



Community Transition Guide for Individuals with Brain Injury

Supports or Service	Resources
<p>Inpatient Brain Injury Rehabilitation</p>	<p>Inpatient Rehabilitation - Rehabilitation services help people restore function and/or improve their ability to manage their lives and health care.</p> <ul style="list-style-type: none"> Acute (short) provides the most intense type rehabilitation. Individuals are assessed as being able to participate meaningfully in 3 hours of therapy/ day, need at least 2 different types of therapy, are expected to make timely progress and plan to return to their own or a family member’s home. This service can be paid by insurance if ordered by a doctor. To receive inpatient rehabilitation you must have a doctor’s order and be able to participate in 3 hours of therapy a day.
<p>Home Health Services</p>	<p>Home Health Services - Provided in the person’s home through a home health agency and can include intermittent (not continuous) skilled nursing care, physical therapy, speech-language pathology services, occupational therapy and more.</p> <ul style="list-style-type: none"> You must have a physician's referral and be classified as homebound or needing skilled care. Can be paid by Medicare, Medicaid and private insurance. A home health care agency coordinates the services your doctor orders for you. When the home health nurse visits for the initial assessment, your eligibility will be confirmed, and then home health will be provided if you meet the criteria.

<p>Outpatient Therapy</p>	<p>Outpatient therapy – therapy services provided in a clinic, hospital or associated facility. The individual does not stay over night.</p> <p>Outpatient therapy services may include:</p> <ul style="list-style-type: none"> Occupational Therapy (OT) Physical Therapy (PT) Speech Language Pathologist (SLP) Cognitive Rehabilitation Therapy (CRT) <ul style="list-style-type: none"> • Can be paid for by insurance, Medicare or Medicaid. The number of visits could be limited or the amount spent capped. • Documentation is required to show the service is medically reasonable and necessary. • To receive out patient therapy services a physician can refer you or you can be evaluated by the provider for service eligibility.
<p>Brain Injury Professionals in the Community</p>	<p>Professionals in the community – multiple types of professionals serve individuals with a brain injury. It is important to see a professional that has experience working with individuals with brain injury.</p> <ul style="list-style-type: none"> • Any one who suspects they have a brain injury or has been diagnosed with a brain injury or concussion could see these professionals. • This service is typically covered by insurance, some providers have limited insurance types they accept or do not accept insurance and are private pay. • A referral may be needed depending on the professional and/or your insurance.
<p>Case Management</p>	<p>Case Management Services – a process to assess, plan, facilitate and advocate for options and services that meet an individuals needs. Individuals with Brain Injury have access to two types of case management dependant on availability in their locality.</p>

	<p>State funded Community-Based Case Management (for people with Brain injury) - develops service plans, help individuals access community services, find volunteer positions, employment & leisure opportunities and establish circles of support.</p> <ul style="list-style-type: none"> • State funded case management is available in certain areas of Virginia. • Individuals must have a diagnosis of having a brain injury and live in the area served. • Provided through funds from the Commonwealth of Virginia. <p>Community Rehabilitation Case Management (Department for Aging and Rehabilitative Services) provides case management /service coordination for individuals with central nervous system and other severe functional disabilities (including Brain injury).</p> <ul style="list-style-type: none"> • Provided by the Virginia Department for Aging and Rehabilitative Services (DARS) • Provided through funds from the Commonwealth of Virginia.
<p>Financial Planning/Accessing Public Financial or Medical Programs</p>	<p>Financial planning – evaluation of current and future financial needs. This includes exploring any benefits plans you are eligible for. If long term care is needed this will include a plan for saving funds, such as in a trust, as to not affect your eligibility for public programs.</p> <ol style="list-style-type: none"> 1. Is important for anyone who has been injured and needs long term assistance or is unable to continue to work to the extent prior to their injury. 2. Can include accessing Medicaid insurance, Social Security Disability Insurance or Supplemental Security Income, setting up a financial trust to save funds or making life changes to fit your current financial situation. <p><i>Social Security Disability Insurance (SSDI)</i> is a federal benefit plan that provides a monthly income for individuals with physical or mental disabilities. <i>Supplemental Security Income (SSI)</i></p>

	<p>is a federal entitlement program that makes monthly payments to individuals with disabilities who have limited income and resources and Medicaid is a program that pays for medical care for certain people of all ages who have low incomes, are disabled and/or are medically needy).</p> <p>Long term planning such as setting up a trust involves payment to enroll and is done in collaboration with an attorney or administrative service.</p> <p>Contacting your local Department of Social Services or visiting www.commonhelp.virginia.gov to see if you are eligible for Medicaid.</p> <p>The Social Security Administration determines eligibility for SSDI and/or SSI public programs. Contact the Social Security Administration at 1-800-772-1213. Website: www.ssa.gov</p>
<p>In Home Supports (long term supports)</p>	<p>In Home Supports – Supporting all aspects of a individuals life in their home. From helping people with their personal care, assistance teaching home skills, to helping individuals become an active part of their community.</p> <p>Programs that provide in home supports:</p> <ol style="list-style-type: none">1. Medicaid Waiver (long term care) – State programs for the elderly and individuals with disabilities that help provide services in the community to those who would otherwise be in an institution, nursing home, or hospital; you must meet screening criteria and Medicaid financial eligibility to receive services. <p>Waivers Administered by Department of Behavioral Health and developmental Services (DBHDS):</p> <ul style="list-style-type: none">• Building Independence Waiver• Family and Individuals Supports Waiver• Community Living Waiver

To be eligible for any of the above three waivers you must meet screening functional criteria, be Medicaid eligible and be considered developmentally disabled meaning your injury occurred prior to your 21st birthday. Contact your local Community Services Board for screening.

Waivers Administered by The Department of Medical Assistance Services (DMAS):

- **Elderly or Disabled with Consumer Direction Waiver (EDCD)**

To be eligible you must meet the screening criteria and Medicaid financial eligibility. Contact your local department of Health to request a screening or ask hospital social worker about the screening if hospitalized.

- **The Program of All-Inclusive Care for the Elderly**

PACE Sites:

Cedar Bluff
Charlottesville
Farmville
Lynchburg
Fairfax
Roanoke
Big Stone Gap
Richmond
Newport News
Hampton
Virginia Beach
Portsmouth
Norfolk

To be eligible you must be 55 or older and meet nursing facility criteria, reside in the approved service area, be able to live safely in the community. Contact your local department of Health to request a screening or ask hospital social worker about the screening if hospitalized.

2. **Area Agency on Aging – (AAA)** Provides services to seniors and individuals with disabilities in their local communities, some agencies provide attendant services, day programs, transportation or housekeeping services. AAA services vary by locality. A state program. To find out if a AAA is in your area visit:

<http://vda.virginia.gov/aaalist.asp>

	<p>3. Personal Assistance Services for People with Brain Injury (PAS/BI)-This program provides assistance to people with significant functional limitations due to physical disability caused by brain injury and who are ineligible for attendant services through other sources. For more information call: Toll free: 800-552-5019. A state program.</p>
Educational Services	<p>Educational Services - Each school division shall develop policies and procedures regarding the identification and handling of suspected concussions in student-athletes. Consideration should also be given to addressing the academic needs and gradual reintroduction of cognitive demands for students who have been determined to have a concussion.</p> <p>Specific laws require schools to provide special services for students with disabilities:</p> <ul style="list-style-type: none">• Individuals with Disabilities Education Improvement Act (IDEA) 2004 – These laws help ensure that students with disabilities receive a free appropriate education that is designed to meet their unique needs and prepare them for employment and independent living.• Section 504 of the Rehabilitation Act – Some students who are not eligible for special education services under IDEA are eligible for other support at school under Section 504.• American With Disabilities Act (ADA) –These laws aim to end discrimination against individuals with disabilities throughout society. <p>A students present level of educational performance should be assessed to determine the individuals level of functioning and supports or services needed. Services are provided to public school students at no cost.</p>

Return to Work

Return to Work and Vocational Services – education or training directed at a particular occupation and its skills.

- **Vocational Services** – The Department for Aging and Rehabilitative Services (DARS) offer a vocational rehabilitation program to help individuals get ready for, find, and keep a job. This is an eligibility program, not an entitlement program. Decisions about eligibility and necessary services are made on a case-by-case basis. Call your local DARS office for an appointment. There is no cost to the individual.
- **Club House** - Programs for individuals with brain injury. At club house programs participants work side by side with staff to run the program. Through the process of the work-ordered day, members not only relearn work skills and behaviors, but also develop skills necessary to live more independently. Five Club Houses operate in Virginia. They are a state funded program and are available to those who live in the club house catchment area at no cost to the members.
- **The Mill House** – Richmond
- **ADAPT Club House** – Fairfax
- **Denbigh House** – Newport News
- **Beacon House** – South Hampton Roads
- **High Street Club House** - Charlottesville

Publicly Funded Day Programs

The Program of All-Inclusive Care for the Elderly (PACE) - provides a coordinated set of services for the elderly as an alternative to a nursing facility care that integrates all aspects of care. Individuals must be 55 or over, must have Medicaid and/or Medicare separately or together, reside in a service area (12 sites in Virginia) and meet any other program eligibility requirements.

Adult Day Health Care – For individuals with physical and/or cognitive impairments where they can receive personal care services as well as medical/nursing support. The focus of the program may include leisure, recreation, social or enrichment activities. Can be provided as a service with a Medicaid Waiver.

<p>Brain Injury Day Programs and Community Services Programs</p>	<p>Brain Injury Day/Community Programs - Day programs provide individuals with brain injury the opportunity to participate in structured activities including vocational tasks, community outings, computer training, and social/recreational activities. Community Services programs provide innovative services and supports that can increase the success of individuals with a brain injury by accessing programs such as, volunteering opportunities, health/wellness activities, community events, workshops, and other integrated activities in their communities. Both programs are state funded and are available to those who live in the programs catchment area at no cost to the members.</p> <ul style="list-style-type: none"> • No Limits Eastern Shore • Fredericksburg Community Services Program
<p>Assisted Living Facilities</p>	<p>Assisted Living Facilities- Housing for elderly or individuals with disabilities that provides nursing care, housekeeping, and prepared meals as needed. Assisted Living Facilities are available in most areas of the state. Private pay.</p>
<p>Group Living/Residential</p>	<p>Group or Residential Living - Often this is a shared living environment with some personal care and supports in place so residents can live independently and take part in decision making.</p> <ul style="list-style-type: none"> • The Bridgeline Residential Program - 3 homes in Charlottesville for individuals with brain Injury. Private pay. • Virginia Supportive Housing – independent residential houses with case management 2 homes are located in Richmond. (a percentage of your income is used for housing). Case management services provided at no cost. • NeuroResporative - Weyers Cave VA. Community based residential program for individuals with brain injury. Private pay.

<p>Support Groups</p>	<p>Support Groups - Provide an opportunity for individuals with brain injury and family members to discuss and learn to cope with issues or problems. The goal of a support group is to promote emotional healing in an excepted environment. Support Groups for individuals with brain injury, their caregivers and family are located in most areas of Virginia. Participation is free.</p>
<p>Mental Health, Substance Abuse and Crisis Services</p>	<p>Community Services Boards/ Behavioral Health Authorities (CSB/ BHA) - CSBs and the BHA are responsible for assuring, with resources, the delivery of community-based mental health, developmental, and substance abuse services to individuals with mental health or substance use disorders, intellectual disability, or co-occurring disorders. Their services are publicly-funded . CSBs provide pre-admission screening services 24-hours per day, 7 days per week. Every city of county in Virginia has a CSB.</p> <p>CSB's also oversee three Medicaid Waivers:</p> <ul style="list-style-type: none"> • Building Independence Waiver • Family and Individuals Supports Waiver • Community Living Waiver <p>To be eligible for any of these three waivers you must meet screening functional criteria, be Medicaid eligible and be considered developmentally disabled meaning your injury occurred prior to your 21st birthday. These waivers provide an array of supports and services to individuals in their homes and the community. Contact your local Community Services Board for screening.</p>
<p>Respite</p>	<p>Life Span Respite Services – This program is administered through The Department for Aging and Rehabilitative Services (DARS) and reimburses family care givers for respite care, the program is awarded annually for up to \$400 through an application process. For more information call: 1-800-552-5019.</p> <p>Medicaid Waivers – through Medicaid Waivers annual respite hours are provided.</p>

<p>Transportation</p>	<p>Medicaid – Medicaid will pay for non-emergency transportation to a Medicaid funded service.</p> <p>Area Agency on Aging – (AAA) some local Area Agency on Aging programs provide transportation services. (varies, can be free to a small fee required)</p> <p>Local Communities- Many local area transit/paratransit programs are available free or for a small fee for individuals.</p>
<p>Recreation/Community Involvement</p>	<p>Parks and Recreation – many local programs offer a wide range of yearlong events and programs for all ages and interests.</p> <p>Day Recreation – some rehabilitation programs offer a day recreation program for individuals with a disability or physical limitation who can benefit from supervised social, recreational and wellness activities. Check with your local hospital or rehabilitation program.</p> <p>Centers for Independent Living - often referred to as "CILs", are non-residential places of action and coalition designed and operated by people with disabilities. CILs work with individuals to promote leadership and independence as well as with local communities to remove barriers to independence.</p>
<p>Skilled Nursing Care Facility (SNF)</p>	<p>Skilled Nursing Care Facility - This type of care is sometimes referred to as “sub-acute rehabilitation.” It is provided in a nursing home and may be considered when the person cannot meet the requirements of the more intense acute rehabilitation. It can be for those who requires 24 hour licensed/ registered nursing care for a longer time than an acute care facility will provide. Services are generally covered by insurance for a period of time determined by the patient’s need and the terms set by their policy. Therapies usually include Physical Therapy, Occupational Therapy and Speech Language Pathology.</p>
<p>Long Term/Custodial Nursing Facility</p>	<p>Long Term Nursing Facility - Nursing homes that provide skilled care, often provide Long Term Care (LTC) in a separate wing. LTC in a nursing home provides for the basic care of the person with help in bathing, dressing, toileting, feeding, mobility and nursing care/monitoring. Therapies are generally not included in this type of program. This type of care can be paid for by Medicaid, long-term care insurance or private funds. Health insurance does not cover this type of care.</p>

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This guide is provided for informational and educational purposes only. The information is not intended as a substitute for professional medical or psychological advice, diagnosis, treatment, and you should not use the information in place of the advice of your physician or other healthcare provider.

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