

Navigating the Developmental Disability  
Waivers:  
Covered Services by Waiver Type &  
Glossary of Key Terms



Department of Behavioral Health and Developmental Services  
Division of Developmental Services

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### Virginia Has Three Waivers for People with Developmental Disabilities

#### **Building Independence Waiver**

This waiver is for adults 18 years and older who are able to live independently.

People with this waiver usually own, lease, or control their own living arrangements and supports are complemented by non-waiver-funded rent subsidies.

They don't need supports all the time.

#### **Family and Individual Supports Waiver**

This waiver is available to both children and adults.

People with this waiver may live with their family, friends, or in their own homes.

Some people may need supports with some medical and/or behavioral needs.

#### **Community Living Waiver**

This waiver is available to both children and adults.

People with this waiver usually require supports in their homes all the time.

Some people may need to live in these homes with staff to receive supports with complex medical and/or behavioral needs.

Each person who receives a waiver slot will be offered one of these three waivers depending on what kind of supports are needed **and** what waivers the CSB has available to give out.



**Regardless of your waiver, everyone has access to:**

**Employment & Day Services**

Community Engagement  
Community Coaching  
Group Day Services Group  
Supported Employment  
Individual Supported Employment

**Crisis Supports**

Community-Based Crisis Supports  
Crisis Support Services  
Center-based Crisis

**Residential Options**

Shared Living

**Additional Services**

Assistive Technology  
Benefits Planning Services  
Employment and Community Transportation+  
Environmental Modifications  
Electronic Home-Based Services  
Personal Emergency Response System (PERS)  
Community Guide  
Transition Services  
Peer Mentor Supports

+October 2018 – Available through DBHDS Flex Funding  
Anticipated start date through DD Waivers, Jan 2019

BI	FI	CL	Employment and Day Options
X	X	X	<b>Individual Supported Employment</b> is provided one-on-one by a job coach who offers training and support in a competitive job where persons without disabilities are employed.
X	X	X	<b>Group Supported Employment</b> is continuous employment-related support provided to a group of individuals working a competitive job where persons without disabilities are employed.
	X	X	<b>Workplace Assistance</b> is provided to someone who requires more than typical job coach services to maintain individual, competitive employment.
X	X	X	<b>Community Engagement</b> provides a wide variety of opportunities to build relationships and natural supports in the community, while utilizing the community as a learning environment. Occurs in the community.
X	X	X	<b>Community Coaching</b> is designed for individuals who need one-to-one support in order build a specific skill or skills to address barrier(s) that prevents that person from participating in Community Engagement. Occurs in the community.
X	X	X	<b>Group Day</b> includes skill-building and support to gain or retain social skills, self-help skills and other necessary skills to enhance independence and increase community integration. Can occur in a center and the community.
BI	FI	CL	Crisis Support Options
X	X	X	<b>Center-based crisis supports</b> provide long-term crisis prevention and stabilization in a residential setting (Crisis Therapeutic Home) through planned and emergency admissions.
X	X	X	<b>Community-based crisis supports</b> are provided in the individual's home and community setting. Crisis staff work directly with and assist the individual and his/her current support provider or family. These services provide temporary intensive supports to emergency psychiatric hospitalization, institutional placement or prevent other out-of-home placement.
X	X	X	<b>Crisis support services</b> provide intensive supports to stabilize the individual who may experience an episodic behavioral or psychiatric crisis in the community which has the potential to jeopardize his/her current community living situation.

BI	FI	CL	Additional Options
X	X	X	<b>Assistive technology</b> is specialized medical equipment, supplies, devices, controls, and appliances, not covered by insurance which enables individuals to increase their independence in their environment and community.
X	X	X	<b>Benefits Planning</b> is a set of services to assist individuals on Social Security benefits (SSI, SSDI, SSI/SSDI) to better understand the impact of working on all benefits.
X	X	X	<b>Community Guide:</b> Direct assistance (1:1) to persons in brokering community resources. Provides information and assistance that help the person in problem solving, decision making, and developing supportive community relationships and other resources that promote implementation of the person-centered plan.
X	X	X	<b>Electronic Home-Based Services</b> are goods and services based on Smart Home© technology that can be used in the individual's residence to support greater independence and self-determination. This includes purchases of electronic devices, software, services, and supplies not otherwise provided through this waiver or through insurance.
	X		<b>Individual and Family/Caregiver Training</b> is training and counseling to individual, families and caregivers to improve supports or educate the individual to gain a better understand of his/her abilities or increase his/her self-determination/self-advocacy abilities.
X	X	X	<b>Environmental modifications</b> are physical adaptations to the individual's primary home or primary vehicle that are necessary to ensure the health and welfare of the individual or enable the individual to function with greater independence.
X	X	X	<p><b>* Employment and Community Transportation:</b> Transportation to waiver and other community services or events, activities and resources, inclusive of transportation to employment or volunteer sites, homes of family or friends, civic organizations or social clubs, public meetings or other civic activities, and spiritual activities or events as specified by the service plan and when no other means of access is available.</p> <p>* Oct. 2018 Available through DBHDS Flex Funding Anticipated start date through DD Waivers, January 2019</p>
X	X	X	<b>Peer Mentor Supports</b> is designed to foster connections and relationships which build individual resilience. This service is delivered by individuals with developmental disabilities who are or have received services, have shared experiences with the individual, and provide support and guidance to him/her.
X	X	X	<b>Transition services</b> are nonrecurring set-up expenses for individuals who are transitioning from an institution or provider-operated living arrangement to a living arrangement in a private residence where the person is directly responsible for his or her own living expenses.

BI	FI	CL	Residential Options
X			<b>Independent Living Supports</b> are provided to adults (18 and older) and offer skill building and support to secure a self-sustaining, independent living situation in the community and/or may provide the support necessary to maintain those skills.
X	X	X	<b>Shared Living</b> is a support to an individual who resides in his/her own home/apartment in the community with a room-mate of the individual's choosing. The roommate receives a stipend funded by Medicaid for a portion of the total cost of rent, food, and utilities in exchange for providing minimal supports
	X	X	<b>In-Home Supports</b> take place in the individual's and/or family's home or community settings. Services are designed to ensure the health, safety and welfare of the individual and expand daily living skills.
	X	X	<b>Supported Living</b> takes place in an apartment setting operated by a DBHDS licensed provider and provides 'round the clock availability of staff. Direct support services are performed by paid staff who have the ability to respond in timely manner enabling individuals to reside successfully in their home and community.
		X	<b>Group Home Residential</b> services are provided in a DBHDS licensed home with staff available 24 hours per day to provide skill building and other direct supports as necessary to enable each person to reside successfully in the community.
		X	<b>Sponsored Residential Services</b> take place in a DBHDS licensed family home where the homeowners are the paid caregivers ("sponsors") who provide support as necessary so that the individual can reside successfully in the home and community.
BI	FI	CL	Self-Directed and Agency-Directed Options (*self-directed only)
	X	X	<b>Consumer-Directed Services Facilitation*</b> assists the individual and/or the individual's family/caregiver in arranging for and managing consumer-directed services.
	X	X	<b>Companion</b> services provide nonmedical care, socialization, or support to adults, ages 18 and older in an individual's home and/or in the community.
	X	X	<b>Personal Assistance Services</b> includes monitoring health status, assisting with maintaining a clean and safe home and providing direct support with personal care needs at home, in the community, and at work.
	X	X	<b>Respite</b> services are specifically designed to provide temporary, short term care for an individual when his/her unpaid, primary caregiver is unavailable.

BI	FI	CL	Medical and Behavioral Support Options
	X	X	<b>Private Duty Nursing</b> is individual and continuous care (in contrast to part-time or intermittent care) for individuals with a medical condition and/or complex health care need, to enable the individual to remain at home.
	X	X	<b>Skilled Nursing</b> is part-time or intermittent care provided by an LPN or RN to address or delegate needs that require the direct support or oversight of a licensed nurse. Nursing services can occur at the same time as other waiver services.
	X	X	<b>Therapeutic consultation</b> services are designed to complete assessments, design plans and teach staff and family members skills to enhance the individual's independence and remain in his/her home in the community. The specialty areas are psychology, behavioral consultation, therapeutic recreation, speech and language pathology, occupational therapy, physical therapy, and rehabilitation engineering.
X	X	X	<b>Personal Emergency Response System (PERS)</b> is a service that monitors the individual's safety in his/her home, and provides access to emergency assistance for medical or environmental emergencies through the provision of a two-way voice communication system that dials a 24-hour response or monitoring center upon activation and via the individual's home telephone system

**Behavioral Health Authority (BHA)**

The local agency, established by a city or county or some combination of counties and/or cities that plans, provides, and evaluates behavioral health and developmental services in the area it serves. This is another term for a Community Services Board. In this guide, we will use the term “CSB” to mean both CSBs and BHAs.

**Centers for Medicare and Medicaid Services (CMS)**

The unit of the Federal Department of Health and Human Services that administers the Medicare and Medicaid programs.

**Community Services Board (CSB)**

The local agency, established by a city or county or some combination of counties and/or cities that plans, provides, and evaluates behavioral health and developmental services in the area it serves.

**Department of Medical Assistance Services (DMAS)**

The state agency responsible for Medicaid- funded services in Virginia.

**Department of Behavioral Health and Developmental Services (DBHDS)**

The state agency that conducts many of the day-to-day functions of DD Waiver operations and oversight.

**Department of Social Services (DSS)**

The state agency that determines eligibility for Medicaid benefits and “patient pay” amounts (i.e., what an individual owes toward the cost of his/her own DD Waiver services).

**Department for Aging and Rehabilitative Services (DARS)**

The state agency responsible for assisting people with disabilities to assume a place in the workforce.

**Developmental Disability *Virginia Code § 37.2-100* (DD)**

Developmental Disability means a severe, chronic disability of an individual that (i) is attributable to a mental or physical impairment, or a combination of mental and physical impairments, other than a sole diagnosis of mental illness; (ii) is manifested before the individual reaches 22 years of age; (iii) is likely to continue indefinitely; (iv) results in substantial functional limitations in three or more of the following areas of major life activity: self-care, receptive and expressive language, learning, mobility, self-direction, capacity for independent living, or economic self-sufficiency; and (v) reflects the individual's need for a combination and sequence of special interdisciplinary or generic services, individualized supports, or other forms of assistance that are of lifelong or extended duration and are individually planned and coordinated. An individual from birth to age nine, inclusive, who has a substantial developmental delay or specific congenital or acquired condition may be considered to have a developmental disability without meeting three or more of the criteria described in clauses (i) through (v) if the individual, without services and supports, has a high probability of meeting those criteria later in life.

**Division of Developmental Services (DDS)**

The division of the Department of Behavioral Health and Developmental Services that is responsible for the day-to-day responsibilities for the DD Waiver services, including authorization of services, data management, technical assistance and training of providers.

**Early and Periodic Screening, Diagnosis and Treatment (EPSDT)**

Medicaid's comprehensive and preventive child health program for individuals under the age of 21. The goal of EPSDT is to identify and treat health problems as early as possible. EPSDT provides examination and treatment services at no cost to the enrollee.

**Enrollment**

The process by which an eligible individual is formally assigned an available DD Waiver slot. This is accomplished by the Support Coordinator submitting certain information to the *Division of Developmental Services (DDS)*. Once the information is reviewed and approved by a DDS representative, the individual is considered to be enrolled.

**Family member/relative**

For purposes of this guide, this usually refers to the person in your family with a developmental disability.

**Family Resource Consultant (FRC)**

Division of Developmental Services staff responsible for helping families learn about the opportunities that community service providers can offer to their family members and linking individuals and families with Family and Peer Mentors.

**Intermediate Care Facility for Individuals with Intellectual Disabilities (ICF-IID)**

A segregated, Medicaid-funded setting in which nearly all of an individual's habilitation, medical, nutritional, and therapeutic needs are met in one place. This is one of the institutional placements that is "waived" when an individual chooses the DD Waiver.

**Individual**

For the purposes of this guide, this usually refers to the person with a developmental disability.

**Patient Pay**

A cash amount, determined by the local Department of Social Services, that some individuals owe each month toward the cost of their own DD Waiver services. Patient Pay is usually the amount in excess of the standard monthly personal allowance, which is based upon the maximum amount of the Supplement Security Income (SSI) payment. People who work are afforded a higher allowance. It is not the same as a co-pay for medications in that it is based on the individual's monthly income and the full amount is paid only once per month.

**Person-Centered Plan**

The document that addresses needs and desires in all life areas of individuals who receive DD Waiver services. It includes providers' Plans for Supports, as indicated by the individual's health care and support needs, and is based on person-centered thinking and practices.

## **Person-Centered Planning**

A planning process that focuses on the needs and preferences of the individual (not the system or service availability) and empowers and supports individuals in defining the direction for their own lives. Person-centered planning promotes self-determination, community inclusion and typical lives. It builds on the individual's strengths, personality, and interests. It helps him or her to become an integral part of the neighborhood and community by promoting participation in the life of the community and building relationships with people with whom he or she wants to spend time. It assists the individual in making personal choices and achieving dreams and a desirable lifestyle. It most often begins with a team of people who care about the individual and are willing to invest time and effort to ensure that he or she experiences a richer, more satisfying life.

## **Provider**

An agency or individual that has the necessary credentials to deliver services to individuals under the DD Waiver, including an agreement with the Department of Medical Assistance Services (DMAS), and for some services, a DBHDS license.

## **Slot**

An opening or vacancy of DD Waiver services for an individual.

## **Social Security Disability Income (SSDI)**

A cash benefit awarded through Social Security that may come to a person with a disability whose Social Security tax-paying parent has died.

## **Supplemental Security Income (SSI)**

Another Social Security cash benefit determined by the Social Security Administration that may come to a person due to age or disability due to his/her financial situation.

## **Support Coordinator (SC)**

An employee or contractor of a Community Services Board or Behavioral Health Authority who will give you information about services, help you obtain them and make any needed changes over time. This person is sometimes called a case manager.

## **Supports Intensity Scale® (SIS®)**

An assessment instrument that assesses the level of supports that an individual needs, as well as what is important to and for him/her. The SIS® reflects a positive way of thinking about an assessment, focusing on the support needs for the individual to be successful, not on his or her deficits. The SIS® is completed by the team, including the person, his or her family and significant others, the Support Coordinator, and other providers, at least every three years for adults (every 2 years for children under 16).

## **Virginia Individual Developmental Disability Eligibility Survey (VIDES)**

The tool used in the DD Waiver to determine if an individual meets the level of care required in an ICF-IID, thereby meeting one of the criteria for eligibility for the DD Waiver. It is completed by the Support Coordinator every year a person is receiving services through the DD Waiver. There are three versions: Adult, Child, and Infant.

## **Waiver Slot Assignment Committee (WSAC)**

An impartial body of trained volunteers established for each locality/region with responsibility for recommending individuals eligible for a waiver slot according to their urgency of need. All WSACs are composed of community members who are not employees of a CSB or a private provider of either support coordination/ case management or waiver services. WSAC members are knowledgeable and have experience in the DD service system.