COMMUNITY SERVICES
AND SUPPORTS FOR
CHILDREN AND YOUNG
ADULTS WITH DISABILITIES

Aging and Disability Resource Centers
February 2015
Importance of Long Term Services and Supports

• In order for children and young adults to have the lives that they want there needs to be a system of services and supports that are flexible, readily available and comprehensive

• With these supports individuals can live with their families, live with others of their choosing, or live on their own
What you need to know about how supports are paid for?

- Medicaid is the major source of funding for long term services and supports.
- For children under 18 years of age eligibility for Medicaid is based in part on parental income.
- Children under 18 can become eligible for Medicaid **regardless** of parental income if they have a Medicaid waiver.
- Texas allows for some parents and working adults to buy into the Medicaid program.
What you can do to assist families

• Learn about Medicaid benefits and how to access services, including Medicaid buy-in programs

• Learn about how to plan for transition from children’s services to adult services

• Learn about Medicaid waivers and the importance of getting on waiting lists

• Learn about changes that are coming to Texas Medicaid and ways to stay current
What we will cover

• Readily available options for children who have Medicaid
• Medicaid Home and Community Based Waivers
• Medicaid Buy-In
• Other potential services for children
• Changes in the way Medicaid will be delivered
• Ways to stay current
MEDICAID
Medicaid

• Established in 1965

• Title XIX of Social Security Act

• Enables states to furnish…rehabilitation and other services to help families and individuals attain or retain capability for independence or self-care
Medicaid

- Medicaid provides access to health care for certain people with limited incomes or extensive medical needs.

- Medicaid also pays for many long term services and supports for people with disabilities.

- Federal-State entitlement program, which means that individuals who are eligible are entitled to certain medically necessary health care services.
Medicaid State Plans

- Each state must have a State Plan consistent with federal requirements.

- Set of 14 Mandatory benefits a state must provide and about 34 Optional benefits a state can choose to provide.

- Once in a State Plan an Optional benefit become mandatory.

- Medicaid requires that states cover all medically necessary services for those under 21, including mandatory and all optional services even those not in a state’s Plan.
Mandatory State Plan Services

In-patient and Out-patient Hospital Services
Physician Services
Medical, Surgical and Dental Services
Home Health Care
  Skilled Nursing Visits
  Home Health Aide Services
Medical Supplies
Durable Medical Equipment
Physical Therapy
Occupational Therapy
Nurse and Midwife Services
Pediatric and Family Nurse Practitioner Services
Rural Health Clinic Services
Laboratory and X-ray Services
Federally Qualified Health Care Services
Renal Dialysis
Ambulance
Early and Periodic Screening, Diagnosis and Treatment (EPSDT)
  (under age 21 years only – Texas Health Steps)
Comprehensive Care Program (CCP)
Medical Transportation
Family Planning Services/Genetics
Nursing Facility Services
Optional State Plan Services in Texas

Prescriptions (limit three per month for adults)
Prosthetic devices
Vision
Respiratory care in the home
Parenteral hyper alimentation
Emergency medical
School Health and Related Services (SHARS)
Maternity Services
Chiropractic services
Hearing aids
Podiatry

Licensed Social Work Services
Counseling by Licensed Professional Counselor or Psychologist
Certified registered nurse anesthetists
Christian Science sanitarium
Birthing center and Hospice care
Medically necessary surgery and dentistry
Advanced practice nurse and TB clinics
Physical Therapy
Intermediate Care Facilities
Personal Care Services
Children and the Medicaid Program

- EPSDT: Early and Periodic Screening, Diagnosis and Treatment

- Enacted in 1967 as mandatory service under Medicaid

- Comprehensive and periodic evaluation of child’s health, development, and nutritional status, including vision, dental and hearing
Children and the Medicaid Program

• In 1989 expanded to require all medically necessary services to children 21 years or younger

• In Texas the “treatment part of the EPSDT program is called Texas Health Steps – Comprehensive Care Program (CCP)
Expanded Services for Children under the age of 21

Occupational therapy
Physical therapy
Speech language services
Private Duty nursing services
Prescriptions (no # limits)
Durable medical equipment
Medical supplies
Prosthetics
Orthotics
Transplants

Dental services (including orthodontia)
Targeted case management
Licensed dietician services
Rehabilitation services
Clinic services
In-patient rehabilitation facility
Freestanding psychiatric services
Chemical dependency treatment
Christian Science nurse services
Medical nutritional products
Frequently Utilized Medicaid Benefits by Children with Disabilities

- Medicaid Case Management
- Personal Care Services
- Durable Medical Equipment
- Private Duty Nursing
- Therapy (OT, PT, ST)
- Psychological Services
Medicaid Case Management

- Case management for children and pregnant women.
  Assistance with:
  - Access to medical services
  - Family problems
  - Education/school issues
  - Community services

- To request services contact Texas Health Steps (877)847-8377
Personal Care Services

Personal care services in the home and the community that assist children and young adults with Activities of Daily Living, Instrumental Activities of Daily Living and Health Related Activities. Individuals must be under the age of 21 and have a physical, behavioral or cognitive disability.
Personal Care Services - PCS

- Eligibility based on functional need, not diagnosis
- Eligibility not based on severity of disability
- No limit on number of medically necessary hours, but based on assessment of need

To request Personal Care Services contact:
TMHP Community Health Services (CHS)
1-888-276-0702

For brochure, go to
http://www.dshs.state.tx.us/caseman/pcs.shtm
Durable Medical Equipment - DME

• Medically necessary equipment and supplies without limits
How do you access DME?

Contact a Durable Medical Equipment Vendor in your area for an assessment

- Physical therapy or occupational therapy evaluation needed for seating and positioning equipment

- Speech therapy evaluation and prescription needed for Augmentative Communication Devices
Private Duty Nursing - PDN

- Medically necessary nursing services
- No specific diagnosis required
- No set limits or caps on number of hours
- Hours based on assessment and physician’s recommendation
How do you access Private Duty Nursing?

Contact a Pediatric Home Health Agency in your area and ask them to assess the child (0-21) for services.
Therapy

- Medically necessary therapy OT, PT, ST

- Eligibility not based on diagnosis

- Condition does not have to improve in order to receive medically necessary therapy
How do you access Therapy?

Contact a Pediatric Home Health Agency or Pediatric Therapy agency in your area and ask them to assess the child (0-21) for services.
TRANSITION FROM CHILDREN’S MEDICAID
What happens when a child turns 21?

• Will they receive a reduction in benefits?

• Are there other benefits that will take the place of the Expanded EPSDT/CCP benefits for children?
Medicaid Beneficiaries Over Age 21 Years

• Once a person turns 21 years old, he/she is no longer eligible for EPSDT/CCP

• Individuals over the age of 21 who were receiving nursing now can automatically receive services from the STAR PLUS + waiver

• Individuals might be eligible for Home Health Skilled Nursing Visits and Respiratory Therapy
Recap

Purpose of Medicaid

Eligibility

Texas State Plan

Expanded EPSDT/CCP Benefits for Children

Transition from Children’s Services to Adult Services
Things to Keep in Mind

• Sometimes individuals are given erroneous information about Medicaid or receive denials for services
• It is important to appeal denials of services and supports
• Often told no without proper documentation
Questions
MEDICAID HOME AND COMMUNITY BASED WAIVERS
Home and Community-Based Services Waivers

Medicaid home and community-based service waivers afford States the flexibility to develop and implement creative alternatives to placing Medicaid-eligible individuals in hospitals, nursing facilities, or intermediate care facilities for persons with intellectual disabilities or related conditions.
Home and Community Based Services
Waivers

• Flexible
• Wide range of services and supports possible
• Family and consumer driven
• Waiver eligibility is based on the finances of the person and not the family. For children under 18, the income of the parent is NOT considered, except for Texas Home Living
• Waiver is mechanism for individuals to become eligible for Medicaid
• Waivers are not entitlements so there can be waiting lists
# Texas Home and Community-based Waivers

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<tr>
<th>Acronym</th>
<th>Description</th>
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<td>MDCP</td>
<td>Medically Dependent Children Program</td>
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<tr>
<td>CLASS</td>
<td>Community Living Assistance and Support Services</td>
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<td>Home and Community Services</td>
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<td>TxAHmL</td>
<td>Texas Home Living Waiver</td>
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<td>DBMD</td>
<td>Deaf/Blind and Multiple Disabilities</td>
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<td>STAR+Plus</td>
<td>STAR+Plus</td>
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<tr>
<td>YES</td>
<td>Youth Empowerment Services</td>
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MDCP – Medically Dependent Children Program

- Alternative to nursing facility for children under 21
- Does not consider parental income

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<td>Flexible Family Supports</td>
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<td>Employment Assistance</td>
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<tr>
<td>Supported Employment</td>
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</table>
Benefits

- Physician,
- Prescriptions,
- DME (wheelchair, Vent),
- Private Duty Nursing,
- Personal care services,
- Supplies,
- Therapies

- MDCP
- Respite,
- Home Mods
Important Facts About MDCP

• Mechanism for children and young adults to leave nursing facilities and get MDCP

• Automatically transition into STAR + Plus waiver at 21

• MDCP moving into STAR Kids Medicaid Managed Care in September of 2016 (SB 7)
CLASS – Community Living Assistance and Support Services

- Alternative to ICF/RC institutionalization for children and adults
- Does not consider parental income
- Developmental disability that occurred before 22

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<td>Nursing</td>
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<td>Behavioral Support including ABA</td>
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<td>Support Family Services</td>
<td>Transition Assistance Services</td>
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<td>Dental</td>
<td>Auditory Enhancement Training</td>
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<tr>
<td>Employment Assistance</td>
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</tbody>
</table>
Benefits

Physician/Hospital, Prescriptions, DME (wheelchair, wound vac), Private Duty Nursing, Supplies, Therapies

+ CLASS Habilitation, Case Mgt., Home Mods,
Important Facts About CLASS

• Mechanism for individuals to leave nursing facilities and get CLASS

• Individuals in CLASS whose needs exceed the individual cost cap can request from DADS the ability to exceed the cost cap

• All individuals 21 or older on the CLASS waiver who are not dually eligible enrolled in Medicaid Managed Care for their medical care in September 2014 (SB 7)
HCS
HCS – Home and Community Based Services

- Alternative to ICF/IDD institutionalization for children and adults
- Does not consider parental income, 300% SSI income limit
- Developmental disability with IQ below 70 or a Related Condition and an IQ below 75

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Benefits

- Medical, Supplies
- HCS Host Home, Adaptive Aids, Additional Behavior Support
Important Facts About HCS

- There is a mechanism for individuals with intellectual disabilities and related conditions, regardless of age to leave nursing facilities and get HCS.

- Individuals in HCS whose needs exceed the individual cost cap can request from DADS the ability to exceed the cost cap.

- All individuals 21 or older on the HCS waiver who were not dually eligible, enrolled in Medicaid Managed Care for their acute medical care in September 2014 (SB 7).
TXHTML
TxHmL – Texas Home Living

- Alternative to ICF/IID institutionalization for children and adults
- Does consider parental income, must have Medicaid or SSI
- Developmental disability with IQ below 70 or a Related Condition and an IQ below 75

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<td>Behavioral Support including ABA</td>
<td>Employment Assistance</td>
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<td>Dental</td>
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Important Facts About TxHmL

• TxHmL has a large array of services, but a lower cost cap

• All individuals 21 or older on the TxHmL waiver who are not dually eligible, enrolled in Medicaid Managed Care for their medical care in September 2014

• All or some of the benefits of TxHmL will transition to the STAR+Plus waiver by September, 1, 2017 (SB 7)
DBMD
DBMD – Deaf Blind with Multiple Disabilities

- Alternative to ICF/IID institutionalization for children and adults
- Does not consider parental income, 300% SSI income limit
- Developmental disability and have diagnosis of deafblindness as well as another disability

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<td>Nursing</td>
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<td>Employment Assistance</td>
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<td>Audiology</td>
<td>Chore Provider</td>
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<tr>
<td>Environmental Accessibility</td>
<td>Intervenor</td>
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<tr>
<td>Orientation and Mobility</td>
<td>Assisted Living (up to 6 beds)</td>
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</table>
Important Facts About DBMD

• Mechanism for individuals to leave nursing facilities and get DBMD

• Individuals in DBMD whose needs exceed the individual cost cap can request from DADS the ability to exceed the cost cap

• All individuals 21 or older on the DBMD waiver who are not dually eligible enrolled in a Medicaid Managed Care for their medical care in September 2014 (SB 7)
STAR+PLUS
STAR+Plus

- Alternative to nursing facility for individuals 21 or older
- Must meet the medical necessity criteria for admission to a nursing facility
- 300% SSI income limit

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<td>Adult Foster Care</td>
<td>Dental</td>
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<tr>
<td>Transition Assistance Services</td>
<td>Employment Assistance</td>
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Important Facts About STAR+Plus

- Young adults who turn 21 and who age out of MDCP or Medicaid Private Duty Nursing move into STAR+Plus waiver with no wait.

- Individuals who have SSI automatically get STAR+Plus waiver services with no wait; higher income individuals enter from waiting list.

- There is a mechanism for individuals to leave a nursing home and move into STAR+Plus.

- Individuals in STAR+Plus whose needs exceed the individual cost cap can request from HHSC the ability to exceed the cost cap.

- All individuals who were in CBA transitioned to STAR+Plus on September 1, 2014 (SB 7).
YES
YES – Youth Empowerment Services

- Alternative to in-patient psychiatric treatment for children 3 - 18
- Must meets DSHS clinical criteria, including risk of self-harm, risk of severe disruptive or aggressive behavior

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<tr>
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<td>Specialized Psychiatric Observation</td>
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<td>Home/Vehicle Modifications</td>
<td>Adaptive Aids</td>
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<td>Professional Services</td>
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<td>Nursing</td>
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<tr>
<td>Supportive Family Based Alternatives</td>
<td>Family Supports</td>
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<tr>
<td>Transitional Services</td>
<td>Non-Medical Transportation</td>
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</table>
Important Facts About YES

• The YES Waiver is currently available in the following Counties:
  • Bexar
  • Brazoria
  • Cameron
  • Ft. Bend
  • Galveston
  • Harris
  • Hidalgo
  • Tarrant
  • Travis
  • Willacy

• YES waiver is expanding statewide with projected roll out by end of 2015
Medicaid Waiver Interest Lists

• Make sure to assist the family to place their child’s name on the waiting lists for all of the waivers that you think he/she might be eligible for.

• Remind the parent to ask the person who is taking their name to send them a letter showing the date that their child’s name was put on the list.

• The waiting lists all move at different paces. The CLASS and HCS waiver waiting lists seem to take the longest time.
## Waiting List Contact Information

<table>
<thead>
<tr>
<th>Waiver</th>
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<tbody>
<tr>
<td>MDCP</td>
<td>1-877-438-5658</td>
</tr>
<tr>
<td>CLASS</td>
<td>1-877-438-5658</td>
</tr>
<tr>
<td>HCS</td>
<td>Local Authority <a href="http://www.dads.state.tx.us/services/index.cfm">Link</a></td>
</tr>
<tr>
<td>Texas Home Living</td>
<td>Local Authority <a href="http://www.dads.state.tx.us/services/index.cfm">Link</a></td>
</tr>
<tr>
<td>DB/MD</td>
<td>1-877-438-5658</td>
</tr>
<tr>
<td>YES</td>
<td><a href="http://www.dshs.state.tx.us/mhsa/yes/">Link</a></td>
</tr>
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</table>
MEDICAID BUY-IN
Medicaid Buy-In for Children can help pay medical bills for children with disabilities. This program helps families who need health insurance, but make too much money to get traditional Medicaid. Families “buy in” to Medicaid by making a monthly payment (premium).

To be in this program a child must:
• Be age 18 or younger
• Meet the same rules for a disability that are used to get SSI
• Live in Texas.
• Be a U.S. citizen or legal resident.
• Not be married.

Get an application form for Medicaid Buy-In for Children (Form H1200-MBIC).
• Go to www.hhsc.state.tx.us. Click on “How to Get Help.” Then click on “Children.”
• Call 2-1-1 and ask to have a Medicaid Buy-In for Children application mailed to you.
• Go to an HHSC benefits office. Call 2-1-1 to find one near you.
Medicaid Buy-In for Adults

What is the Medicaid Buy-In program?

Allows certain people with disabilities who work to buy into Medicaid. The program offers low-cost Medicaid health care services — including some community-based services and supports. Some people might have to pay a monthly fee.

Who can be in the Medicaid Buy-In program?

A person who:
Has a disability.
Is working.
Lives in Texas.
Does not live in a state institution or nursing home all the time.

Fill out an application form. You can get it one of these ways:

Download the form: http://www.hhsc.state.tx.us/Help/1200-MBI-eng.pdf
Call 2-1-1 and ask to have an H1200 form mailed to you.
Pick up a form at an HHSC benefits office. Call 2-1-1 or 1-877-541-7905 (toll-free) to find one near you.
OTHER POTENTIAL SERVICES FOR CHILDREN
Community Attendant Services

- Community Attendant Services provides individuals with physical disabilities assistance with activities of daily living such as bathing, dressing and eating. Services are provided by an attendant.

- Financial eligibility is 300% of SSI and for children under 18 a portion of the income of the parents is deemed to the child and considered.
How do you access Community Attendant Services?

• Call your local Department of Aging and Disability Services – Community Care for Aged and Disabled

• For a directory of local Department of Aging and Disability Services Intake offices go to the following website: http://www.dads.state.tx.us/services/contact.cfm
Children with Special Healthcare Needs

Provides health care benefits and family support to children with extraordinary medical needs, disabilities or chronic health conditions.
Family Support Services may include, but are not limited to the following:

- Respite Care
- Specialized childcare costs
- Vehicle Modifications such as Wheelchair lifts and related modifications
- Home modifications
- Special equipment

To request services call 1-800-252-8023
IMPORTANT CHANGES TO LONG TERM SERVICES AND SUPPORTS

Senate Bill 7
Adults 21 or older

- In 2012, all adults with SSI living in rural parts of Texas were required to enroll in Medicaid Managed Care for their medical care.

- In September of 2014 all adults with SSI in all parts of Texas were required to enroll in Medicaid Managed Care for their medical care. This includes all people over the age of 21 that have SSI.

- Adults on HCS, CLASS, DB/MD waivers can continue to get their waiver services from these waivers or opt into STAR+ Plus waiver if they meet eligibility.
Children and Adults Under 21

- Currently children and young adults under the age of 21 who are on SSI or are SSI related, can choose to be in Medicaid Fee for Service (Traditional) or in Medicaid Managed Care.

- In September of 2016 all SSI and SSI related children will have to enroll in Medicaid Managed Care also called STAR Kids.

- Children on MDCP will get waiver services through STAR Kids Managed Care.

- Children on HCS, CLASS and DB/MD can continue to get their waiver services from these waivers.
New Benefit Coming

- Community First Choice will be added to the Medicaid State Plan on June 1st, and will offer basic attendant care and habilitation services for individuals who qualify including individuals with developmental disabilities.

- Offered under STAR+Plus
- New assessment completed by Local Authority
- Provider base will include home health agencies, HCS, TxHmL and CLASS providers
- Service coordination by Local Authority or subcontractor
WAYS TO STAY INFORMED
Department of Aging and Disability Services

- Community Options Book
  http://www.dads.state.tx.us/providers/community_options.pdf

- Waiver Comparisons Chart
  http://www.dads.state.tx.us/providers/waiver_comparisons/index.html
Department of Aging and Disability Services

• Long Term Care Service Information
  http://www.dads.state.tx.us/providers/index.cfm

• Consumer Directed Services Information
  http://www.dads.state.tx.us/providers/CDS/index.cfm

• List of Related Conditions
  http://www.dads.state.tx.us/providers/guidelines/ICD-9-CM_Diagnostic_Codes.pdf
Health and Human Services Commission

• Managed Care Initiatives

http://www.hhsc.state.tx.us/medicaid/managed-care/mmc.shtml
For More Information

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Director of Policy Development
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etucker@everychildtexas.org