voices
www.fvindiana.org
317-944-8982

Governor's Council for People with Disabilities
www.in.gov/gpcpd
317-232-7770

INARF
www.inarf.org
317-634-4957

Indiana Institute on Disability & Community
www.iidc.indiana.edu
812-855-6508

Special Olympics Indiana
www.specialolympics.org
800-700-8585

INSOURCE
www.insource.org
800-332-4433

United Cerebral Palsy Association of Greater Indiana
www.ucpaindy.org
317-632-3561

Natural Supports and Community Connections

In addition to applying for government funded services, including applying for Medicaid Waivers, it is also important to explore what is available in your community that may provide help and supports – what are often called "natural supports."

So what are natural supports? Natural supports are the relationships that occur in everyday life. Natural supports usually involve family members, friends, co-workers, neighbors and acquaintances. Individuals with intellectual and developmental disabilities often need help in developing these connections, but once they do these "natural systems of support" become an important part of their life in the community.

For example, being involved in a YMCA swimming program, community center arts class, or worship services may lead to friendships and connections that last far beyond the actual event. Overtime, these connections can help an individual build a strong community network and support system.

Some ways to build natural supports include:

- **Participate** in community activities and projects - *Help out on a "Clean City Day" collecting recyclables. Join in "A Day of Caring" where groups help out in projects throughout the town or city.*
- **Join** groups and clubs - *Check out groups for people with disabilities such as Special Olympics and Best Buddies, as well as groups and clubs open to people of all abilities in your community. If you are in school, get involved in extracurricular clubs and youth groups like boy scouts or girl scouts, sign up for summer camps.*
- **Socialize** with family and neighbors.
- **Explore** work opportunities - *Think about what you like to do. Visit work sites where people do things that interest you. Find out if you can work as an intern or volunteer to see if you like that kind of work.*
- **Attend** church and faith based activities outside of traditional worship services.
- **Volunteer** - *Love animals? Volunteer at the Humane Society. Like to help others? Volunteer at a food pantry. Like sports? Volunteer at a Boys & Girls Club.*

Get Started!

Natural Supports in Your Community

(SAI) Self Advocates of Indiana
www.arcind.org
click on "Self Advocates"

Special Olympics Indiana
www.soindiana.org

Best Buddies
www.bestbuddiesindiana.org

AKtion Clubs
www.aktionclub.org

Local Support Groups

School Clubs

Extracurricular Activities

Summer Camps

Innovative College Programs
www.thinkcollegeindiana.org

Faith-based Organizations

Community Centers

Parks and Recreation Programs

YMCA

Boys and Girls Clubs

Volunteer Organizations
Human Society, Food Pantries, Recycling Programs, etc

Libraries

Museums

4H/Purdue Extension

Service Organizations
Elks, Lions, Rotary, Kiwanis, Sertoma

How can you help others strengthen their natural supports?

- Listen carefully and help individuals discover and express their interests and talents.
- Learn more about activities individuals are already involved in and explore ways connections can be strengthened.
- Make a list of community resources that fit the individual's interests.
- Help individuals explore their communities to find activities and resources that fit their interests.
- Encourage and help individuals attend social or community activities.
- Ask others for ideas and help.

The Arc

For people with intellectual and developmental disabilities

Achieve with us.

The Arc of Indiana was established in 1956 by parents of children with intellectual and developmental disabilities who joined together to build a better and more accepting world for their children. We are affiliated with The Arc of the United States and are proud to work with our local chapters and organizational members.

Our Programs and Services

Public Policy Advocacy

Through volunteers and staff, The Arc has a full-time presence at the Indiana State House, and as an affiliate of The Arc of the United States, in the halls of Congress.

The Arc Master Trust

The nation's premier special needs trust, The Arc Master Trust serves Hoosiers of all disabilities.

The Arc Network

The Arc Network provides information, referral and advocacy in the areas of community connections and natural supports, career pathways and employment, understanding and applying for government programs, and self advocacy and Self-Advocates of Indiana.

Works of Arc

Works of Arc is an online art store featuring the work of Indiana artists with developmental disabilities. Visit Works of Arc at www.worksofarc.com.

COVOH Decision Lab

The COVOH Decision Lab is a state-of-the-art, computer-supported meeting space that allows users to share ideas via linked computers to reach group goals.

Membership

When you are a member of The Arc you belong to and support a respected local, state and national association committed to people with intellectual and developmental disabilities and their families.



We're Here to Help

- Call 800-382-9100 or 317-977-2375
- Visit www.arcind.org
- Join The Arc of Indiana on Facebook
- Follow us on Twitter @TheArcIN
- Listen to our podcast–www.arcind.org/AViewfromMyWindow

The painting featured on the cover, "The Sun Always Comes Out," was created especially for The Arc by artists at Studio OTB's Summer Art Camp. Learn more by visiting www.otbonline.org.