

Michelle P/CDO

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Consumer Direction Option



Training Outline: Part One

- Identify Medicaid Waiver Programs
- How does Consumer Directed Option (CDO) differ from a Traditional Waiver Program
- What Consumer Directed Option looks like in Kentucky

What is a Medicaid Waiver

- Programs, State's use to test new or expanded ways to deliver and pay for health care services in Medicaid
- These programs provide a combination of standard medical services and non-medical services
- Federal and State matching funds

Waiver Programs

Home and Community Based (HCB)
Michelle P Waiver (MP)
Support for Community Living (SCL)
Acquired Brain Injury Short Term (ABI)
Acquired Brain Injury Long Term (ABI)
Model II Waiver

History of CDO

Began in the 1960's among younger individuals with disabilities who organized to advocated for more control over the services they received

Their advocacy spread to other groups, including older people and people with developmental disabilities

History of CDO cont

CDO is a philosophy which includes informed individuals who:

- Make choices about the services they receive
- Assess their needs and determine how and by whom these needs should be met
- Monitor their quality of services

What CDO looks like in Kentucky

- Everyone is assigned a Support Broker (SB)
- Everyone receives a budget from Medicaid
- Everyone is assigned to a Financial Management Agency (FMA)
- Individual members/representatives are responsible for hiring and managing employees along with their budget.

Support Broker

Technical Assistance and Support

- Assist in determining eligibility for the waiver
- Develop plan of care using person center planning principles
- Help secure the budget to pay for services
- Assist the member in managing employees
- Monitor the quality and appropriate use of services
- Approve payment of employee timesheets
- Provide Case Management Services
- Ensure the Health, Safety and Welfare of the member

CDO Budgets

Budget is the amount of funds you have available to purchase authorized services

HCB waiver's budget is based on historical waiver use or the average cost per capita of others in the waiver program

Other waivers' budgets are based on the individuals' needs as determined by the POC

CDO Budget Cont

Budgets include gross total dollars available for services along with dollars to pay Federal Unemployment Tax, State Unemployment Tax and Employer Federal Income Tax.

There are rules and guidelines for what you can and cannot spend with your CDO budget.

You receive a monthly print-out of how much you have spent. It is the member's responsibility to track and allocate spending of budget.

Financial Management Agency (FMA)

FMA responsibilities are:

- Track the money in your budget
- Pay your employer taxes
- Process timesheets for payroll of your employees
- Provide you with monthly tracking of your budget
- Liability billing and collections
- Medicaid billing for recoupment of service dollars.

CDO Employees

Employees must be:

- Age 18 or older
- Citizen of the US with a valid Social Security # or possess a valid work permit
- Able to communicate effectively with member
- Able to carry out instructions
- Able to keep records as required/including timesheets
- Submit to criminal background checks

Blended Services

Members can choose to receive waiver services under a Traditional Waiver Provider and CDO – this is called Blended

The Traditional Waiver Provider has to agree to blend services.

When you receive Blended services the SB becomes your case manager for both the CDO and Traditional Services.

Questions?

Aging and Disability Resource Center (ADRC)
Northern Kentucky Area Agency on Aging and
Independent Living
859-692-2480
Toll free 1-866-766-2372

Shelley Kelch BSW
NKADD Associate Director/CM Division
859-282-2702

Michelle P Waiver List of Services

- Case Management
- Homemaker
- Personal Care
- Adult Day Health Care
- Adult Day Training
- Supported Employment
- Respite
- Attendant Care
- Environmental and minor Home Adaptations
- Behavioral Supports
- Community Living Supports
- Occupational Therapy
- Physical Therapy
- Speech Therapy

Eligibility Criteria

- Individual must have a diagnosis of MR or DD; and
- Individual must meet ICF/MR-DD criteria as defined in 907 KAR 1:835E OR meet Nursing Facility level of care as defined in 907 KAR 1:022; and
- Meet Medicaid financial eligibility

Definition of Mental Retardation

- An individual who has significantly sub-average intellectual functioning, an IQ of 70 or below; concurrent deficits or impairments in present adaptive functioning in at least 2 of the following areas:

Definition of Mental Retardation

- o (continued) communication, self-care, home living, social or interpersonal skills, use of community resources, self-direction, functional academic skills, work, leisure or health and safety and has an onset prior to 18 years of age.

Definition of Developmental Disability

- o A severe chronic disability that is attributable to:
- o Cerebral palsy or epilepsy, or
- o Any other condition, excluding mental illness, closely related to mental retardation resulting in impairment of general intellectual functioning or adaptive behavior similar to that of an individual

Definition of Developmental Disability

- (continued)
with mental retardation and requires treatment or services similar to those required by persons with mental retardation;
- o b. Is manifested prior to the individual's 22nd birthday;

Definition of Developmental Disability

- (continued)
- o c. Is likely to continue indefinitely; and results in substantial functional limitations in 3 or more of the following areas of major life activity :
 - o Self-care
 - o Understanding and use of language
 - o Learning

Definition of Developmental Disability

- (continued)
- o Mobility
 - o Self-Direction
 - o Capacity for independent living

Community Living Supports

- o Provided to facilitate independence and promote integration into the community
- o Provided to recipients residing in her/his own home or family's home
- o Provided on a one-to-one basis
- o Not provided at an adult day training or children's day habilitation site
- o Includes documentation on a detailed monthly summary note

Community Living Supports include:

- Routine household tasks
- Medication management
- Activities of daily living
- Socialization
- Personal hygiene
- Relationship building
- Shopping
- Leisure choices
- Money management
- Community activities
- Therapeutic goals

Sample CLS Goals

Today I worked on the following goals:

- ___1. Plan my daily activities including needed supplies and expectations of my behaviors.
- ___2. Maintain eye contact while I am listening &/or talking to someone.
- ___3. Use good manners-being patient, waiting my turn, not pushing, not interrupting, using nice words.
- ___4. Clean up my mess &/or my work area
- ___5. Accept assigned jobs/chores including schoolwork without verbal &/or physical aggression.

Sample CLS Goals (cont.)

- ___6. Attend/complete a community activity – service/volunteer task, leisure task or educational activity.
- ___7. Stay at the table for family meals.
- ___8. Try one new food or activity each day

COMMENTS: _____

Ways to optimize services

- Look for free classes (Art Stop at the Carnegie, Art Museum, Rising Star Studios has scholarships available, etc.)
- Plan activities out and schedule them for specific days (e.g. Tuesday and Thursday at YMCA, Friday at Art Stop)
- Consider adding chores/home activity prior to all community activities
- Consider buying passes that have the add-a-guest feature for your CLS employees (Zoo, Museum Center, etc.)
- YMCA and Behringer-Crawford Museum are both very good about allowing caregivers

Ways to optimize services (cont.)

- Utilize community resources (e.g. local parks and recreation, county extension offices/4H)
- Third Saturday of the month, Florence Rave theater has a sensory sensitive movie at 10 am (caregivers \$6, children are free)
- Consider using respite hours for agencies – able to use for therapeutic horseback riding or other services.
- Use normal household routines as opportunities for community activities (e.g. have your child check sale ads and coupons, plan a meal, grocery shop for items, and help prepare meal)

Finding Employees

- Network with your child's school/FRCs, sometimes new teachers or substitutes are interested in gaining experience
- Your church, talk to Youth Group Leaders or Young Adult groups (remember employees must be >18 yrs old)
- Network with other parents who use CDO services (they may have employees who are looking for more hours or different experiences)
- Contact local colleges (NKU, XU, Cincinnati State, Beckfield, Brown-Mackie) – education, psychology, nursing, OT/PT departments and have them post your job. Consider setting up a separate email account for them to reply to

Finding Employees(cont.)

- Make sure all the people who work with your child know you are looking for employees (e.g. Impact Plus, therapists, doctors)
- Where I have found some of my past employees: my daycare, church youth group leader, other mothers with CDO services, doctor's daughter, TBI case manager referred 2 people to us, psychiatric hospital employee, friends of current employees. I have also hired my friends.

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 859-322-2036

Michelle P Waiver Contacts

- Department for Medicaid Services
 Contacts:
 - **Lyris Cunningham (502) 564-5560**
LyrisD.Cunningham@ky.gov
 - **Sheila Davis (502) 564-5560**
Sheila.Davis@ky.gov

Michelle P Waiver Helpful Websites

- **Department for Medicaid Services**
http://chfs.ky.gov/dms/Kentucky_Cabinet_for_Health_and_Family_Services-Overview
- **Michelle P Waiver Website**
<http://chfs.ky.gov/dms/mpw.htm>[Kentucky Cabinet for Health and Family Services - Michelle P Waiver](#)
- **SCL Waiver Website**
<http://chfs.ky.gov/dms/scl/>[Kentucky Cabinet for Health and Family Services - SCL](#)
- **HCB Waiver Website**
<http://chfs.ky.gov/dms/hcb/>[Kentucky Cabinet for Health and Family Services - HCB Waiver](#)