

Self-Determination Program Orientation

June 10, 2022



HOUSEKEEPING



Interpretación en español: haga clic en el globo blanco en la parte inferior de la pantalla con la etiqueta "Interpretation." Luego haga clic en "Spanish" y seleccione "Mute original audio."



ASL interpreters have been "Spotlighted" and live closed captioning is active



This meeting is being recorded

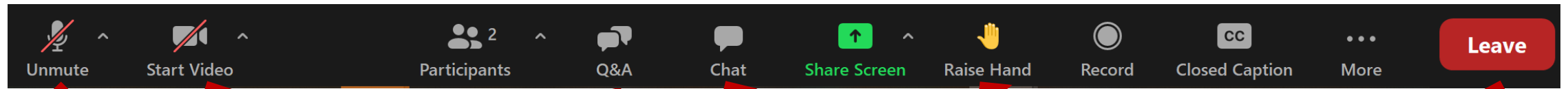


Materials are available at: [SDP website: Orientation Tab](#)



Submit written comment via email to: SDP@dds.ca.gov

ZOOM TIPS



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Turn your webcam on/off

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Chat is available for presenters only; send chats to "Everyone"

Presenters can raise their hand when wanting to speak

Leave the webinar at the end of the meeting



- For attendees, your video and microphone will not be available
- You will only see/hear presenters on the screen



- Features will vary based on the version of Zoom and device you are using
- Some Zoom features are not available for telephone-only participants

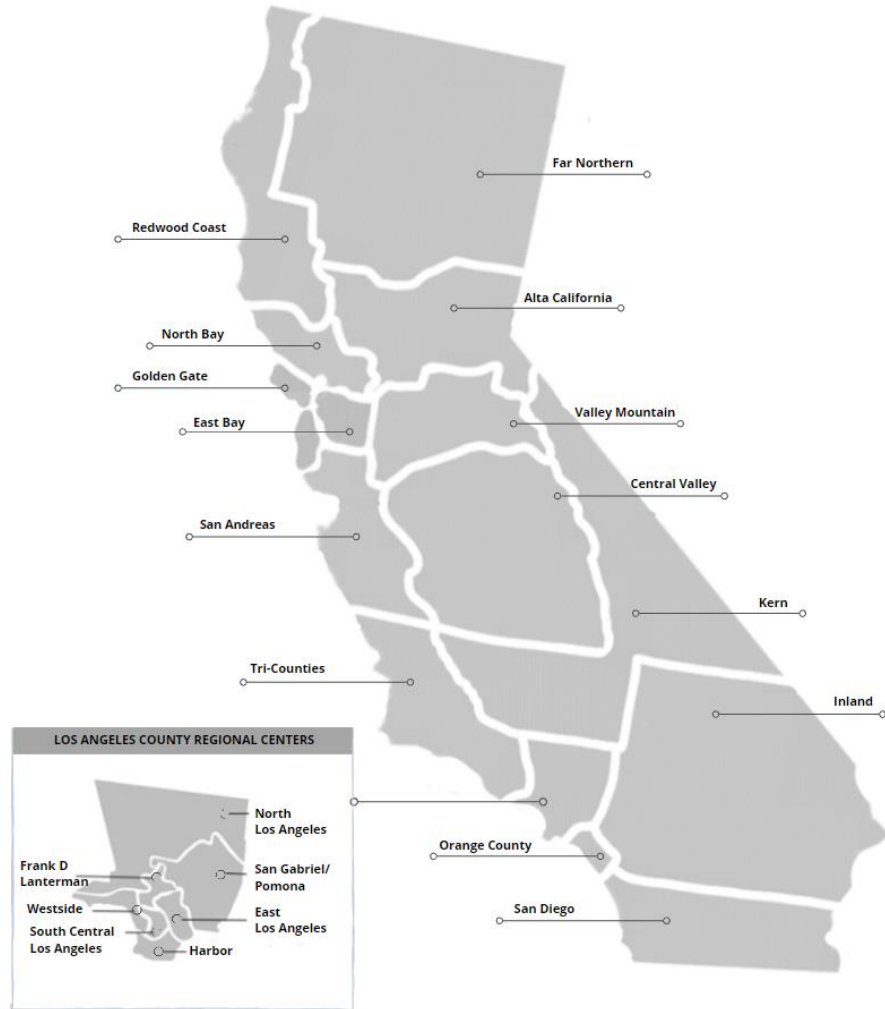
Today you will
learn about

- Regional Center Services
- The Self-Determination Program
- Person-Centered Planning
- Individual Budget
- Spending Plan
- Arranging Services
- Enrolling
- Resources & Next Steps

Regional Center Services

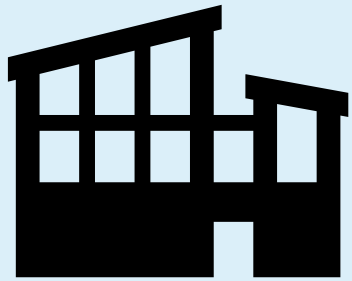


Regional Center Services



- The Department of Developmental Services oversees coordination and delivery of services for people with intellectual/developmental disabilities through the regional center system created by the Lanterman Act.
- There are 21 non-profit regional centers across California.
- The regional centers determine who is eligible for services, provide a Service Coordinator and pay for some services.

Regional Center Services



Regional Center Service Options

These options are based on the Lanterman Act values of choice, individual decision-making through an Individual Program Plan (IPP) and promoting independence and community inclusion.





Traditional
Vended
Services

The Traditional Vended Services Option

- You have an IPP developed that identifies your goals and what you need to obtain those goals
- Services from the regional center are *usually* provided through vended service providers
- Service Coordinators review service provider options, arrange and coordinate your services
- Regional centers pay the service providers for your services



Participant-
Directed
Services

Participant-Directed Services is a part of the Traditional Vended Service Option.

Non-vended services

- You can hire, schedule and supervise these staff
- You work with a vended Financial Management Services Provider
- The Financial Management Services Provider helps you pay staff and comply with employment laws

Vended services

- Located by and paid for by the regional center.



Participant-
Directed
Services

Non-vendored services that you can use are limited to:

- Respite
- Day care
- Non-medical transportation
- Nursing
- Community-based training
- *Personal assistance*
- *Independent living skills*
- *Supported employment services*



Self-
Determination
Program

The Self-Determination Program Option is a voluntary, alternative way to receive services and supports.

- The program can provide you and your family with more freedom, control, and responsibility in choosing services and supports to meet the goals in your IPP.
- You will have people to help you, like your Service Coordinator, the Financial Management Services Provider and an Independent Facilitator.

Regional Center Services

The Self-Determination Program is unique from the other options.

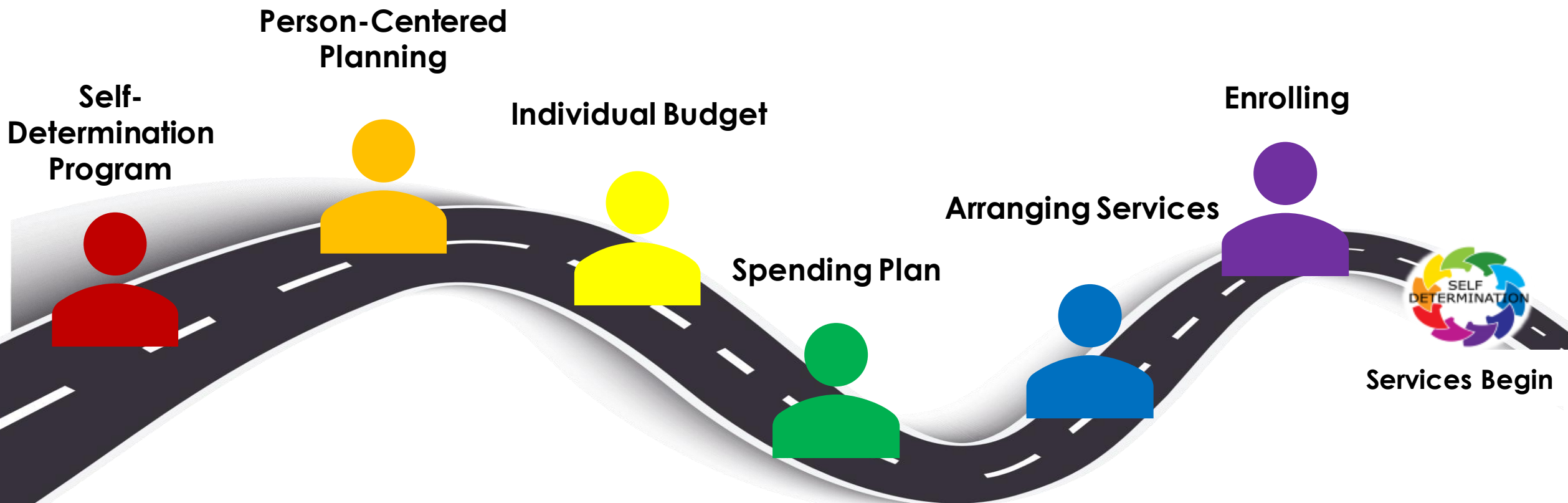
- You and your IPP team develop your budget and spending plan and you arrange your service providers
- You use your budget to purchase services and goods from qualified service providers, individuals, or businesses and they do not need to be vendored, but they can be
- Services and supports must be eligible for federal financial participation
- You must use a vendored Financial Management Services Provider to help you manage your budget, hire and pay staff, and comply with employment laws

Things To Think About

What do I like best about each of the different options that the regional centers use to offer services?

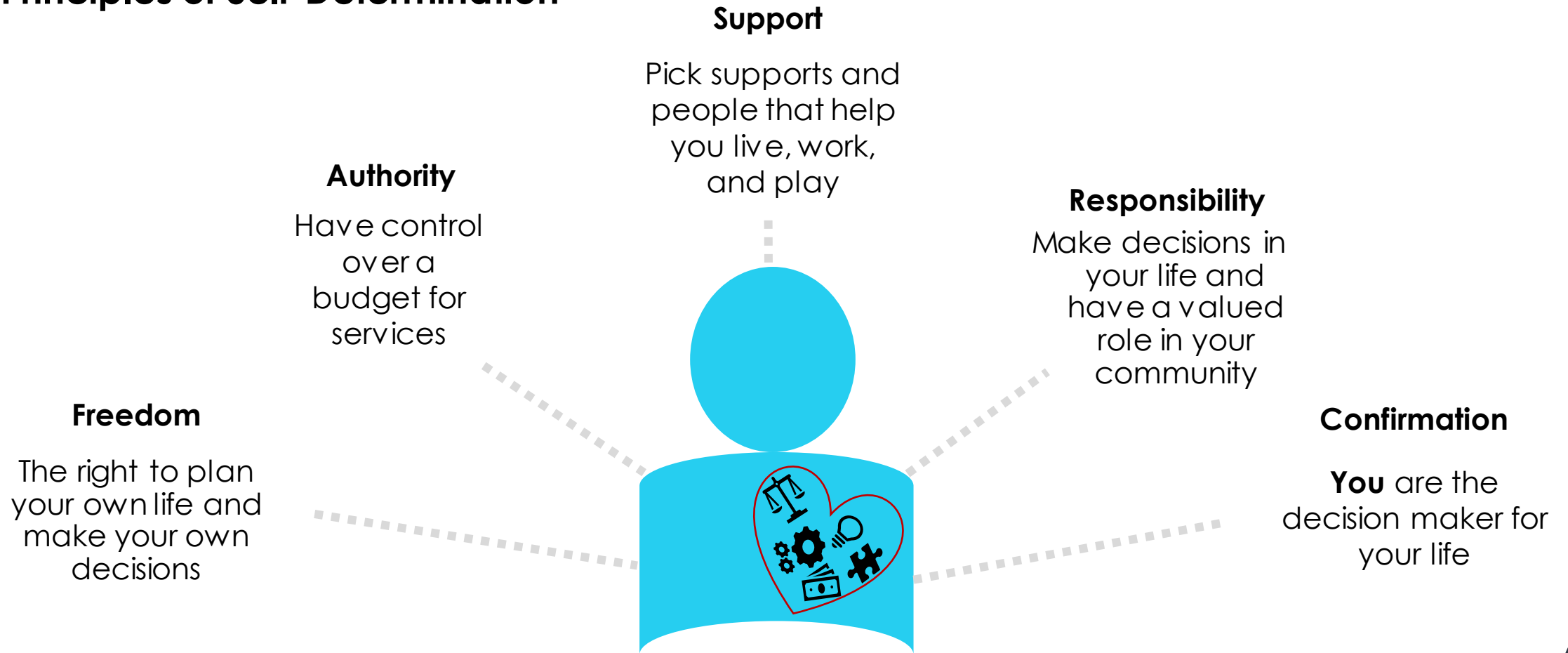


Self-Determination Program Roadmap



The Self-Determination Program

5 Principles of Self-Determination



The Self-Determination Program

You Can Participate If You

- ✓ Qualify to receive regional center services through the Lanterman Act
- ✓ Live at home in the community or in a group home
- ✓ Live in a long-term healthcare facility or state-operated facility, and want to use the Self-Determination Program to help plan your move to the community
- ✓ Agree to the responsibilities in the Self-Determination Program statute

The Self-Determination Program

If You Choose To Participate, You Agree To

- ✓ Attend this Self-Determination Program orientation
- ✓ Use services needed to implement your IPP, if generic services are not available
- ✓ Manage your services and supports within your budget
- ✓ Work with a Financial Management Services Provider
- ✓ Choose to use an Independent Facilitator or your Service Coordinator to assist you in making decisions
- ✓ Apply for Medi-Cal services, if eligible

The Self-Determination Program

You are responsible for choosing people to help you and support your transition to the Self-Determination Program.

Required supports

- Regional center staff and your Service Coordinator
- A vendored Financial Management Services Provider

Additional and optional supports

- Natural supports, family members and friends
- A person-centered planner
- An Independent Facilitator
- Transition supports paid for by the regional center

The Self-Determination Program

Natural Supports

People in your life who know you best, like friends or family. You can choose to have your natural supports help you, but you don't have to.

- A favorite teacher or a person who has worked with you for a long time that you trust
- Someone who can help you locate services and supports specific for you or volunteer to provide them
- They can also help you develop your person-centered plan, IPP, individual budget, and spending plan

The Self-Determination Program

The Self-Determination Program is supported by DDS and regional centers

| | |
|---|---|
| Regional Centers | <ul style="list-style-type: none">• Implements the program in their catchment area• Monitors the program• Reports program data• Contracts with local consumer or family-run organizations and consults with the local volunteer advisory committee |
| Department of Developmental Services (DDS) | <ul style="list-style-type: none">• Implements and oversees the program• Reports program data• Supports long-term sustainability of the program |

The Self-Determination Program

The Self-Determination Program is supported by people at the regional center

**Participant
Choice
Specialists**

- Makes information available
- Provides training to regional center staff
- Meets SDP enrollment targets and benchmarks
- Identifies and reduces concerns and barriers to enrollment
- Develops and implements an outreach and training plan for diverse communities
- Reviews participant budgets
- Works with individuals and families to apply for Medi-Cal

The Self-Determination Program

There are two
advisory
committees

| | |
|---|---|
| Local Volunteer Advisory Committee (LVAC) | <ul style="list-style-type: none">• Reviews and checks the program's progress for their regional center• Works with the regional center and the Department to make the program better• Works with regional centers to prioritize implementation funding |
| Statewide Self- Determination Advisory Committee (SSDAC) | <ul style="list-style-type: none">• Made up of the chairs of the 21 regional center LVACs• Collects information from the LVAC, the community, regional centers and the Department• Recommends ways to make the statewide program better• Has information on available services and supports, and develops training materials |

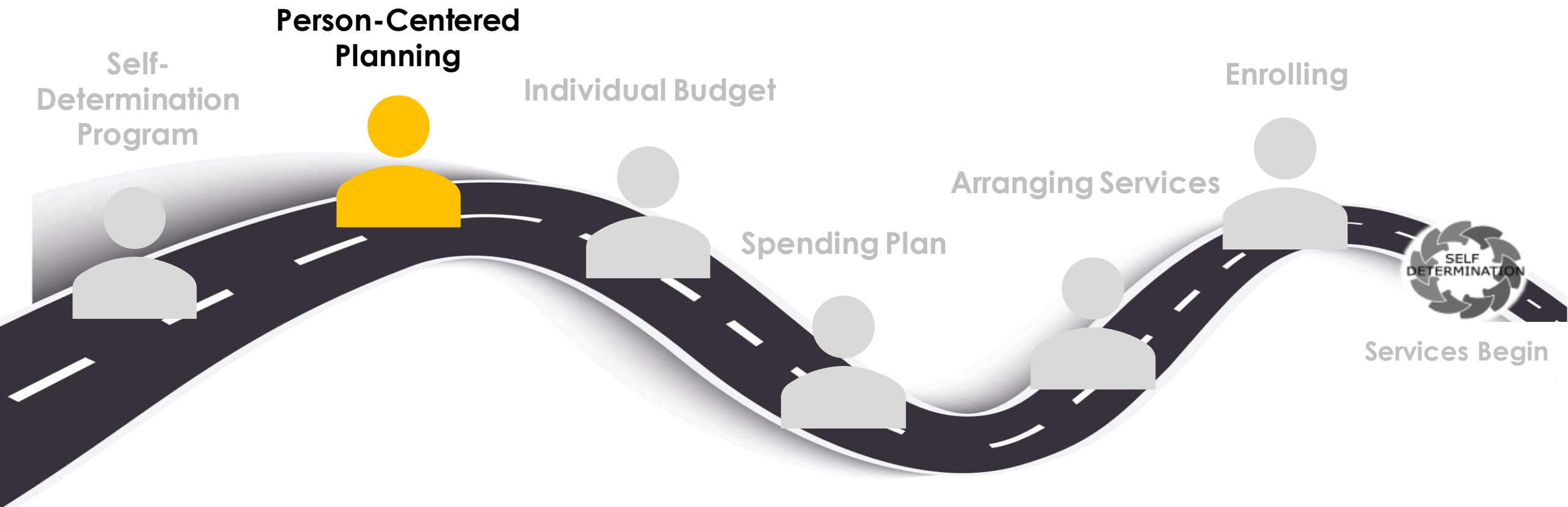
Things To Think About

Would the Self-Determination Program option work best for me?

Who can help me think about this decision?



Self-Determination Program Roadmap



Person-Centered Planning

Person-centered planning is used to provide all regional center services and supports. The IPP describes what your goals are and how your services and supports are going to meet the needs to get you to your goals.

In the Self-Determination Program you have the option to write a person-centered plan to help inform your IPP.

- The regional center can pay for the people you hire to help you develop your initial person-centered plan that will inform your IPP in the program.

The person-centered plan is about you

The person-centered plan describes what you want your life to be like in the future so you can work towards your goals.

- It is based on your strengths, capabilities, preferences, lifestyle and culture
- It identifies the services and supports that may help you reach your goals
- It will help inform your IPP

Person-Centered Planning

You can develop a written person-centered plan with your team.

Your Responsibilities

- Lead the development of your person-centered plan
- Hire someone to help you
- Meet with your planning team

Your Team's Responsibilities

- Attend your person-centered planning team meetings to support you
- Listen to your hopes, dreams and needs to develop your person-centered plan
- Use your person-centered plan to inform your IPP

Person-Centered Planning

Independent Facilitators can be hired, or may volunteer, to help you with your plan. They support you and participate in person-centered planning and the IPP process.

- They help you identify your strengths
- They help get the information you need to make choices
- They help identify your immediate and long-term needs and goals

Service Coordinators can also help you with the same kinds of things an Independent Facilitator can do.

Things To Think About

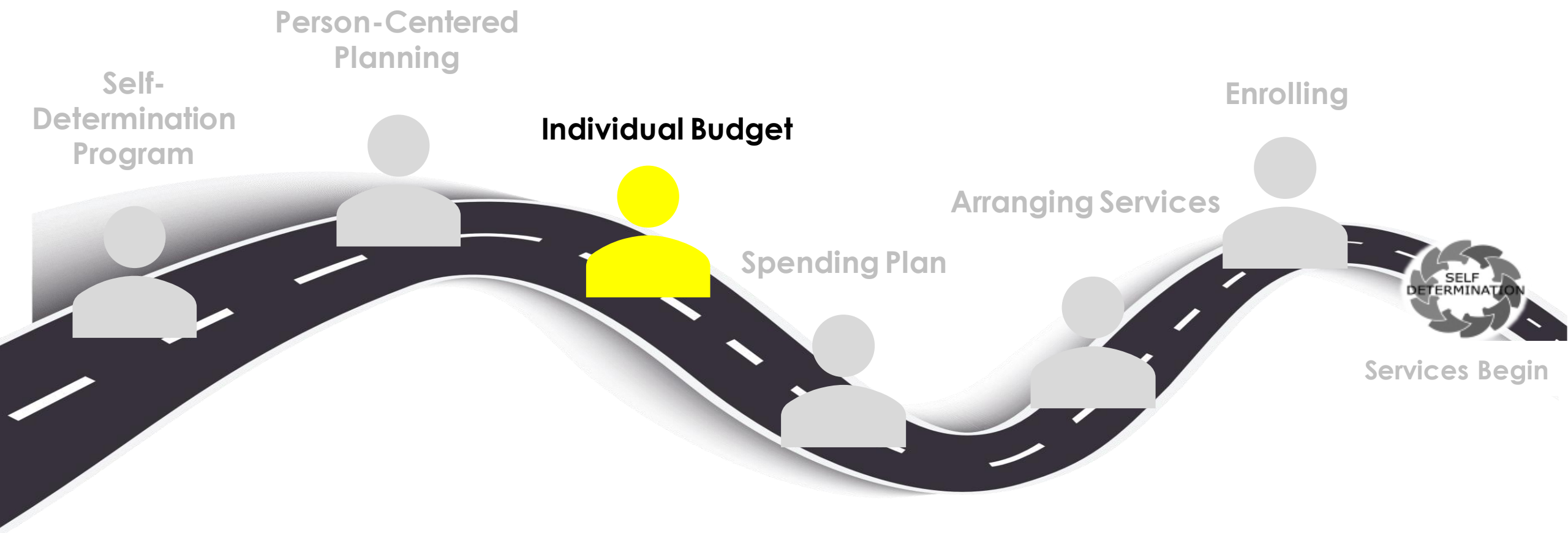
Do I want a person-centered plan?

Who would I want to help with my person-centered plan?

What goals would I want in my person-centered plan in the next year?



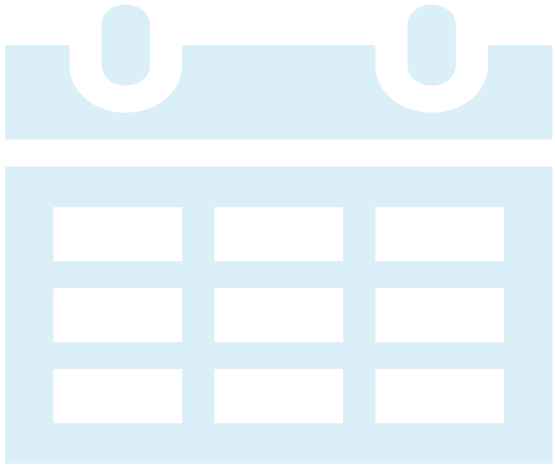
Self-Determination Program Roadmap



The individual budget is the amount of money you can spend on services.

- You will need to make your money last for the full year.
- You will need to be careful not to spend more money than what you have.
- Once you are in the program, your budget must pay for all of your services including an Independent Facilitator.

Individual Budget



Your budget will start with the amount of money the regional center spent on your services in the past 12 months.

Your regional center will provide you with the information you'll need to start developing your budget.

Individual Budget

The IPP team
may adjust your
budget up or
down

Reasons to adjust the budget are

- If services in your IPP were not used
- If there were unmet needs in your IPP
- Changes in your circumstances/needs
- Changes in resources available to you

You will
have help
with your
budget

Service Coordinators and other regional center staff

- Helps you get the information you need to make choices
- Supports you at your IPP meeting
- Helps develop your budget through the IPP team
- Certifies your final budget
- Monitors your budget and lets you know of any concerns

An Independent Facilitator

- Also helps you make informed decisions about your individual budget.

Things To Think About

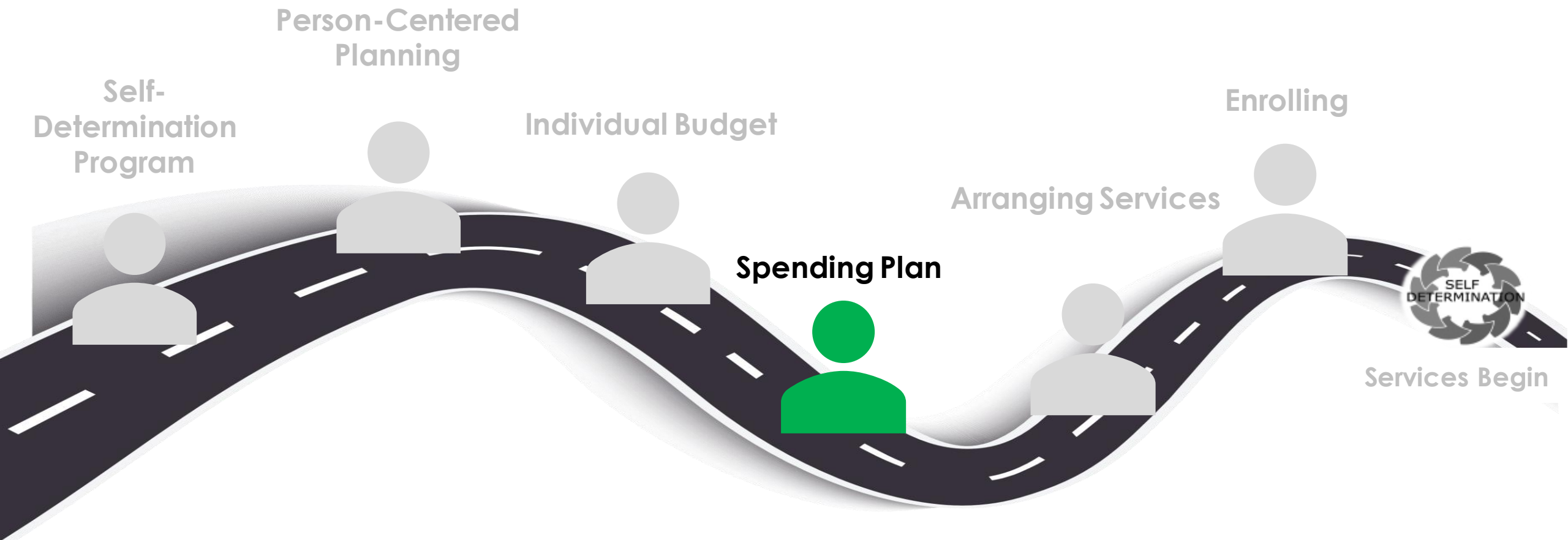
Are there tools that can help my team as I develop my individual budget?

Who can help me understand how all the dollar amounts were determined?

What are the services and supports I need to implement my IPP?



Self-Determination Program Roadmap





Things to
remember
about your
spending plan

- Your spending plan can only pay for services and supports that are in your IPP
- Your spending plan cannot pay for transition services
- The regional center is still the payer of last resort
- Your spending plan does not need to identify specific providers of services
- The amount of the spending plan cannot be higher than your budget

You can get
help with your
spending
plan

The regional center or Independent Facilitator

- Tells you how much services typically cost
- Identifies agencies who provide services you're interested in
- Finds generic services you don't have to pay for

Financial Management Services Providers

- Tells you the minimum wage in your area
- Tells you the cost of taxes, insurances and benefits

Spending Plan

Before you are in the program

The regional center may pay qualified people or agencies that can help you develop your spending plan.

After you are in the program

You will need to pay for this help from your individual budget, so build money into your spending plan for the help you think you need next year.



Before you are done writing your spending plan, your regional center will need to review it to ensure

- All services are eligible for federal financial participation
- Generic services are used first, unless unavailable

Things To Think About

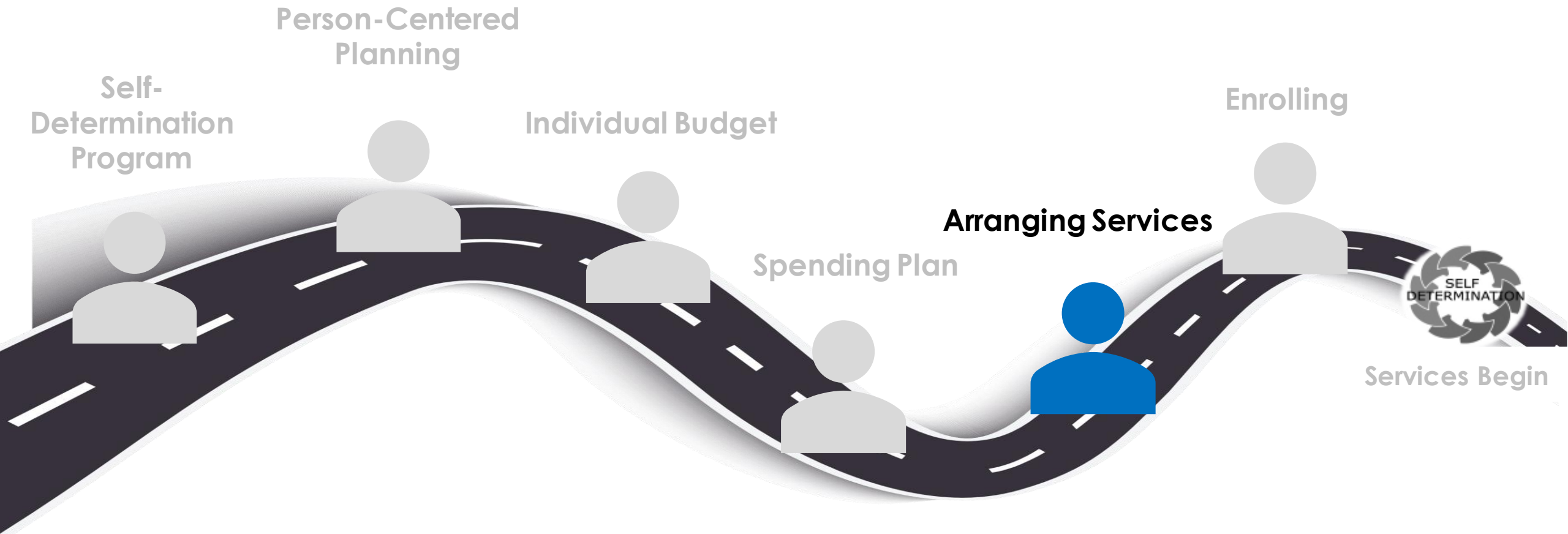
What if my spending plan costs start going over my budget amount? What does the team do then?

Is there a tool for the spending plan or how do I set up a spending plan?

How do I keep track of what I have spent?



Self-Determination Program Roadmap



Arranging Services

You can make choices about who can work with you to provide your services.

Anyone qualified to provide services

- People you trust
- People who know you best
- Family and friends
- Teachers, therapists, coaches
- Employer
- Independent Facilitator

Those who *cannot* be paid to provide services

- A parent of a minor child
- A person who cannot pass a background check for personal care services, unless there is an exemption

Arranging Services

The services you choose must include the following



Be a
federally
allowable
service



Providers
must be
qualified



Support
choice
and
inclusion



May be
vendored
or non-
vendored

The Home and Community- Based Services (HCBS) Final Rule

Your services *must* also follow the HCBS Final Rule.

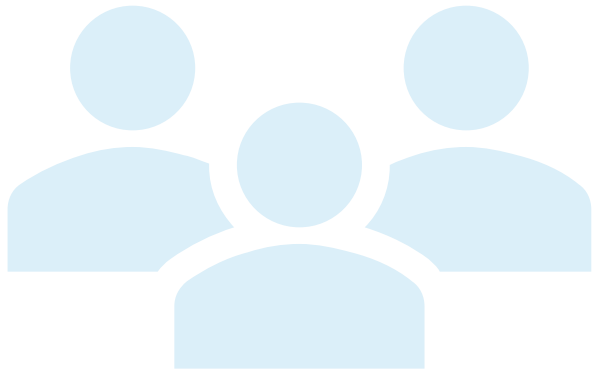
- This means that your services are provided inclusively in the community
- The service is in a place or provided in a way that doesn't group people by disability or service

If your service is only for people with developmental disabilities

This may be like a camp, art class, or theater group, it may be eligible under the Final Rule. You'll need to check if its eligible.

- You can ask your regional center if the setting or vendored service is eligible
- You and your provider can work together to complete an assessment
- You and your Financial Management Services Provider can review the assessment together
- Each year at your IPP meeting, your team will check that it is still eligible

Arranging Services



You can get help to find services and supports.
Examples of some people who can help you include

- Natural Supports
- Service Coordinator
- The Independent Facilitator
- Family Resource Center

A Financial Management Services Provider

- Helps check if your staff and providers are qualified
- Helps check your staff's background when required
- Helps your staff complete necessary paperwork
- Makes sure employment laws are followed and that minimum wage, taxes and insurances are included in your spending plan
- Works with the regional center to make sure your services are authorized
- Pays for the services and supports throughout the entire year from your spending plan
- Helps you with changes to your service providers, if needed

Arranging Services

When you
arrange
services,
double check
that you

- ✓ Purchase only services and goods needed to implement your IPP
- ✓ Purchase services and goods that meet state and federal requirements
- ✓ Develop qualifications and a staff agreement if you hired staff
- ✓ Have staff that passed their background checks if you hired them to help with personal assistance
- ✓ Prepare to supervise staff and sign their timesheets
- ✓ Prepare to terminate staff who do not follow your IPP, your employment rules or who can no longer clear a background check

Things To Think About

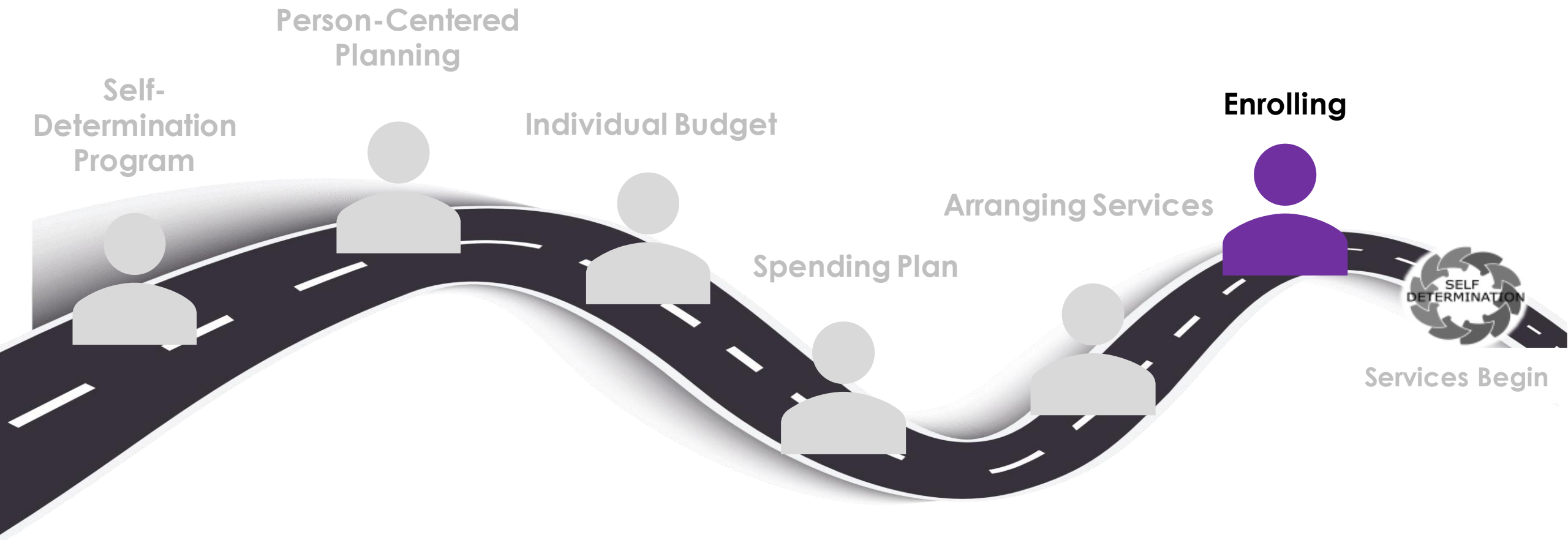
Who can help me find staff to provide my services and supports?

Do I have someone in my life who I trust and who knows me well who would want to work with me?

Are there creative ways I think my services or supports can be provided?



Self-Determination Program Roadmap



Enrolling in the Self-Determination Program

- 1. Attend Orientation. You are here!**
2. If you want to enroll in the Self-Determination Program, tell your Service Coordinator
3. Identify who you want to help you as you move into the Self-Determination Program
4. Develop your person-centered plan, if you want one
5. Meet with your IPP Team to update your IPP and develop your individual budget
6. Develop your spending plan and start the process for selecting staff and vendors to support you
7. Work with your Financial Management Services Provider and possibly an Independent Facilitator to finalize your Spending Plan
8. Make sure that services have been authorized in the regional center financial systems
9. Begin receiving services through the Self-Determination Program

Enrolling in the Self-Determination Program

If you choose to pursue the Self-Determination Program after this orientation

There are supports available to help you and your family with person-centered planning and the transition before you enroll in the program.

- Service Coordinators
- Other regional center staff
- Regional Center Participant Choice Specialists
- Local Volunteer Advisory Committee

Enrolling in the Self-Determination Program

Transition support is available

After orientation and until you receive your services in the self-determination program, your Service Coordinator can help you get transition support. It includes

- Coaching, training, and assistance to enroll
- Coordinating how services and supports are provided
- Learning how to manage the individual budget and spending plan
- Working with the regional center to support a smooth transition

Enrolling in the Self-Determination Program

Financial Management Services are also available *after* orientation and *before* you enroll

The Financial Management Services Provider must be vendored to help Self-Determination Program participants

- ✓ Educate and coach you
- ✓ Support a smooth transition
- ✓ Check the HCBS Final Rule requirements
- ✓ Review and help you adjust the spending plan to include minimum wage, taxes and insurances
- ✓ Discuss the spending plan, services and the e-Billing system with the regional center

Enrolling in the Self-Determination Program

Before services can start, there are specific things that need to happen.

- You and your team develop an IPP, budget and spending plan
- The Financial Management Services Provider completes all the required paperwork with your staff
- The Financial Management Services Provider enters your information, your staff information and the spending plan into their system
- The regional center enters your services into the regional center system

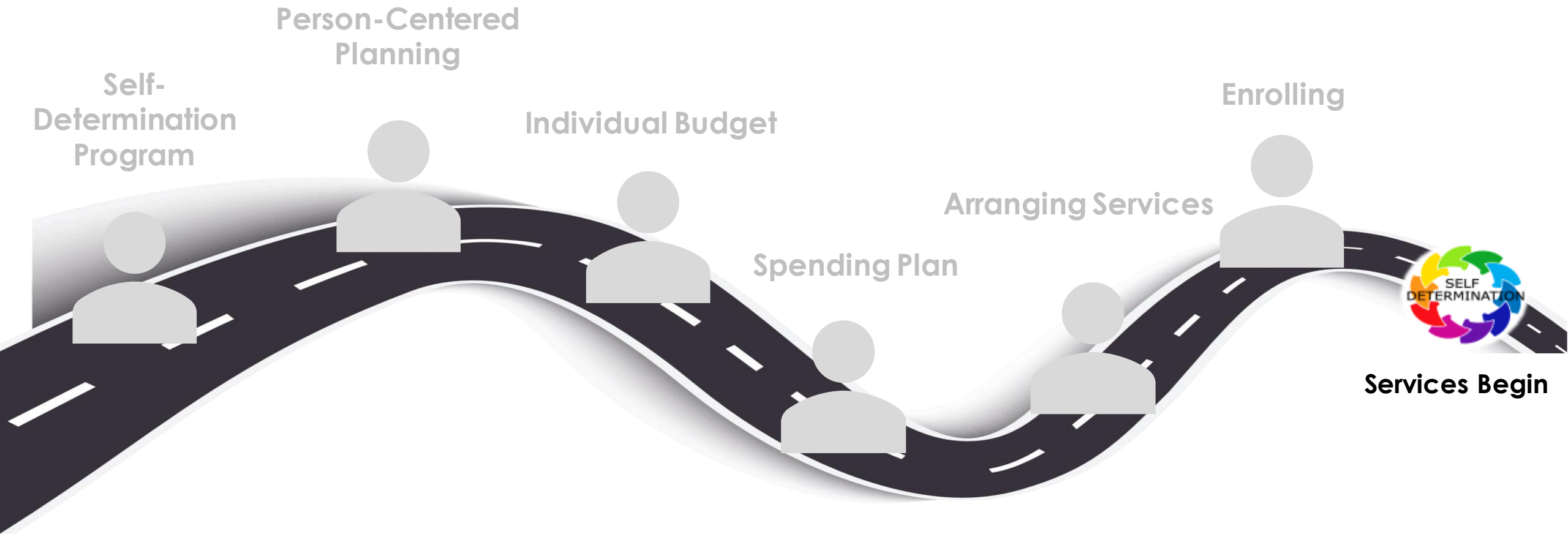
Things To Think About

How often should I ask my Service Coordinator and my Financial Management Services Provider how things are going?

Who can help me talk with my staff about when we can start if enrolling is taking longer than we thought?



Self-Determination Program Roadmap





Everything is
going as
planned

You will be responsible to

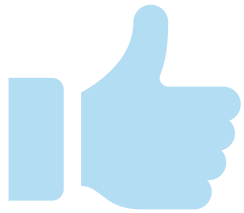
- Uphold the agreements to participate in the Self-Determination Program
- Notify your team if you have changes, have concerns or a question
- Review your monthly budget statements



Everything is
going as
planned

The Financial Management Services Provider will

- Receive and pay bills for your services
- Keep a separate account for your funds
- Help you manage paperwork like timesheets and other needed records
- Give you and the regional center a budget statement every month
- Help you make sure that you have enough money to pay for your services for the year



Everything is
going as
planned

The regional center will meet with you to see how things are going

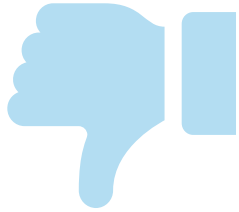
- Are your services still meeting your needs?
- Check-in about your health, safety and well-being
- Identify and respond to any allegations of abuse and neglect



Everything is
not going as
planned

You need to tell people on your team, your Service Coordinator or your Independent Facilitator when something isn't going right so they can try to help you fix it. For example, something that changes with your health or puts you at risk like

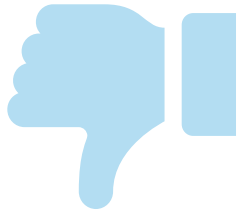
- If your staff quits and you don't have any supports
- If you need a personal care attendant and don't have one
- You have an emergency that changes your services



Everything is
not going as
planned

You have the same rights in the Self-Determination Program as you would in other service options. These include

- The same rights as other regional center consumers including the right to dignity, and to make choices
- The right to an IPP meeting to discuss any changes to your service and to request an appeal if you disagree
- The right to be free from harm and abuse or neglect

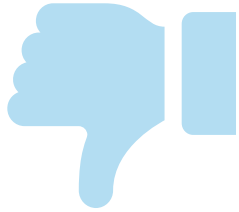


Everything is
not going as
planned

If you believe your rights are being violated, you can make a complaint to your regional center's Director. If you are not satisfied, you may make a formal complaint to DDS.

You can contact your local Clients' Rights Advocate to help you.

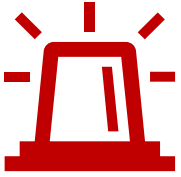
You can also contact the Self-Determination Program Ombudsperson at DDS.



Everything is
not going as
planned

You, your team and everyone who works with you needs to be aware of the signs of abuse or neglect

- Learn about different types of abuse
- Learn how to know abuse is happening
- Learn where to report abuse



What to do if you think abuse is happening to you or someone you know.

Tell someone you trust so they can make sure you are safe

- Family
- Friends
- People from your school
- People at work
- Independent facilitator

Report to the appropriate people

- Your Service Coordinator
- Your regional center
- Adult protective services
- Child protective services
- Local law enforcement
- Medical professionals

Services Begin

The Ombudsperson can assist you and your family participate in the program.

- Provides information to regional center clients and their families
- Facilitates solution to disagreements
- Investigates complaints regarding implementation of the program
- Recommends strategies for change to the department and the legislature
- Compiles and reports data to the legislature

Self-Determination Ombudsperson information and contacts can be found online at <https://www.dds.ca.gov/initiatives/sdp/office-of-the-self-determination-ombudsperson/>

Things To Think About

Do I know who to talk to when I'm having trouble with my staff or my services?

Do I know who to talk to if I move or if my needs change?

Who could I tell if I see or feel the signs of abuse?





After orientation

- ✓ **Review** the handouts
- ✓ **Ask** questions
- ✓ **Decide** if the Self-Determination Program is for you
- ✓ **Tell** your Service Coordinator
- ✓ **Review** the additional training materials
- ✓ **Use** the transition supports and other resources available to you

Good luck on your Self-Determination Program journey!

Thank you for attending!





Self-Determination Program Orientation Resources

Keep this handout so you know who to contact if you have questions or want to talk to someone about the Self-Determination Program.

Regional Center Services

Your regional center Service Coordinator can tell you more about Traditional Vended Services, Participant-Directed Services and the Self-Determination Program. They may refer you to specialists at your regional center who have more information.

Regional Center Contact Information

You may contact your regional center about next steps and ask to speak to the Self-Determination Program (SDP) Specialist.

If you don't know which regional center serves your area, you can look it up on the Department of Developmental Services' (DDS) website.

<https://www.dds.ca.gov/rc/lookup-rcs-by-county/>

| | |
|---|----------------|
| Alta California Regional Center | (916) 978-6400 |
| Central Valley Regional Center | (559) 276-4300 |
| Eastern Los Angeles Regional Center | (626) 299-4700 |
| Far Northern Regional Center | (530) 222-4791 |
| Frank D. Lanterman Regional Center | (213) 383-1300 |
| Golden Gate Regional Center | (415) 546-9222 |
| Harbor Regional Center | (310) 540-1711 |
| Inland Regional Center | (909) 890-3000 |
| Kern Regional Center | (661) 327-8531 |
| North Bay Regional Center | (707) 256-1100 |
| North Los Angeles County Regional Center | (818) 778-1900 |
| Redwood Coast Regional Center | (707) 445-0893 |
| Regional Center of the East Bay | (510) 618-6100 |
| Regional Center of Orange County | (714) 796-5100 |
| San Andreas Regional Center | (408) 374-9960 |
| San Diego Regional Center | (858) 576-2996 |
| San Gabriel/Pomona Regional Center | (909) 620-7722 |
| South Central Los Angeles Regional Center | (213) 744-7000 |
| Tri Counties Regional Center | (805) 962-7881 |
| Valley Mountain Regional Center | (209) 473-0951 |
| Westside Regional Center | (310) 258-4000 |

State Council on Developmental Disabilities (SCDD) Contact Information

If you need help navigating the process or would like additional information, you can contact the SCDD Regional Office.

| | | |
|--------------------|----------------|------------------------------|
| Bay Area | (510) 286-0439 | bayarea@scdd.ca.gov |
| Central Coast | (408) 324-2106 | centralcoast@scdd.ca.gov |
| Los Angeles | (818) 543-4631 | losangeles@scdd.ca.gov |
| North Bay | (707) 648-4073 | northbay@scdd.ca.gov |
| North Coast | (707) 463-4700 | northcoast@scdd.ca.gov |
| North State | (530) 895-4027 | northstate@scdd.ca.gov |
| North Valley Hills | (209) 473-6930 | northvalleyhills@scdd.ca.gov |
| Orange County | (714) 558-4404 | orangecounty@scdd.ca.gov |
| Sacramento | (916) 263-8134 | sacramento@scdd.ca.gov |
| San Bernadino | (909) 890-1259 | sanbernardino@scdd.ca.gov |
| San Diego Imperial | (619) 688-3323 | sandiego@scdd.ca.gov |
| Sequoia | (559) 222-2496 | sequoia@scdd.ca.gov |

Web Resources

The Department of Developmental Services (DDS) has a webpage that can help keep you informed on Self-Determination Program updates.

<https://www.dds.ca.gov/initiatives/sdp/>

The State Council on Developmental Disabilities (SCDD) also has information and resources on their webpage that can tell you more about the Self-Determination Program. <https://scdd.ca.gov/>

To connect with others interested in a variety of SDP topics, please visit the SCDD SDP Facebook Forum and request to join.

<https://www.facebook.com/groups/CA.SDP.Forum>

Help with a Problem or Question

You may contact The Self-Determination Ombudsperson. There is a form you can fill out to get help.

<https://www.dds.ca.gov/initiatives/sdp/office-of-the-self-determination-ombudsperson/>

If you prefer to send an email: SDP.Ombudsperson@dds.ca.gov

If you prefer to call by phone: (877) 658-9731

You can also reach out to your local volunteer advisory committee or attend their meetings.

[Local Self-Determination Advisory Committees | SCDD](#)

More Self-Determination Program Orientation

There are more modules available to give you more information and support as you move towards your services starting in the SDP. You may register for any of the trainings at the link provided below. For more information about these trainings, contact SCDD Regional Office (listed above).

<https://scdd.ca.gov/sdp-orientation/>

Additional training modules include Person-Centered Planning, Individual Budget, Spending Plan, Arranging Services and Enrolling.



Self-Determination Program Orientation

Steps to Enrollment

Here are steps you can follow for enrollment into the Self-Determination Program.

1. **Attend an Orientation.**
2. Choose how you want to get your regional center services.
3. If you want to enroll in the Self-Determination Program, tell your Regional Center Service Coordinator.
4. Identify who you want to help you as you move to the Self-Determination Program.
5. Develop your **Person-Centered Plan** if you want one.
6. Meet with your IPP Team to update your IPP and develop your **individual budget**.
7. Develop your **Spending Plan** and start the process for selecting staff and vendors to support you.
8. Work with your Financial Management Service and possibly an Independent Facilitator to finalize your Spending Plan.
9. Make sure that services have been authorized in the regional center financial systems.
10. Begin receiving services through the Self-Determination Program

More Self-Determination Program Orientation

There are more modules available to give you more information and support as you move towards your services starting in the SDP. You may register for any of the trainings at the link provided below. For more information about these trainings, contact SCDD Regional Office (listed above).

SCDD Statewide SDP Trainings Website: <https://scdd.ca.gov/sdp-orientation/>

Additional training modules include Person-Centered Planning, Individual Budget, Spending Plan, Arranging Services and Enrolling.

Self-Determination Program Service Definitions

Acupuncture Services

Acupuncture services are covered to prevent, modify, or alleviate the perception of severe, persistent chronic pain resulting from a generally recognized medical condition. Acupuncture is defined in the Business and Professions Code, Section 4927 as “the stimulation of a certain point or points on or near the surface of the body by the insertion of needles to prevent or modify the perception of pain or to normalize physiological functions, including pain control, for the treatment of certain diseases or dysfunctions of the body and includes the techniques of electroacupuncture, cupping, and moxibustion.” Acupuncture services (with or without electric stimulation of the needles) are limited to two services in any one calendar month, although additional services can be provided based upon medical necessity. All acupuncture services for children under age 21 are covered in the state plan pursuant to the EPSDT benefit. Acupuncture services in this waiver are only provided to individuals age 21 and over and only when the limits of services furnished under the approved state plan are exhausted.

Behavioral Intervention Services

Behavior intervention services include the use and development of intensive behavioral intervention programs to improve the participant’s development and behavior tracking and analysis. The intervention programs are restricted to generally accepted, evidence-based, positive approaches. Depending on the participant’s needs, behavioral intervention services may be provided in multiple settings, including the participant’s home, workplace, etc. Behavioral intervention services are designed to assist individuals in acquiring, retaining and improving the self-help, socialization and adaptive skills necessary to reside successfully in home and community-based settings. Services may be provided to family members if they are for the benefit of the participant. Services for family members may include training and instruction about treatment regimens, including training on the use of medications, and risk management strategies to enable the family to support the participant.

The participation of parent(s) of minor children is critical to the success of a behavioral intervention plan. The person-centered planning team determines the extent of participation necessary to meet the individual’s needs. "Participation" includes the following meanings: Completion of group instruction on the basics of behavior intervention; Implementation of intervention strategies, according to the intervention plan; If needed, collection of data on behavioral strategies and submission of that data to the provider for incorporation into progress reports; Participation in any needed clinical meetings; provision of suggested nominal behavior modification materials or community involvement if a reward system is used. If the absence of sufficient participation prevents successful implementation of the behavioral plan, other services will be provided to meet the individual’s identified needs.

Self-Determination Program Service Definitions

This service in the HCBS Waiver is only provided to individuals age 21 and over. All medically necessary Behavioral Intervention Services for children under age 21 are covered in the state plan pursuant to the EPSDT benefit.

Chiropractic Service

Chiropractic services include the manual manipulation of the spine to prevent, modify, or alleviate the perception of severe, persistent chronic pain resulting from a generally recognized medical condition. A chiropractor may use all necessary mechanical, hygienic, and sanitary measures incident to the care of the body, including, air, cold, diet, exercise, heat, light, massage, physical culture, rest, ultrasound, water, and physical therapy techniques in the course of chiropractic manipulations and/or adjustments. All medically necessary Chiropractic services for children under age 21 are covered in the state plan pursuant to the EPSDT benefit. Chiropractic services in this waiver are only provided to individuals age 21 and over and only when the limits of services furnished under the approved state plan are exhausted.

Communication Support

Communication support services includes communication aides necessary to facilitate and assist persons with hearing, speech, or vision impairment, including individuals who do not speak English as their primary language and who have a limited ability to read, write, speak or understand English (Limited English Proficient or LEP skills). The purpose of this service is to assist individuals to effectively communicate with service providers, family, friends, co-workers, and the general public. The following are allowable communication aides, as specified in the participant's IPP:

1. Facilitators;
2. Interpreters and interpreter services;
3. Translators and translator services; and
4. Readers and reading services.

This service also includes supports for the participant to use computer technology to assist in communication. Such supports include training in the use of the technology, assessment of need for ongoing training and support, and identification of resources for the support. This service is limited to personnel providing assistance and does not include the purchase of equipment or supplies.

Communication support services include evaluation for, and training in the use of, communication aides, including for individuals with LEP skills, as specified in the participant's IPP.

Self-Determination Program Service Definitions

Community Integration Supports

This service is provided to participants tailored to their specific personal outcomes related to the acquisition, improvement and/or retention of skills and abilities to prepare and support the participant for community participation, interdependence, and independence.

This service supports the full access to engage in community life, control personal resources, and receive services in the community, to the same degree of access as individuals not receiving these services. In addition, this service assists the participant to learn the skills needed to participate in the community during integrated activities with individuals who are non-disabled.

The participant selects this service from among service options including non-disability specific settings. The service options are based on the participant's individualized needs and preferences.

The participant receives this service in settings that are integrated in and supports full access to the greater community, and allows for participant comfort, interdependence, independence, preferences, and use of any technology. The participant's choices are incorporated into the services and supports and his/her essential personal rights of privacy, dignity and respect, and freedom from coercion are protected. The service settings must allow the participant to control personal resources and his/her schedule and activities. In addition, the settings must allow the participant to receive breaks in the same manner as a non-disabled individual.

Community Integration Supports are provided in the manner specified by the planning team to assist participants with acquisition, retention, or improvement in self-help, socialization and adaptive skills through therapeutic and/or physical activities to achieve the participant's personally defined outcomes. These services and supports may take place in a wide variety of community-based settings that promote community integration. These settings may include those nonresidential settings identified in Appendix C-5, but only if the setting is determined to meet the HCB settings requirements, using the process described in Appendix C-5. Services may be provided on a regularly scheduled basis, for one or more days per week. These services are not provided in the participant's residence.

These services and supports enable the participant to attain or maintain his or her maximum functional level, interdependence, and independence, including the facilitation of connections to community events and activities. In addition, these services and supports may serve to reinforce skills or lessons taught in school, therapy, or other settings, enabling the participant to integrate into the community.

Services and supports to assist the participant to increase and improve self-help, socialization, community integration,

Self-Determination Program Service Definitions

and adaptive skills, may include:

- a. Socialization and community awareness.
- b. Communication skills.
- c. Visual, auditory and tactile awareness, and perception experiences.
- d. Development of appropriate peer interactions and self-advocacy skills.
- e. Art and recreation programs.
- f. Continuing Education i.e., classes that help participants explore interests or improve academic skills or complete a high school equivalency (GED) diploma while in an inclusive setting
- g. Senior and faith-based groups.
- h. Peer mentoring.
- i. Mobility services, i.e., the access and use of public transportation or other modes of transportation, including access to peer-to-peer ride sharing.
- j. Friendship and relationship building

Community Living Supports

Community Living Supports are services that facilitate independence and promote community integration for participants, regardless of the community living arrangement. Services include support and assistance with socialization, personal skill development, community participation, recreation and leisure, and home and personal care, among others, as further described below. Payments for Community Living Supports do not include the cost for room and board.

Community Living Supports are provided to a participant in his/her home and community to achieve, improve, and/or maintain social and adaptive skills necessary to enable the participant to reside in the community and to participate as independently as possible. Services are provided in environments that support participant comfort, independence, preferences and the use of technology. The participant's choices are incorporated into the services and supports received. The participant has unrestricted access, and the participant's essential personal rights of privacy, dignity and respect, and freedom from coercion are protected.

The service settings are integrated in, and facilitate each participant's full access to the greater community, which includes opportunities for each participant to engage in community life, control personal resources, and receive services in the community.

Self-Determination Program Service Definitions

The specific services provided to each participant will vary based on the individual, the individual's preferences and the community setting chosen. The specific types and mix of supports that an individual receives as well as any special provider qualifications shall be specified in the Individual Program Plan.

The following items describe the types of possible Community Living Supports:

1. Support with socialization includes development or maintenance of self-awareness and self-control, social responsiveness, social amenities, interpersonal skills, and personal relationships.
2. Support with personal skill development includes activities designed to improve the participant's own ability to accomplish activities of daily living, including eating, bathing, dressing, personal hygiene, mobility, and other essential activities.
3. Support with community participation includes assistance that enables the individual to more fully participate in community activities. Assistance may include, but is not limited to, the acquisition, use, and care of canine or other animal companions specifically trained to provide personal assistance, or devices to facilitate immediate assistance when threats to health, safety, or well-being occur.
4. Support to facilitate participation in post-secondary education, religious, recreation or leisure activities.
5. Support with home and personal care includes services needed to maintain the home in a clean, sanitary and safe environment and provide essential care to the individual. Services include support with household activities, such as planning and preparing meals, money management (personal finances, planning, budgeting and decision making), and laundry. It also includes heavy household chores such as washing floors, windows and walls, securing loose rugs and tiles, moving heavy items or furniture in order to provide safe access and egress, as well as minor repairs such as those which could be completed by a handyman. Heavy household chores and services that can be provided by a handyman are only available when the individual or anyone else in the household is unable to do the service. Services will be provided only in cases where neither the individual, nor anyone else in the household, is capable of performing or financially providing for them, and where no other relative, caregiver, landlord, community/volunteer agency, or third party payer is capable of or responsible for their provision. In the case of rental property, the responsibility of the landlord, pursuant to the lease agreement, will be examined prior to any authorization of service. There will be no duplicate billing of homemaker or other similar personal care/assistance service.

Self-Determination Program Service Definitions

6. Support includes the provision of medical and health care services that are integral to meeting the daily needs of the participant (e.g., routine administration of medications or tending to the needs of a participant who is ill or requires attention to medical needs on an ongoing basis.). Medical and health care services such as physician services that are not routinely provided to meet the daily needs of the participant are not provided.

7. Support and training for infant and childcare for participants who are, or will become parents.

Settings where Community Living Supports are provided must have all of the following qualities:

1. The setting is integrated in and supports full access of individuals receiving Medicaid HCBS to the greater community, including opportunities to seek employment and work in competitive integrated settings, engage in community life, control personal resources, and receive services in the community, to the same degree of access as individuals not receiving Medicaid HCBS.
2. The setting is selected by the individual from among setting options including non-disability specific settings and an option for a private unit in a residential setting.
3. Ensures an individual's rights of privacy, dignity and respect, and freedom from coercion and restraint.
4. Optimizes, but does not regiment, individual initiative, autonomy, and independence in making life choices, including but not limited to, daily activities, physical environment, and with whom to interact.
5. Facilitates individual choice regarding services and supports, and who provides them.

In a provider-owned or controlled residential setting, in addition to the qualities specified above, the following additional conditions must be met:

- The unit or dwelling is a specific physical place that can be owned, rented, or occupied under a legally enforceable agreement by the individual receiving services, and the individual has, at a minimum, the same responsibilities and protections from eviction that tenants have under the landlord/tenant law of the State, county, city, or other designated entity.

1. Each individual has privacy in their sleeping or living unit:

- Units have entrance doors lockable by the individual, with only appropriate staff having keys to doors.
- Individuals sharing units have a choice of roommates in that setting.
- Individuals have the freedom to furnish and decorate their sleeping or living units within the lease or other agreement.

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2. Individuals have the freedom and support to control their own schedules and activities, and have access to food at any time.
3. Individuals are able to have visitors of their choosing at any time.
4. The setting is physically accessible to the individual.
5. The unit or dwelling may be shared by no more than four waiver participants.
6. Any modification of the additional conditions specified in items 1 through 4 above, must be supported by a specific assessed need and justified in the individual program plan (IPP). The following requirements must be documented in the (IPP):
 - Identify a specific and individualized assessed need.
 - Document the positive interventions and supports used prior to any modifications to the IPP.
 - Document less intrusive methods of meeting the need that have been tried but did not work.
 - Include a clear description of the condition that is directly proportionate to the specific assessed need.
 - Include regular collection and review of data to measure the ongoing effectiveness of the modification.
 - Include established time limits for periodic reviews to determine if the modification is still necessary or can be terminated.
 - Include the informed consent of the individual.
 - Include an assurance that interventions and supports will cause no harm to the individual.Additionally, provider owned or leased facilities where these services are furnished must be compliant with the Americans with Disabilities Act.

The method by which the costs of room and board are excluded from the payment for this service is specified in Appendix I-5.

Crisis Intervention and Support

Crisis Intervention and Support is a specialized service that provides short-term care and behavior intervention to provide relief and support of the caregiver and protection for the participant or others living with the participant. This service may

Self-Determination Program Service Definitions

include the use and development of intensive behavioral intervention programs to improve the participant's development and behavior tracking and analysis. This service is restricted to generally accepted, evidence-based, positive approaches.

This service is designed to assist participants in acquiring, retaining and improving the self-help, socialization and adaptive skills necessary to reside successfully in home and community-based settings. The service may be provided to family members if they are for the benefit of the participant. The service for family members may include training and instruction about treatment regimens, including training on the use of medications, and risk management strategies to enable the family to support the participant. The participation of parent(s) of minor children is critical to the success of a behavioral intervention program.

The person-centered planning team determines the extent of participation necessary to meet the participant's needs. Crisis Intervention and Support includes mobile crisis intervention in the participant's home, and/or community or where crisis intervention services are needed. Mobile crisis intervention means immediate therapeutic intervention on a 24-hour emergency basis to a participant exhibiting acute personal, social, and/or behavioral problems. Mobile crisis intervention provides immediate and time-limited professional assistance to a participant who is experiencing personal, social or behavioral problems which, if not ameliorated, will escalate and require that the participant be moved to a setting where additional services are available.

As necessary, Crisis Intervention and Support is composed of the following participant-specific activities:

1. Assessment to determine the precipitating factors contributing to the crisis.
2. Development of an intervention plan in coordination with the planning team.
3. Consultation and staff training to the service provider as necessary to ensure successful implementation of the participant's specific intervention plan.
4. Collection of data on behavioral strategies and submission of that data to the caregiver or provider for incorporation into progress reports.
5. Participation in any needed clinical meetings.
6. Development and implementation of a transition plan to aid the participant in returning home if out-of-home crisis intervention was provided.
7. Ongoing technical assistance to the caregiver or provider in the implementation of the intervention plan developed for the participant.
8. Provision of recommendations to prevent or minimize future crisis situations in order to increase the likelihood of maintaining the participant in the community.

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Dental Services

Dental services are defined in Title 22, California Code of Regulations, Section 51059 as professional services performed or provided by dentists including diagnosis and treatment of malposed human teeth, of disease or defects of the alveolar process, gums, jaws and associated structures; the use of drugs, anesthetics and physical evaluation; consultations; home, office and institutional calls.

All medically necessary dental services for children under age 21 are covered in the state plan pursuant to the EPSDT benefit. Dental services in this waiver are only provided to individuals age 21 and over and only when the limits of dental services furnished under the approved state plan are exhausted. Dental services in the approved state plan are limited to \$1800 annually or by the amount that is determined medically necessary.

Employment Supports

This service is provided to participants tailored to their specific personal outcomes related to the acquisition, improvement and/or retention of skills and abilities to prepare and support the participant for community participation, interdependence, independence, and/or community integrated work.

This service supports the full access of participants receiving services in the community to seek employment and work in competitive integrated settings.

The participant selects this service from among service options including non-disability specific settings. The service options are based on the participant's individualized needs and preferences. The participant receives this service in settings that are integrated in and support full access to the greater community, and allows for participant comfort, interdependence, independence, preferences, and use of any technology. The participant's choices are incorporated into the services and supports and his/her essential personal rights of privacy, dignity and respect, and freedom from coercion are protected. The service settings must allow the participant to control personal resources. In addition, the settings must allow the participant to receive breaks in the same manner as a nondisabled individual.

Employment supports are individually designed and provided in the manner specified by the planning team to assist participants to gain and retain employment, including self-employment, in community integrated work environments to achieve the participant's personally defined outcomes. The intended outcome of this service is sustained paid employment at or above minimum wage in an integrated setting in the general workforce, in a job that meets personal career goals. This service does not include payment for supervision training, support and adaptations typically available

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to other workers without disabilities working in similar positions in the business. These services and supports also include activities related to job discovery, self-employment, and retirement.

The participant may receive any combination of Employment Supports, including:

- a. Physical capacities development, i.e., health concerns.
- b. Psychomotor skills development.
- c. Interpersonal, communicative/social and adaptive skills development, e.g., responding appropriately to supervisors/coworkers.
- d. Work habits development, e.g., attendance and punctuality, focusing on tasks.
- e. Development of vocationally appropriate dress and grooming.
- f. Productive skills development, i.e., the achievement of productivity standards and quality results.
- g. Work-practices training, e.g., following directions, completing tasks.
- h. Work-related skills development, e.g., problem solving, path planning to future employment opportunities.
- i. Money management and income reporting skills.
- j. Development and use of natural job supports.
- k. Workforce integration techniques.
- l. Community integration development/relationship building.
- m. Safety skills and training.
- n. Job discovery, job-seeking, and interviewing skills.
- o. Self-advocacy training, participant counseling, peer vocational counseling, career counseling, and peer club participation.
- p. Volunteerism to assist the person in identifying job or career interests.
- q. Individualized assessment.
- r. Job analysis, job development and placement that produce an appropriate job match for the participant and employer.
- s. Direct supervision or training while the participant is engaged in integrated work.
- t. Job coaching provided on or off the worksite.
- u. Counseling with a participant/family and/or authorized representative to ensure support of the participant in job adjustment or planning for retirement.
- v. Counseling on benefits planning to ensure a consumer understands the relationship between earned income and receiving public benefits such as SSI, SSA, Medi-Cal, and PASS Plans.
- w. Consultation with employer's Human Relations staff.
- x. Assessment of need for technology and facilitating acquisition of communication aides and technology.

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- y. Job customization, e.g., modifications to work materials, procedures, and protocols.
- z. Self-employment and business development, i.e., identification of potential business opportunities, business plan development, identification of needed supports, ongoing assistance and support.

Transportation from the participant's residence to their place of employment is not a component of this service. The above described services and supports cannot be provided when available under a program funded under §110 of the Rehabilitation Act of 1973 (29 U.S.C. 730) or §602(16) and (17) of the Individuals with Disabilities Education Act (IDEA.)(20 U.S.C. 1401 (16 and 17)).

Environmental Accessibility Adaptations

Those physical adaptations to the participant's home, required by the individual's IPP, which are necessary to ensure the health, welfare and safety of the individual, or which enable the individual to function with greater independence in the home, and without which, the individual would be at risk for institutionalization. These services are allowed only when another entity (i.e. landlord) is not responsible for making the needed adaptation(s).

Such adaptations may include the installation of ramps and grab-bars, widening of doorways, modification of bathroom facilities, or installation of specialized electric and plumbing systems which are necessary to accommodate the medical equipment and supplies which are necessary for the welfare of the individual. Provided that they are allowable, other environmental accessibility adaptations and repairs may be approved on a case-by-case basis as technology changes or as a participant's physical or environmental needs change.

Excluded are those adaptations or improvements to the home which are of general utility, and are not of direct medical or remedial benefit to the individual, such as carpeting, roof repair, central air conditioning, etc.. All services shall be provided in accordance with applicable State or local building codes.

- It may be necessary to make environmental modifications to an individual's home before he/she transitions from an institution to the community. Such modifications may be made while the person is institutionalized. Environmental modifications, included in the individual's plan of care, may be furnished up to 180 days prior to the individual's discharge from an institution. However, such modifications will not be considered complete until the date the individual leaves the institution and is enrolled in the waiver.

Family Support Services

Regularly provided care and supervision of children, for periods of less than 24 hours per day, while the parents/primary non-paid caregiver are out of the home. This service is provided in the recipient's own home or in an approved out of

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home location to do all of the following:

1. Assist family members in maintaining the recipient at home;
2. Provide appropriate care and supervision to protect the recipient's safety in the absence of family members;
3. Relieve family members from the constantly demanding responsibility of caring for a recipient; and
4. Attend to the recipient's basic self-help needs and other activities of daily living, including interaction, socialization, and continuation of usual daily routines which would ordinarily be performed by family members.

Payment for family support services may only be made when the cost of the service exceeds the cost of providing services to a person of the same age without disabilities.

Family/Consumer Training

Family/consumer support and training services are provided, as needed, in conjunction with extended state plan services in this waiver. These services include training by licensed providers to maintain or enhance the long-term impact of treatment provided. This includes support or counseling for the consumer and/or family to ensure proper understanding of the treatment provided and what supports are needed in the recipient's home environment to enhance the treatments. These services will be provided to individuals age 21 and older.

Financial Management Services

This service assists the family or participant to: (a) manage and direct the disbursement of funds contained in the participant's individual budget, and ensure that the participant has the financial resources to implement his or her Individual Program Plan (IPP) throughout the year; (b) facilitate the employment of service providers by the family or participant, as either the participant's fiscal agent or co-employer, by performing such employer responsibilities including, but not limited to, processing payroll, withholding federal, state, and local tax and making tax payments to appropriate tax authorities; and, (c) performing fiscal accounting and making expenditure reports to the participant or family and others as required.

This service includes the following activities to assist the participant in their role as either the employer or co-employer:

1. Assisting the participant in verifying worker's eligibility for employment and provider qualifications
2. Ensuring service providers employed by the participant meet criminal background checks as required and as requested by the participant.

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3. Collecting and processing timesheets of workers.
4. Processing payroll, withholding, filing and payment of applicable federal, state and local employment-related taxes and insurance.
5. Tracking, preparing and distributing reports (e.g., expenditure) to appropriate individual(s)/entities.
6. Maintaining all source documentation related to the authorized service(s) and expenditures.
7. Maintaining a separate accounting for each participant's participant-directed funds.
8. Providing the participant and the regional center service coordinator with a monthly individual budget statement that describes the amount of funds allocated by budget category, the amount spent in the previous 30-day period, and the amount of funding that remains available under the participant's individual budget.
9. Ensuring payments do not exceed the amounts outlined in the participant's individual budget.
10. Fulfilling other FMS responsibilities as mandated by local, state and federal laws and regulations.

Home Health Aide

Home health aide services defined in 42 CFR §440.70 are provided to individuals age 21 and over and only when the limits of home health aide services furnished under the approved State plan limits are exhausted. Home health aide services under the state plan are limited to the amount that is determined medically necessary. All medically necessary home health aide services for children under age 21 are covered in the state plan pursuant to the EPSDT benefit. The scope and nature of these services do not differ from home health aide services furnished under the State plan. Services are defined in the same manner as provided in the approved State plan. The provider qualifications specified in the State plan apply.

Homemaker

Services consisting of general household activities (meal preparation and routine household care) provided by an individual that has the requisite skills to perform homemaker duties specified in the participant's IPP when the individual regularly responsible for these activities is temporarily absent or unable to manage the home and care for him or herself or others in the home.

Housing Access Supports

Housing Access Services includes two components:

A) Individual Housing Transition Services. These services are:

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1. Conducting a tenant screening and housing assessment that identifies the participant's preferences and barriers related to successful tenancy. The assessment may include collecting information on potential housing transition barriers, and identification of housing retention barriers.
 2. Developing an individualized housing support plan based upon the housing assessment that addresses identified barriers, includes short and long-term measurable goals for each issue, establishes the participant's approach to meeting the goal, and identifies when other providers or services, both reimbursed and not reimbursed by Medicaid, may be required to meet the goal.
 3. Assisting the individual with the housing application process. Assisting with the housing search process.
 4. Assisting the individual with identifying resources to cover set-up fees for utilities or service access, including telephone, electricity, heating and water, and services necessary for the individual's health and safety, consisting of pest eradication and one-time cleaning prior to occupancy.
 5. Assisting the individual with coordinating resources to identify and address conditions in the living environment prior to move-in that may compromise the safety of the consumer.
 6. Assisting the individual with details of the move including communicating with the landlord to negotiate a move-in date, reading and understanding the terms of the lease, scheduling set-up of utilities and services, and arranging the move of consumers' belongings.
 7. Developing a housing support crisis plan that includes prevention and early intervention services when housing is jeopardized.
- B) Individual Housing & Tenancy Sustaining Services - This service is made available to support individuals to maintain tenancy once housing is secured. The availability of ongoing housing-related services in addition to other long term services and supports promotes housing success, fosters community integration and inclusion, and develops natural support networks. These tenancy support services are:
1. Providing the individual with early identification and intervention for behaviors that may jeopardize housing, such as late rental payment and other lease violations.
 2. Providing the individual with education and training on the role, rights and responsibilities of the tenant and landlord.
 3. Coaching the individual on developing and maintaining key relationships with landlords/property managers with a goal of fostering successful tenancy.
 4. Assisting the individual in resolving disputes with landlords and/or neighbors to reduce risk of eviction or other adverse action.
 5. Providing the individual with advocacy and linkage with community resources to prevent eviction when housing is, or may potentially become jeopardized.
 6. Assisting the individual with the housing recertification process.
 7. Coordinating with the tenant to review, update and modify their housing support and crisis plan on a regular basis to

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reflect current needs and address existing or recurring housing retention barriers.

8. Providing the individual with continuous training in being a good tenant and lease compliance, including ongoing support with activities related to household management.

Housing Access Services do not include payment for room and board.

Persons receiving Health Homes or California Community Transitions services will not receive this service unless additional Housing Access through the waiver is necessary to maintain the consumers' health, safety and wellbeing in the home and/or community.

Independent Facilitator

Independent Facilitator means a person, selected and directed by the participant, who is not otherwise providing services to the participant pursuant to his or her IPP. The service or function is intended to assist the participant to plan for and access services to implement needed services identified in the participant's IPP. The services may include, but are not limited to:

1. Participate in the person-centered planning process.
2. Identify immediate and long-term needs, preferences, goals and objectives of the participant for developing the IPP.
3. Make informed decisions about the individual budget.
4. Develop options to meet the identified immediate and long-term needs and access community services and supports specified in the IPP.
5. Advocate on behalf of the participant in the person-centered planning process and development of the IPP, obtaining identified services and supports.

The participant/family may hire, or contract with an IF, and shall specify in the IPP the activities which the IF will conduct. A participant may elect to use his or her regional center service coordinator to fulfill the functions of an IF, instead of contracting with, or using the service of an independent facilitator. This service does not duplicate services provided by the participant's service coordinator.

Individual Training and Education

Individual Training and Education Services includes training programs, workshops and conferences that assist the participant in acquiring and building skills related to his or her responsibility as an employer, relationship building, problem

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solving and decision making. This service helps the participant acquire skills that facilitate the participant's self-advocacy skills, exercise the participant's human and civil rights, and exercise control and responsibility over their SDP services and supports.

This service includes enrollment fees, books and other resource/reference materials required for participation in the individual training and education, and transportation expenses, excluding airfare, that are necessary to enable participation in the individual training and education. This service does not include the cost of meals or overnight lodging. Individual Training and Education supports needs or goals identified in the participant's IPP.

This service is not provided when funding can be accessed through Public Education as required in IDEA (P.L. 105-17, the IDEA). Prior to accessing funding for this service, all other available and appropriate funding sources, including those offered by the Departments of Rehabilitation or Education must be explored and exhausted. These efforts must be documented in the participant's file.

This service does not duplicate the activities provided by the Independent Facilitator waiver service or Case Management. Neither case management nor the Independent Facilitator waiver service include the provision of training or the cost of enrollment fees. Furthermore, Independent Facilitator providers may not provide additional services to a participant. The Financial Management Services provider ensures compliance with this requirement.

Lenses and Frames

This service covers prescription lenses and frames for consumers over 21 as prescribed by a physician and only when the limits of prescription lenses and frames furnished under the approved state plan are exhausted. All medically necessary Prescription Lens/Frames for children under age 21 are covered in the state plan pursuant to the EPSDT benefit.

Prescription Lens/Frames under the state plan are limited to beneficiaries under 21 years old and residents of a nursing home. The provider qualifications listed in the plan will apply, and are hereby incorporated into this waiver request by reference. Prescription lenses and frames will not supplant services available through the approved Medicaid State plan or the EPSDT benefit.

Live-In Caregiver

Live-in caregiver service provides the payment for the additional costs of rent and food that can be reasonably attributed to an unrelated live-in personal caregiver who resides in the same household as the participant. This payment is available only in the case of participants who receive personal care support and live in homes that they rent, lease, or own. A legal guardian may not furnish this service. The way the amount is paid is determined as specified in Appendix I-6. Payment is

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not made when the participant lives in the caregiver's home or in a residence that is owned or leased by the provider of Medicaid services.

Massage Therapy

Massage Therapy is the scientific manipulation of the soft tissues of the body for the purpose of normalizing those tissues and consists of manual techniques that include applying fixed or movable pressure, holding, and/or causing movement of or to the body. Massage therapy would be provided to a participant as part of an effective continuum of care throughout the course of a medical condition.

Non-Medical Transportation

Service offered in order to enable individuals served to gain access to the Self-Determination Program waiver and community services, employment, activities and resources, and participate in community life as specified by their Individual Program Plan. This service is offered in addition to medical transportation required under 42 CFR 431.53 and transportation services under the State plan, defined in 42 CFR 440.170(a) (if applicable), and shall not replace them. Transportation services under the waiver shall be offered in accordance with the individual's plan of care and shall include transportation aides and such other assistance as is necessary to assure the safe transport of the recipient. Private, specialized transportation will be provided to those individuals who cannot safely access and utilize public transportation services (when available). Whenever possible, the use of natural supports, such as family, neighbors, friends, or community agencies which can provide this service without charge will be utilized. All SDP participants will work with a regional center service coordinator and a Financial Management Services provider. Some will choose to also work with an Independent Facilitator. The SDP participant, and one or all of these entities will determine when the use of natural supports, such as family, neighbors, and friends have been exhausted and paid services begin.

Nutritional Consultation

Nutritional consultation includes the provision of consultation and assistance in planning to meet the nutritional and special dietary needs of participants. These services are consultative in nature and do not include specific planning and shopping for, or preparation of meals for participants.

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Occupational Therapy

Occupational Therapy services are defined in Title 22, California Code of Regulations, Sections 51085, and 51309 as services designed to restore or improve a person's ability to undertake activities of daily living when those skills are impaired by developmental or psychosocial disabilities, physical illness or advanced age. Occupational therapy includes evaluation, treatment planning, treatment, instruction and consultative services.

All medically necessary occupational therapy services for children under age 21 are covered in the state plan pursuant to the EPSDT benefit. Occupational therapy in this waiver is only provided to individuals age 21 and over and only when the limits of occupational therapy services furnished under the approved state plan are exhausted. Occupational therapy services in the approved state plan are limited to a maximum of two services in any one calendar month or any combination of two services per month from the following services: audiology, acupuncture, chiropractic, psychology, podiatry, and speech therapy or the amount determined medically necessary.

Optometric/Optician Services

Optometric/Optician Services are defined in Title 22, California Code of Regulations, Sections 51093 and 51090, respectively. Optometric services means any services an optometrist may perform under the laws of this state. Dispensing optician means an individual or firm which fills prescriptions of physicians for prescription lenses and kindred products and fits and adjusts such lenses and spectacle frames. A dispensing optician is also authorized to act on the advice, direction and responsibility of a physician or optometrist in connection with the fitting of a contact lens or contact lenses.

All medically necessary Optometric/Optician services for children under age 21 are covered in the state plan pursuant to the EPSDT benefit. Optometric/Optician services in this waiver are only provided to individuals age 21 and over and only when the limits of Optometric/Optician services furnished under the approved state plan are exhausted.

Optometric/Optician Services under the state plan are limited to one eye exam every 24 months, however, this limit can be exceeded based on medical necessity. The provider qualifications listed in the plan will apply, and are hereby incorporated into this request by reference.

Participant-Directed Goods and Services

Participant-Directed Goods and Services consist of services, equipment or supplies not otherwise provided through the SDP Waiver or through the Medicaid State plan that address an identified need in the IPP (including accommodating,

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improving and maintaining the participant's opportunities for full membership in the community) and meet the following requirements: the item or service would decrease the need for other Medicaid services; promote interdependence, and inclusion in the community; and increase the person's safety in the home environment; and the participant does not have the personal funds to purchase the item or service and the item or service is not available through another funding source. The participant-directed goods and services must be documented in the participant's Individual Program Plan and purchased from the participant's Individual Budget. Experimental or prohibited treatments are excluded.

Personal Emergency Response Systems (PERS)

PERS is a 24-hour emergency assistance service which enables the recipient to secure immediate assistance in the event of an emotional, physical, or environmental emergency. PERS are individually designed services to meet the needs and capabilities of the participant and includes training, installation, repair, maintenance, and response needs. The allowable service includes the following:

1. 24-hour answering/paging;
2. Beepers;
3. Med-alert bracelets;
4. Intercoms;
5. Life-lines;
6. Fire/safety devices, such as fire extinguishers and rope ladders;
7. Monitoring services;
8. Light fixture adaptations (blinking lights, etc.);
9. Telephone adaptive devices not available free of charge from the telephone company;
10. Other devices/services designed for emergency assistance.

PERS services are limited to those individuals who have no regular caregiver or companion for periods of time, and who would otherwise require a greater amount of routine supervision. By providing immediate access to assistance, PERS services prevent institutionalization of these individuals and allow them to remain in the community. All Items shall meet applicable standards of manufacture, design, and installation. Repairs to and maintenance of such equipment shall be performed by the manufacturer's authorized dealers where possible.

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Physical Therapy

Physical Therapy services are defined in Title 22, California Code of Regulations, Sections 51081, and 51309 as services of any bodily condition by the use of physical, chemical, and or other properties of heat, light, water, electricity or sound, and by massage and active, resistive or passive exercise. Physical therapy includes evaluation, treatment planning, treatment, instruction, consultative services, and application of topical medications.

All medically necessary physical therapy services for children under age 21 are covered in the state plan pursuant to the EPSDT benefit. Physical therapy in this waiver is only provided to individuals age 21 and over and only when the limits of physical therapy services furnished under the approved state plan are exhausted. Physical therapy services in the approved state plan are limited to six month treatments and may be renewed if determined medically necessary.

Prevocational Supports

This service is provided to participants tailored to their specific personal outcomes related to the acquisition, improvement and/or retention of skills and abilities to support and prepare the participant for community participation, interdependence, independence, and/or community integrated work.

The participant selects this service from among service options including non-disability specific settings. The service options are based on the participant's individualized needs and preferences.

The participant receives this service in settings that are integrated in and support full access to the greater community, and allows for participant comfort, interdependence, independence, preferences, and use of any technology. The participant's choices are incorporated into the services and supports and his/her essential personal rights of privacy, dignity and respect, and freedom from coercion are protected. The service settings must allow the participant to control personal resources. In addition, the settings must allow the participant to receive breaks in the same manner as a non-disabled individual.

Prevocational supports are individually designed and provided in the manner specified by the planning team to assist participants to gain employment, including self-employment or volunteer work, in community integrated environments to achieve the participant's personally defined outcomes. These services and supports also include activities related to job discovery, self-employment, and retirement. The intended outcome of this service is to further habilitation goals that will lead to greater opportunities for competitive integrated employment and career advancement at or above minimum wage.

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The participant may receive any combination of Prevocational Supports, including:

- Physical capacities development, i.e., health concerns.
- Psychomotor skills development.
- Interpersonal, communicative/social and adaptive skills development, e.g., responding appropriately to supervisors/coworkers.
- Work habits development, e.g., attendance and punctuality, focusing on tasks.
- Development of vocationally appropriate dress and grooming.
- Productive skills development, i.e., the achievement of productivity standards and quality results.
- Work-practices training, e.g., following directions, completing tasks.
- Work-related skills development, e.g., problem solving, path planning to future employment opportunities.
- Money management and income reporting skills.
- Volunteerism to assist the person in identifying job or career interests.

Prevocational supports are designed to prepare individuals in non-job-task-specific strengths and skills that contribute towards obtaining a competitive and integrated employment, as opposed to vocational services whose sole purpose is to provide employment without habilitation goals geared towards skill building.

Transportation from the participant's residence is not a component of this service. The above described services and supports cannot be provided when available under a program funded under §110 of the Rehabilitation Act of 1973 (29 U.S.C. 730) or §602(16) and (17) of the Individuals with Disabilities Education Act (IDEA.) (20 U.S.C. 1401 (16 and 17)).

Psychology Services

Psychology Services are defined in Title 22, California Code of Regulations, Section 51099 as the services of a person trained in the assessment, treatment, prevention, and amelioration of emotional and mental health disorders.

All medically necessary psychology services for children under age 21 are covered in the state plan pursuant to the EPSDT benefit. Psychology services in this waiver are only provided to individuals age 21 and over and only when the limits of psychology services furnished under the approved state plan are exhausted. The approved state plan limits this service to the amount that is medically necessary.

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Respite Services

Respite Services are provided to participants who require intermittent temporary supervision. The services are provided on a short-term basis because of the absence or need for relief of those persons who normally care for and/or supervise them and are non-medical in nature, with the exception of colostomy, ileostomy, catheter maintenance, and gastrostomy.

Respite can be any of the following:

1. Services provided by the hour on an episodic basis because of the absence of or need for relief for those persons normally providing the care to individuals.

2. Services provided by the day/overnight on a short-term basis because of the absence of or need for relief for those persons normally providing the care to individuals.

3. Services that attend to the participant's basic self-help needs and other activities of daily living, including interaction, socialization, and continuation of usual daily routines that would ordinarily be performed by those persons who normally care for and/or supervise them.

Respite services may be purchased from qualified agencies or individuals. The participant may employ individual respite workers. In all cases, the IPP must specify the necessary training and skills that such workers or other providers must possess.

Respite Services may be provided in the following locations:

- Private residence.
- Residential facility approved by the State.
- Other community settings that are not a private residence, such as:
 - Adult Family Home/Family Teaching Home
 - Certified Family Homes for Children
 - Adult Day Care Facility
 - Camp
 - Licensed Preschool

FFP will not be claimed for respite services provided beyond 30 consecutive days in a facility.

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Respite Services cannot be provided by the primary care provider or his/her spouse under this definition. Respite providers are required to develop and implement a back-up plan for times when they are scheduled, but are unable to come and provide the services.

Respite Services do not duplicate services provided under the Individuals with Disabilities Education Act (IDEA) of 2004. These services may only be provided when the care and supervision needs of a consumer exceed that of a person of the same age without developmental disabilities and will not be claimed for the cost of room and board except when provided as part of respite care furnished in a facility approved by the State that is not a private residence.

Skilled Nursing

Services listed in the plan of care which are within the scope of the State's Nurse Practice Act and are provided by a registered professional nurse, or licensed practical or vocational nurse under the supervision of a registered nurse, licensed to practice in the State.

Skilled nursing is only provided to individuals age 21 and over. All medically necessary skilled nursing services for children under the age of 21 are covered in the state plan pursuant to EPSDT benefit. Skilled nursing services will not supplant services available through the approved Medicaid State plan under the home health benefit or the EPSDT benefit.

Specialized Medical Equipment and Supplies

Specialized medical equipment and supplies include: (a) devices, controls, or appliances, specified in the IPP, that enable participants to increase their ability to perform activities of daily living; (b) devices, controls, or appliances that enable the participant to perceive, control, or communicate with the environment in which they live; (c) items necessary for life support or to address physical conditions along with ancillary supplies and equipment necessary to the proper functioning of such items; (d) such other durable and non-durable medical equipment and supplies not available under the State plan that is necessary to address participant functional limitations; and, (e) necessary medical supplies not available under the State plan. The repair, maintenance, installation, and training in the care and use, of these items is also included. Items reimbursed with waiver funds are in addition to any medical equipment and supplies furnished under the State plan and exclude those items that are not of direct medical or remedial benefit to the participant. All items shall meet applicable standards of manufacture, design, and installation, and must meet Underwriter's Laboratory or Federal Communications

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Commission codes, as applicable. Repairs to and maintenance of such equipment shall be performed by the manufacturer's authorized dealer where possible.

Speech, Hearing and Language Services

Speech, Hearing and Language services are defined in Title 22, California Code of Regulations, Sections 51096, 51098, and 51094.1 as speech pathology audiology services, and hearing aids, respectively. Speech pathology services means services for the purpose of identification, measurement and correction or modification of speech, voice or language disorders and conditions, and counseling related to such disorders and conditions. Audiological services means services for the measurement, appraisal, identification and counseling related to hearing and disorders of hearing; the modification of communicative disorders resulting from hearing loss affecting speech, language and auditory behavior; and the recommendation and evaluation of hearing aids. Hearing aid means any aid prescribed for the purpose of aiding or compensating for impaired human hearing loss.

All medically necessary speech, hearing and language services for children under age 21 are covered in the state plan pursuant to the EPSDT benefit. Speech, hearing and language services in this waiver are only provided to individuals age 21 and over and only when the limits of speech, hearing and language services furnished under the approved state plan are exhausted. Speech, hearing and language services in the approved state plan are limited to two services in any one calendar month or any combination of two services per month; Hearing aid benefits are subject to a \$1,510 maximum cap per beneficiary per fiscal year or the amount determined medically necessary.

Technology

Technology is an item, piece of equipment, or product system, whether acquired commercially, modified, or customized, that is used to promote community integration, independence, and increase, maintain, or improve functional capabilities of participants. Allowable technology services, as specified in the participant's IPP include:

1. Evaluation of technology needs of a participant, including a functional evaluation of the impact of the provision of appropriate technology and appropriate services to the participant in the customary environment of the participant;
2. Purchasing, leasing, or otherwise providing for the acquisition of any technology device: cell phones (monthly bill, cell phone apps), iPads, tablets, and laptops. Service includes insurance and training on the use of any technology device.
3. Selecting, designing, fitting, customizing, adapting, applying, maintaining, repairing, or replacing technology devices;

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4. Training or technical assistance for the participant, or where appropriate, their family members, guardians, advocates, or authorized representatives of the participant; and
5. Training or technical assistance for professionals or other individuals who provide services to, employ, or are otherwise substantially involved in the major life functions of participant.

Technology may only be purchased under the SDP Waiver if it is not available through the state plan.

Training and Counseling Services for Unpaid Caregivers

Training and counseling services for individuals who provide unpaid support, training, companionship or supervision to participants. For purposes of this service, "individual" is defined as any person, family member, neighbor, friend, companion or co-worker who provides uncompensated care, training, guidance, companionship or support to a person served on the waiver. This service may not be provided to train paid caregivers. Training includes instruction about services and supports included in the IPP, use of equipment specified in the IPP, and updates as necessary to safely maintain the participant at home. Counseling must be aimed at assisting the unpaid caregiver in meeting the needs of the participant. All training for individuals who provide unpaid support to the participant must be included in the IPP. The service includes the cost of registration and training fees associated with formal instruction in areas relevant to participant needs identified in the IPP. The costs for travel, meals and overnight lodging to attend a training event or conference are not covered under this service definition. This service does not duplicate the services provided under the waiver service Family/Consumer Training.

Transition/Set Up Expenses: Other Services

Transition/Set Up Expenses are one-time, non-recurring set-up expenses to assist individuals who are transitioning from an institution to their own home in the community. These expenses fund some of the initial set-up costs that are associated with obtaining and securing an adequate living environment and address the individual's health and safety needs when he or she enters a new living environment. "Own home" is defined as any dwelling, including a house, apartment, condominium, trailer, or other lodging that is owned, leased, or rented by the individual. This service includes necessary furnishings, household items and services that an individual needs for successful transition to community living and may include:

- Security deposits that are required to obtain a lease on an apartment or home;
- Moving expenses;
- Health and safety assurances, such as pest eradication, allergen control or one-time cleaning prior to occupancy;

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- Set up fees or non-refundable deposits for utilities (telephone, electricity, heating by gas);
- Essential furnishings to occupy and use a community domicile, such as a bed, table, chairs, window blinds, eating utensils, food preparation items, etc.

These services exclude:

- Items designed for diversionary/recreational/entertainment purposes, such as hobby supplies, television, cable TV access, or VCRs and DVDs.
- Room and board, monthly rental or mortgage expense, regular utility charges, household appliances, and food. Items purchased through this service are the property of the individual receiving the service and the individual takes the property with him/her in the event of a move to another residence. Some of these expenses may be incurred before the individual transitions from an institution to the community. In such cases, the Transition/Set Up expenses incurred while the person was institutionalized are not considered complete until the date the individual leaves the institution and is enrolled in the waiver. Transition/Set Up expenses included in the individual's plan of care may be furnished up to 180 days prior to the individual's discharge from an institution. However, such expenses will not be considered complete until the date the individual leaves the institution and is enrolled in the waiver.

Vehicle Modifications and Adaptations

Vehicle adaptations are devices, controls, or services which enable participants to increase their independence, enable them to integrate more fully into the community, and to ensure their health and safety. The repair, maintenance, installation, and training in the care and use of these items are included. Vehicle adaptations must be performed by the adaptive equipment manufacturer's authorized dealer. Repairs to and maintenance of such equipment shall be performed by the manufacturer's authorized dealer where possible.

Vehicle adaptations include, but are not limited to, the following:

1. Door handle replacements;
2. Door widening;
3. Lifting devices;
4. Wheelchair securing devices;
5. Adapted seat devices;
6. Adapted steering, acceleration, signaling, and braking devices; and
7. Handrails and grab bars

Adaptations to vehicles shall be included if, on an individual basis, the cost effectiveness of vehicle adaptations, relative to alternative transportation services, is established. Adaptations to vehicles are limited to vehicles owned by the recipient,

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or the recipient's family and do not include the purchase of the vehicle itself. The recipient's family includes the recipient's biological parents, adoptive parents, stepparents, siblings, children, spouse, domestic partner (in those jurisdictions in which domestic partners are legally recognized), or a person who is a legal representative of the recipient. Vehicle adaptations will only be provided when they are documented in the individual plan of care and when there is a written assessment by a licensed Physical Therapist or a registered Occupational Therapist. The vehicle may be owned by the participant or a family member with whom he or she lives or has consistent and ongoing contact, who provides primary long-term support to the participant, and who is not a paid provider of such services.