

Individual and Family Services Waiver

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. The Individual and Family Services waiver offers services that might not be available through private insurance, Apple Health (Medicaid), school or other resources.

The 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.
- Peer mentoring** – uses personal, lived experiences to support and guide you and your family to connect with your community.
- Person-centered plan facilitation** – a life planning process to increase self-determination and develop an action plan.
- Transportation** – mileage reimbursement for your provider to take you to waiver your services.

Professional Services

- Remote support** – supervision, coaching and consultation using technology, from a contracted remote support provider to you, from a distant location.

- Risk assessment** – evaluations of violent, stalking, sexually violent or predatory behavior to determine if you need psychological, medical or therapeutic services.
- Specialized habilitation** – support to learn or maintain life skills around self-empowerment, self-advocacy, interpersonal communication, coping strategies and daily tasks.
- Stabilization services** – support when you do things that make you at risk of losing your housing. Supports include specialized habilitation, staff and family consultation and crisis diversion bed services.
- Staff and family consultation** – professional consultation to family and direct service providers to better meet your needs. Counseling is available under the IFS waiver.
- Supported parenting** – professional services for parents and future parents with developmental disabilities.
- Therapies** – occupational, physical, speech, language and hearing services beyond those provided by Apple Health. For ages 21 and up.

Caregiving Services

- Respite** – short-term relief for your primary caregiver.
- Skilled nursing** – ongoing nursing care tasks to address nursing needs not met through Apple Health. 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.
- Environmental adaptations** – physical changes to the home to help you move around your house or enter it.
- Specialized clothing** – non-restrictive clothing adapted to the needs of your disability.
- 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.
- Therapeutic adaptations** – changes to a room in your home to make a safe sensory space for you.
- Vehicle modifications** – changes to your vehicle to help you safely get around in the community.
- Wellness education** – monthly, printed educational materials crafted just for you about health related topics and achieving wellness goals.

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Waiver Eligibility

You must live in your family's home for the IFS waiver. This means you live with at least one other family member such as a spouse, a parent, adoptive parent, stepparent, child, stepchild, sibling, stepsibling, aunt, uncle, grandparent, first cousin, niece or nephew.

You may receive a waiver if you:

- Are an eligible DDA client.
- Have a disability according to the Social Security Act.
- Apply for long-term care services through Apple Health.
- Have verified income that is not more than 300% of the Social Security Income federal benefit standard.
 - 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 be 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 found out through your DDA Assessment.
- Have a person-centered service plan that shows that 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.

Administrative Hearing Rights

You have the right to an administrative hearing if we:

- 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 to 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.

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.

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

Your assessed need for services might be more than what the IFS waiver provides. If this happens and you are on a waiver, we will make one or more of these efforts to meet your health and welfare needs:

- Find more available natural supports.
- Start an "exception to rule" to access services not offered in the waiver, if you ask for an exception.
- Suggest a different waiver that supports your needs.
- Offer placement in an intermediate care facility for individuals with intellectual disabilities.

If none of the above options meet your health and welfare needs, we may end waiver eligibility. If taken off a waiver, you may still qualify for other non-waiver DDA services.

Services are limited by the amount of the annual allocation (\$1,200; \$1,800; \$2,400; or \$3,600). This is determined by your DDA Assessment.

Contact Us or Find an Office Near You

Visit us online at: dshs.wa.gov/dda/service-and-information-request

Find an office at: 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).