

# Home and Community Based Waiver Services

Department of Social and Health Services' Developmental Disabilities Administration

## Waiver Overview

We have five Home and Community Based Service Medicaid Waiver programs. Each waiver offers specific services to meet your health and safety needs at home or in the community. These waivers offer services that might not be available through private insurance, Apple Health (Medicaid), school or other resources.

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

**Children's Intensive In-home Behavioral support** waiver helps you if you are a youth at risk of out-of-home placement due to challenging behaviors. The CIIBS model involves wraparound planning and family-centered support. The CIIBS waiver serves youth ages 8 to 20.

**Community Protection** waiver offers therapeutic residential supports when you need 24-hour, on-site staff supervision to ensure the safety of yourself and others. You must be age 18 or older and agree to follow the Community Protection program.

**Core** waiver offers residential options to individuals at immediate risk of institutional placement or who have an identified health and welfare need for services that cannot be met by the Basic Plus waiver. Core waiver is available to people of all ages.

**Individual and Family Services** waiver supports you to remain in your family home. IFS is available to people of all ages.

## Integrated Settings Rules

The Integrated Settings rules make sure you get services as part of your community. You should have access to all the benefits of community life, just like people who don't receive services. These rules apply to all Home and Community Based waivers. You can read more about it in our Integrated Settings brochure.

## Waiver Service

You can use this brochure to plan for your annual assessment. A case resource manager will explain services and requirements. They will add the services you choose and are approved for to your Person-Centered Service Plan. Some services need review and approval before they start. Ask your CRM about what information is needed for approval.

**Use check boxes to show your CRM which services you are interested in:**

### Community Services

- Community engagement** – support to go out and participate in the community. Available on the IFS, Basic Plus and Core waivers.
- Community inclusion** – support to connect and contribute to your local community and help you build relationships with others who have similar interests. Available on the Basic Plus and Core waivers.
- Peer mentoring** – uses personal, lived experiences to support and guide you and your family to connect with your community. Available on the CIIBS and IFS waiver.
- Person-centered plan facilitation** – a life planning process to increase self-determination and develop an action plan. Available on the CIIBS and IFS waiver.
- Residential habilitation** – assistance to learn, improve or keep skills needed for living in the community. Available on the Core and Community Protection waivers.
- Supported employment** – ongoing individual and group support to get and keep a job after high school. For ages 21 and up. Available on the Basic Plus, Core and Community Protection waivers.
- Transportation** – mileage reimbursement for your provider to take you to your waiver services. Available on all waivers.



# Home and Community Based Waiver Services

Department of Social and Health Services' Developmental Disabilities Administration

## Professional Services

- Equine Therapy** – experiences with horses that promote emotional and physical growth to support your behavioral health plan. Available on the CIIBS waiver.
- Music Therapy** – musical interventions to promote progress on goals that support your behavioral health plan. Available on the CIIBS waiver.
- Positive behavior support and consultation** – direct intervention and supports that address behavioral health needs to promote behaviors that improve quality of life and inclusion in the community. Available on the CP waiver. Ends Aug. 31, 2023.
- Remote support** – supervision, coaching, and consultation using technology, from a contracted remote support provider to you, from a distant location. Available on Basic Plus, IFS and Core waivers (not receiving residential habilitation).
- Risk assessment** – evaluations of violent, stalking, sexually violent or predatory behavior to determine if you need psychological, medical or therapeutic services. Available on all waivers.
- Specialized evaluation and consultation** – basic sex education, social skills training, fire safety and learning about rules and laws. Available on CP waiver.
- Specialized habilitation** – support to learn or maintain life skills around self-empowerment, self-advocacy, interpersonal communication, coping strategies and daily tasks. Available on the Basic Plus, IFS, CIIBS and Core waivers (not receiving residential habilitation).
- Specialized services** – support when you do things that make you at risk of losing your housing. The supports include specialized habilitation, staff and family consultation and crisis diversion bed services. Available on all waivers.
- Staff and family consultation** – professional consultation to family and direct service providers to better meet your needs. Staff and family consultation is available on all waivers. Counseling under this service is available on the IFS, Basic Plus and CIIBS waivers.
- Supported parenting** – coaching and educational services if you are or will be a parent. Available on the IFS and Core waiver.
- Therapies** – occupational, physical, speech, language and hearing services beyond those provided by Apple Health. Available on the IFS, Basic Plus, Core and Community Protection waivers. Ages 21 and up.

## Caregiving Services

- Respite** – short-term relief for your primary caregiver. Available on the IFS, Basic Plus, CIIBS and Core waivers (not receiving residential habilitation).
- Skilled nursing** – ongoing nursing care tasks to address nursing needs not met through Apple Health. Available on the IFS, Basic Plus, Core and Community Protection waivers. For ages 21 and up.

## Goods and Services

- Assistive technology** – products and training used to improve or maintain daily living skills, safety or social connections. Available on all waivers.
- Bed bug extermination** – treatment for bed bugs in your home. Available on the Basic Plus, Core and Community Protection waivers.
- Environmental adaptations** – physical changes to the home to help you move around your house or enter it. Available on all waivers.
- Specialized clothing** – non-restrictive clothing adapted to the needs of your disability. Available on the IFS and CIIBS waivers.
- Specialized equipment and supplies** – medical supplies and specialized items not available under Apple Health that you need to stay safe and healthy in your home. Available on all waivers.
- Therapeutic adaptations** – changes to a room in your home to make a safe sensory space for you. Available on the IFS, Basic Plus and CIIBS waivers.
- Vehicle modifications** – changes to your vehicle to help you safely get around in the community. Available on the IFS and CIIBS waivers.
- Wellness education** – monthly, printed educational materials crafted just for you about health-related topics and achieving wellness goals. Available on the IFS, Basic Plus and Core waivers.

# Home and Community Based Waiver Services

Department of Social and Health Services' Developmental Disabilities Administration

## Waiver Eligibility

Recipients must meet the following criteria:

- Are an eligible DDA client.
- Have a disability according to the Social Security Act.
- Apply for long-term care services through Apple Health.
  - If you are a child, your parents' income and resources are not considered.
  - If you are an adult living with your spouse, your spouse's income and resources are not considered.
- Have resources less than \$2,000 or are in the Apple Health for Workers with Disabilities program.
- Meet the level of care provided in an Intermediate Care Facility for Individuals with Intellectual Disabilities. This is determined through your DDA Assessment.
- Have a Person-Centered Service Plan that shows you need a monthly waiver service to help you stay healthy and safe in the community.
- Agree to accept home and community-based services rather than an ICF/IID.
- Are approved to receive a DDA waiver program.

For the CIIBS waiver you must also be:

- Age 8 through 17 for initial enrollment.
- At high or severe risk for out-of-home placement due to challenging behaviors according to your CARE assessment.
- Living with a family member who agrees to participate in the CIIBS program.

For the IFS waiver you must also live in your family's home with another family member.

For the Community Protection waiver, you must also be:

- Age 18 or older.
- At risk of violent, stalking, sexually violent or predatory behavior.

## Access to a Waiver

You can ask your case manager to request a waiver or switch to a different waiver at any time. If a case manager is not available, call the phone number listed under Regional Offices and leave a message. You can also make the request online at [dshs.wa.gov/dda/service-and-information-request](https://dshs.wa.gov/dda/service-and-information-request).

Meeting eligibility does not guarantee that you will be approved for a waiver or waiver services. Each waiver has a limit on the number of people it can serve. We cannot approve more people on a waiver than there are slots for the waiver.

## Administrative Hearing Rights

Everyone has the right to an administrative hearing with any of the following decisions regardless of program or service:

- Deny or end your DDA eligibility.
- Delay acting on an application without good reason.
- Deny, reduce or end services.
- Deny your choice of service provider.
- Move you to a different residential setting that is not your choice.
- Don't follow your requests about who we send notices to.
- Remove you from a waiver program.
- Deny your request to receive ICF/IID services instead of waiver services.

You can also request an administrative hearing if you:

- Disagree with the type or amount of service we authorize you to receive.
- Believe your current waiver does not meet your health and welfare needs and were denied enrollment on a different waiver because of that.
- You have been assessed to not meet CIIBS eligibility.

## Contact Us or Find an Office Near You

Visit us online at: [dshs.wa.gov/dda/service-and-information-request](https://dshs.wa.gov/dda/service-and-information-request)

Find an office at: [dshs.wa.gov/office-locations](https://dshs.wa.gov/office-locations)

Counties	Phone and Email
Chelan, Douglas, Ferry, Lincoln, Okanogan, Pend Oreille, Spokane, Stevens	(800) 319-7116 R1ServiceRequestA@dshs.wa.gov
Adams, Asotin, Benton, Columbia, Franklin, Garfield, Grant, Kittitas, Klickitat, Walla Walla, Whitman, Yakima	(866) 715-3646 R1ServiceRequestB@dshs.wa.gov
Island, San Juan, Skagit, Snohomish, Whatcom	(800) 567-5582 R2ServiceRequestA@dshs.wa.gov
King	(800) 974-4428 R2ServiceRequestB@dshs.wa.gov
Kitsap, Pierce	(800) 735-6740 R3ServiceRequestA@dshs.wa.gov
Clallam, Clark, Cowlitz, Grays Harbor, Jefferson, Lewis, Mason, Pacific, Skamania, Thurston, Wahkiakum	(888) 707-1202 R3ServiceRequestB@dshs.wa.gov

People needing support with hearing or communication can call the Washington Telecommunication Relay Service by dialing 7-1-1 or (800) 833-6388 (TTY).