



# Preferred Home Care Services

**Individualized Home Supports (IHS)** are available for people in their own home when on one of the following waivers:

- Brain Injury (BI)
- Community Alternative Care (CAC)
- Community Access for Disability Inclusion (CADI)

Individualized home supports require the client receives training in one or more community living service categories. In addition to the training requirement, individualized home supports may provide support in any of the community living service categories.

The community living service categories are:

- Community participation
- Health, safety and wellness
- Household management
- Adaptive skills.

## **COMMUNITY PARTICIPATION**

This community living service category may include:

- Community mobility and pedestrian safety (e.g., safely getting in and around the community)
- Community resource utilization and access

- Community safety and awareness
- Informal support system and network development
- Interpersonal communications skills
- Leisure, recreation and socialization planning
- Skill building to meet transportation needs.

## **HEALTH, SAFETY, AND WELLNESS**

This community living service category may include:

- Collaboration with the person to arrange health care (e.g., physical, mental, chemical), meaningful activities, social services, meetings and appointments
- Cueing, guidance, supervision, training or instructional support to complete self-cares (Cannot duplicate use of eligible MA state plan home care services.)
  - Health services support as defined in Minn. Stat. §245D.05
  - Help for the person to activate and build resiliency factors. (e.g., whole health action management)
- Support for the person in designing and meeting individualized strategies to reach health, safety and wellness goals.

## **HOUSEHOLD MANAGEMENT**

This community living service category may include:

- Cueing, guidance, supervision, training or instructional support to complete routine household cares and maintenance
- Household safety knowledge and skills
- Tenancy support and advocacy
- Training, assistance, support and/or guidance with:
- Budgeting and assistance to manage money
- Cooking, meal planning and nutrition
- Healthy lifestyle skills and practices

- Household chores, including minor household maintenance activities (the cost of the maintenance replacement item[s] or product[s] is the responsibility of the person)
- Personal needs purchasing.

## **ADAPTIVE SKILLS**

This community living service category may include:

- Crisis prevention skills
- Implementation of positive support strategies
- Problem solving
- Sensory/motor development involved in acquiring functional skills
- Support strategies for self-sufficiency
- Support/training to increase positive behavior resulting in reduction or elimination of maladaptive behavior.

## **NON-COVERED SERVICES**

If a person receives individualized home supports, he/she cannot also receive:

- Adult foster care
- Customized living (24-hour)
- Customized living
- Independent living skills (ILS) training (also see secondary information section)
- Residential care.

Individualized home supports cannot be delivered as:

- Supervision services during the person's primary sleeping hours (Support during these hours can be through another service [e.g., night supervision technology, 24-hour emergency assistance])
- 24-hour on-sight supervision service.

- Individualized home supports do not cover services that duplicate other Minnesota state plan or waiver services.

The individualized home supports service provider cannot have any direct or indirect financial interest in the property or housing in which services are delivered.

## **DISTINGUISHING IHS FROM ILS**

If a person has a need for training only, independent living skills (ILS) training is the appropriate service.

If a person has a need for both training and support (i.e., direct supervision, cueing, maintenance, guidance, instruction, incidental assistance with activities of daily living or assistance with coordination of community living activities), individualized home supports is the appropriate service.

## **SERVICE DELIVERY METHODS**

A person may receive direct support in person or remotely when it meets the criteria of the remote support policy for delivery of individualized home supports. In-person support must be scheduled a minimum of once a week. A person may receive in-person support and remote support on the same day.

## **DOCUMENTATION**

There must be clear documentation of service needs and outcomes. The individualized home supports service provider is responsible to provide written reports to the case manager and the person who receives services at a minimum of once a year or the frequency established in the support plan.