



NHTD & TBI Waiver 101

Presented by Suzanne de Beaumont
Project Director MFP Transition Center

sdebeaumont@ilny.org

Medicaid

- Health Insurance Program
- For individuals with low income
- Can have Medicaid and other insurance
 - Medicare
 - Third Party Insurance
 - Medicaid always payor of last resort
- Medicaid number (CIN) has two letters 5 digits one letter
 - e.g., TN55555N

What Does Medicaid Cover

- Doctors including specialists
- Pharmacy
- Durable medical equipment (DME)
- Dentist
- Home Care
- Hospital
- Nursing Home Care

What is a Waiver Program

- Agreement between NYS and Federal Government (CMS) that the state can use Medicaid for services not covered under State Plan.

Waiver Characteristics

- Must be alternative to Institution
 - Nursing Home
 - Intermediate Care Facility (ICF/IID)
 - Developmental Center (DC)
- Must be in Community
 - Own home/apartment
 - Individualized Residential Alternative (IRA of 4 or less people for MFP)
- Must be person-centered
 - Participation in waiver is voluntary
- Must be for a targeted population

NYS Waivers

- Nursing Home Transition and Diversion Waiver (NHTD)
- Traumatic Brain Injury (TBI)
- Office for People with Developmental Disabilities (OPWDD – 101 training available)
- Care at Home (CAH)
 - Part of OPWDD
 - Medically involved children
- Bridges to Health (B2H)
 - For children in foster care system
- OMH Waiver for Children with Serious Emotional Disturbance
- Long Term Home Health Program (Lombardi)
 - Moving to MLTC

Waiver Programs

- For use when regular Medicaid services would not be enough for person to live in community
- Should end up saving money over institutional care
- Cost Neutral
 - The average (aggregate) cost must be less than \$250 per day
 - Individuals can have higher daily cost but average has to be <\$250
 - Meant to be lower than average cost of nursing home care to Medicaid

History of Waivers

- Advocates (including ILCs) told legislators people in NHs who could live in community with support (Free our People)
- Current programs were not meeting needs
- TBI in legislation 1995
- NHTD in legislation in 2007 (first participant 2008)

Waiver Philosophy

- Participant is primary decision maker
- Dignity of Risk
- Right to Fail
- Independence
- Community involvement
 - Meaningful activities

Waiver Philosophy

- Health and Welfare
 - Must be assured
 - Safe place to live
 - Appropriate doctors

Waiver Administration

- Regional Resource Development Center (RRDC)
 - Referral goes here
 - Determines preliminary eligibility
 - Meets with individual
 - If appropriate sends letter telling person to select SC
 - Approves plans

Waiver Administration

- Nurse Evaluator (at RRDC)
 - Reviews eligibility and plans with complex medical issues
 - Provides SCs with medical technical support
 - Reviews UAS/PRI SCREEN
 - If County or CHHA unable to complete UAS, will assist

Waiver Administration

- Department of Health
 - Oversees RRDCs
 - Creates policies

Eligibility – TBI and NHTD

- Must have Medicaid
- Must be over 18
- Must meet level of care for NH
- Must choose to live in the community
- Needs can be met through waiver in a community setting (health and welfare)
- Needs a safe place to live
- Needs at least 1 waiver service per month

Eligibility – TBI Only

- Must be 18-64 when accepted onto waiver
- Must have traumatic brain injury (after age 18)
- Can use PRI/SCREEN to meet level of care (likely to change to UAS)

Eligibility – NHTD Only

- Must be eligible for nursing home level of care (5 or more on UAS)
- If under 65 must have diagnosis of a physical disability

NHTD vs. TBI

- Pick Your Waiver
 - If TBI are eligible for both TBI and NHTD
 - Which waiver has services that will best meet individuals needs
 - Which waiver providers will best meet individuals needs
 - Choice is individual's
- *Can switch between waivers – but should not be switching back and forth often

NHTD & TBI Services

- Many of services are offered by both NHTD and TBI
- Some are exclusive to either NHTD or TBI
- Some providers only work for NHTD or TBI waiver
- Some services do not have providers in some regions

Services Offered by Both NHTD and TBI

Service Coordination (SC)

Person who helps write the plan

Helps access services, makes sure they are in place and working

At first a monthly service, then frequency determined by need and put in plan

Minimum is one face to face visit per month billed

SC selection very important

- pick person who participant is comfortable with
- can change SC if not a good match

OPWDD equivalent - MSC

Independent Living Skills Training (ILST)

- **Goal directed service to improve or maintain a person's ability to live independently**

Examples: Learn to make sandwich with one hand, learn to use public transportation, create reminder system for household chores

- **Prioritize goals (participant choice)**

Examples: Need to use transportation system affects ability to shop and participate in community events, rep payee can be used until time to learn budgeting, aide can cook until learn to use stove

- **OPWDD equivalent – com hab and res hab**

Home and Community Support Services (HCSS)

Same as Personal Care Aide plus “oversight and supervision”

- Helps with ADL/IADL tasks
- HCSS can also be there to ensure health and welfare
 - Prevent wandering
 - Remind participant stove is on
 - Help participant remember if they have eaten
- HCSS can not be combined with county/mco PCA unless CDPAS for higher level care (e.g., med administration)

Positive Behavioral Interventions and Supports (PBIS)

- Behavior supports for participants with behavioral challenges
- Can write behavior support plan
- Can provide training for caregivers

OPWDD equivalent - PBIS



Structured Day Program Services (SDP)

- Social model day program
 - Can be socialization
 - Can also address ADL/IADLs

OPWDD equivalent – Day Hab

Assistive Technology (AT)

- Equipment that will help a person be independent in the community
 - Personal Emergency Response System (PERS)
 - Medication reminder boxes
 - Talking clocks
 - Rocker knives
- Medicaid must deny item, no other source
- OTR can do assistive technology evaluation

Environmental Modification (E-mods)

Modifications made to home to make it accessible

- Grab bars
- Ramps
- Wider doorways
- Roll-in shower
- Track lift

Can not add space to home

Community Transitional Services (CTS)

Provide for one time costs of moving out of NH

- Essential household furnishings
 - Bed, pots, plates, microwave, towels, chair...
- Security Deposit
- Utility Deposit
- Movers if need to move belongings from old home to new home
- One time cleaning prior to return home

Respite Services

- Provide relief for non-paid caregivers
- Provided in 24 hour blocks
- Provided by aide agency

Community Integration Counseling (CIC)

- Counseling to cope with altered abilities, changed role with others, concerns about return to community
- Can also be provided to family members/caregivers for issues surrounding change and return to community
- Occurs in the person's home or a specified community location

TBI Only Services

Waiver Transportation

Non-medical transportation

- Shopping

- Movies

- Library

- Family/friend's home

Substance Abuse Program Services

- Group or individual intervention to reduce/eliminate use of alcohol or drugs.
- Outpatient counseling to address substance abuse for people with TBI
- Curriculum modified for person with TBI
- Can include writing plan with community supports
- Can include education for family members

NHTD Only Services

Respiratory Therapy

- Provides preventable, maintenance and rehabilitative air-way related techniques and procedures
- Respiratory Therapists also available through company that provides oxygen

Home Visits by Medical Personnel

- Doctor, physician's assistant or nurse practitioner comes to participant's home to provide medical service
- Evaluate home medical situation including care providers and natural supports- can identify training/support needs.
- Few providers in state

Congregate and Home Delivered Meals

- For people who do not qualify for Home Delivered Meals or Congregate Meals through Office for Aging (must be over 60)
- If person can access congregate (group) site, should do this first before home delivery

Nutritional Counseling/Educational Services

Nutritional needs

- Assessment
- Planning
- Education

Examples

- Diabetes (what foods to lower blood sugar)
- Paralysis (what foods to build muscles)
- Cancer (what foods to maintain weight, health)

Wellness Counseling Service

- Nursing service for people who are stable
 - Blood Pressure checks
 - Weight checks
 - Blood Glucose checks
- Intended to be preventative and/or catch problems early

Moving Assistance

- For people already in community who need to move to a more accessible place or to improve informal supports.
 - **For example**
 - Move to one level apartment
 - Move closer to daughter
 - Move walking distance to shops
- Waiver service provider hires moving company

Peer Mentoring

Education, teaching, instruction, information sharing and self-advocacy training by a peer with similar disabilities

- Peers can explain how they accomplished similar goal of return to community
- Participant may be more comfortable discussing sensitive topics with someone who has a similar disability (e.g., bathroom routine, intimacy)

Acronyms

- NOD – notice of decision, piece of paper that gives approval for start of NHTD/TBI waiver services
- CMS – Center for Medicaid and Medicare Services – federal oversight
- Dual-eligible – person who has both Medicaid and Medicare
 - **Some medical providers will accept dual eligible but not Medicaid only**
- UAS – Uniform Assessment System – used by NHTD (soon TBI) to determine NH level of care needed for eligibility
- PRI/Screen – Patient Review Instrument – used by NHs to determine eligibility
- RRDS – Regional Resource Development Specialist – works for RRDC

Acronyms

- DOH –Department of Health
- NHDP – Nursing Home Discharge Planner
- PCA – Personal Care Aide
- CDPAS – Consumer Directed Personal Assistance Services – participant hires, fires, schedules, supervises, trains aides. Allows for aide to be more flexible and do more things than agency PCA. Paid by Medicaid through fiscal intermediary.
- LHCSA – Licensed Home Care Service Agency – can provide PCA services
- CHHA – Certified Home Health Agency – can provide home health aide, visiting nurse, OT/PT, mental health nurse