



Self-Directed Supports News

April 2015 VOLUME 2, ISSUE 2

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Connecting with your local Self-Directed Supports Coordinator

CMRO ~ Sharon Benedick
660-831-3106

Kirkville ~ Tonda Lain
660-785-2318

Rolla ~ Joe Davidson
573-368-2526

KCRO ~ Elise Monaco
816-889-3538

Albany ~ Valerie Kemery
660-726-1520

SiRO ~ Misty Koch-Dunning
573-290-5298

Poplar Bluff ~ Debbie Smith
573-840-9329

SpRO ~ Stephanie Flowers
417-895-7470

Joplin ~ Kandice LaGasse
417-629-3571

StLCRO ~ Jamie Viviano
314-475-7736

StLTriCRO ~ Holly Reiff
Hannibal ~ Kelly Lockwood
573-406-6629

Home and Community Based Services Waiver Rule: Why it Should Matter to Self-Advocates and Families?

The Missouri Developmental Disabilities Council is pleased to announce the following presentations on the New Home and Community Based Services (HCBS) Waiver Rule. The Council appreciates your help in sharing this information with families and self-advocates so everyone has the opportunity to register for a spot.

The final rule includes six standards that all home and community-based services need to meet:

- ◊ Integration into the Community.
- ◊ Individual Choice.
- ◊ Individual Rights.
- ◊ Autonomy.
- ◊ Choice Regarding Services and Providers.
- ◊ Person-Centered Planning.



Robin Cooper, Director of Technical Assistance at the National Association of State Directors of Developmental Disabilities Services (NASDDDS) will provide information and address questions regarding the rule.

Mon., May 4, 2015	Tues., May 5, 2015	Weds., May 6, 2015
2:00-4:00 pm United Way Building, Gateway Room, 910 N. 11th Street, St. Louis, MO	2:00-4:00 pm Courtyard Marriott, 3301 LeMone Industrial Blvd, Columbia, MO	1:00-3:00 pm Hilton Garden Inn, 19677 E. Jackson Dr, Independence, MO

Please call 800.500.7878 to register for the forum you would like to attend. There is no charge to attend, but space is limited to 100 people at each venue so register early.

If you have questions or need additional information, please contact Dolores Sparks, MO DD Council at dsparks@moddcouncil.org or 660-785-2314.

You have friends who live in your neighborhood...





Is Remote Support Right for you?

You are ready to achieve a greater level of independence in your life. You want supports that provide you with a sense of security so you can be more responsible; have more freedom and privacy to live your life on your own. Remote Support is a service option that is available to help you do this.

Medicaid-funded waiver services are moving toward providing services that will encourage increased independence. Remote Support is a versatile, technology-based service that is cost-effective and provides real-time support to assure the safety of someone from a remote location. The most positive characteristic of remote support is that it is customized to your needs, with options such as real-time video monitoring, sensors, audio, drop-in supports, emergency watch services, third-party access and based on individual specific protocols.

Remote support is a way to offer professional care staffing support remotely by pairing technology and equipment. State-of-the-art technology is used to operate systems such as live video feed, live audio feed, and motion sensing systems, documentation, event tracking and home security services to meet each person's individual needs.

Remote Support is Independence for Angela

Angela feels that the option of remote support, self-directed supports and the natural supports that she has from her mom and dad are what she needed in her life. Angela says it has given her the opportunity “to be my own person, I get to be me, Angela, not what or who someone else wants me to be.” She says that when she lived in a home with a roommate and Supported Living services, she felt that people did too much for her, or told her what to do. Now she knows that it is her responsibility to do what is needed and make good choices so she is able to continue to live on her own.

She knows that she still needs supports but she also likes being supported without someone there 24/7, as Angela states “no one is hovering over me and I can be me in my own home.” Angela likes knowing that someone is right there when she needs them.

She tells about one of the first times she was by herself and Lucy, her puppy, needed to go out. Angela said when she opened the door, someone said “Hello, who is there?” She said she had forgotten someone was there. She likes the feeling of security with the privacy of knowing that someone is not randomly walking in and out of her home.

Angela knows that she is responsible for her home and that it is nice knowing she has someone there when she needs them and this makes her feel safe. Angela's parents have stated: “When Angela was being supported through residential services, their needs were being met and they wanted to ensure that Angela's needs were being met while they were able” When remote support was paired with the option of Self-Directed Supports and her family, Angela has been able to be more independent in her home and community. Angela is very active. She enjoys working and volunteering in her community. Remote support was the key support that allowed Angela to move from 24/7 residential supports to living on her own with enough of the right supports to ensure her health and safety.

Remote support is about using technology to connect people who need services and trained professionals who provide service through the use of technology. The service is individualized to meet each person's needs and a detailed plan and information are available to the remote caregiver in the event the person is in need of assistance. A detailed questionnaire is completed by the agency, provider or family member to ensure the remote caregiver has access to all information on the individual and the services and equipment they are utilizing in the home. Angela is using remote support to work toward living the good life with the right supports to meet their needs and the needs of those who support them.



Training Resources: College of Direct Support

When self-directing supports, you and/or your designated representative is required to train your employees. The College of Direct Support can be used as a tool to assist you in doing this training.

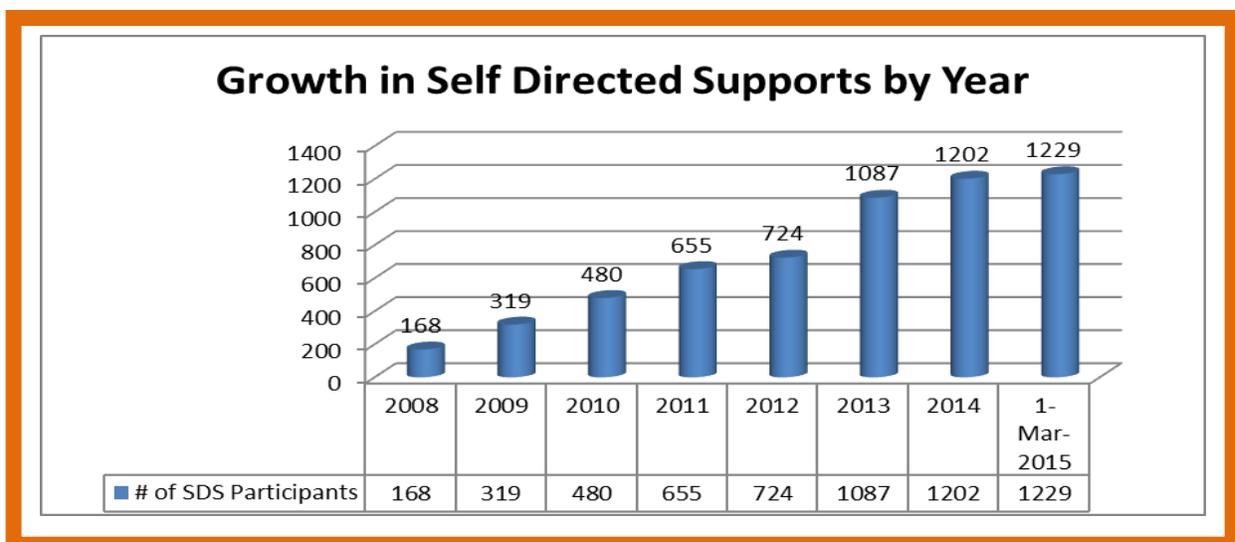
The College of Direct Support (CDS) is a set of web-based courses designed for direct support professionals and others who support individuals with disabilities. This flexible coursework is designed to connect them with a nationally recognized set of skills and a clear career path, and to celebrate their important role in helping the people they support toward developing richer, more fulfilling lives.

Many Individuals have taken advantage of using the Positive Behavior Supports training, but did you know there are other classes available.

Other College of Direct Support classes offered:

- [Civil Rights and Advocacy](#)
- [Community Inclusion](#)
- [Individual Rights and Choice](#)
- [Maltreatment Prevention and Response](#)
- [Person-Centered Planning and Supports](#)
- [You've Got a Friend: Supporting Family Connections, Friends, Love and the Pursuit of Happiness](#)
- [Supporting Healthy Lives](#)
- [Cultural Competence](#)
- [Safety](#)

For more information and enroll form visit the Self-Directed Supports page of the Division's website.
<http://dmh.mo.gov/dd/progs/selfdirect.html>



The Self-directed Supports Utilization Review (UR) Tool has been updated.

When self-directing supports it is important that individuals and designated representatives get the support they need in order to self-direct support.

A support broker can provide needed information and assistance in order for individuals and designated representatives to receive the training they need in order to self-direct supports independently.

The UR Review tool has been updated to include that the Individual Support Plan (ISP) 'list any supports the individual/ designated representatives need in order to self-direct supports (Support Broker Assessment can be used as a tool).

MISSOURI DIVISION OF ENVIRONMENTAL DISABILITIES
www.dmh.mo.gov/dd

Improving lives THROUGH supports and services THAT FOSTER self-determination.

MISSOURI DEPARTMENT OF MENTAL HEALTH

SELF-DIRECTED SUPPORT
SDSC Pre-UR
Review Tool

DATE RECEIVED: _____ SUPPORT COORDINATOR: _____

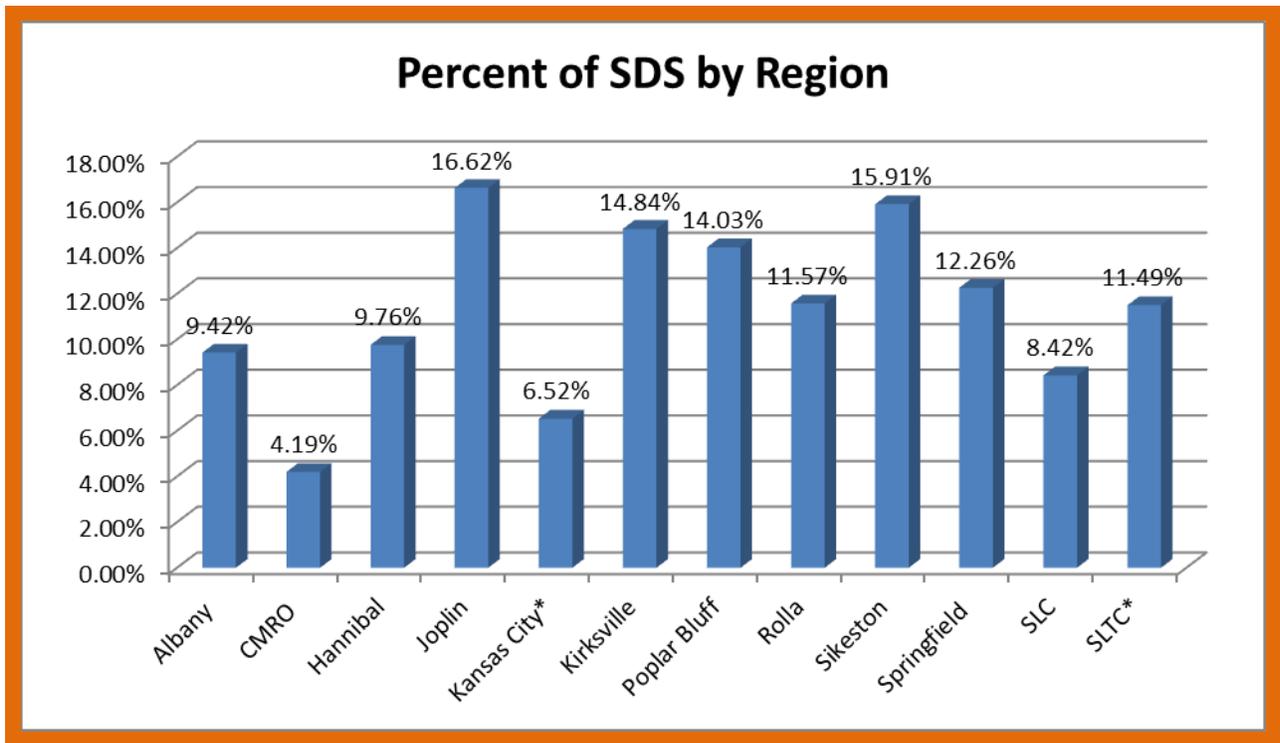
INDIVIDUAL RECEIVING SERVICES: _____ DMH ID #: _____

The ISP identifies that:

- _____ the name of the designated representative if one has been appointed
- _____ list any support the individual/DR needs in order to self-direct services (Support Broker Assessment can be used as a tool)
- _____ the services being self-directed are listed and what support will be provided (Job Descriptions can be used as a tool) The ISP is used as a training document for employees and must provide enough details in order for all employees to understand what is needed to provide supports
- _____ justifies any training exemptions on the Personal Assistance training checklist
- _____ the 'back-up plan' to be used in the event a scheduled employee is not available to provide the services is identified in the plan.
- _____ if the employer is hiring a family member (PA is only service that may be provided by family member) the plan must reflect: (Family member is defined as: a parent, step parent; sibling; child by blood, adoption, or marriage; spouse; grandparent; or grandchild)
 - o The individual is not opposed to the family member providing the service
 - o The services to be provided are solely for the individual and not household tasks expected to be shared with people who live in a family unit
 - o The support team agrees that the family member providing the personal assistant service will best meet the individual's needs
 - o The family member cannot be paid over 40 hours per week. Any support provided above this amount would be considered a natural support or unpaid care which a family member would typically provide
- _____ the SDS budget calculator is present and correct.
- _____ the Authorization Page matches the SDS budget calculator
- _____ if individual is receiving Medicaid State Plan Personal Care Services through Health and Senior Services DSDS service authorization system has been checked to ensure that these services are not being self-directed. if individual is receiving Medicaid State Plan Personal Care Services through Health and Senior Services (DHSS), service authorization system has been checked to ensure that these services are not being self-directed. (Only one Fiscal Agent can be used to report earnings and file employer and employee taxes. The MODD contract reads: "The Employer/DR must not supplement wages to the Employee outside of this agreement. Records maintained by the F/EA will be the official records of the Employer's wages to workers, which will be reported to State and Federal tax authorities. The Employer/DR understands all earnings and taxes for Employees must be accurately reported to these taxing authorities." If the employer uses an 2nd agent, MODD is unable to account for the total earnings by employees, accurately track Social Security credits for the employees, do an accurate year end W2 for employees, or reconcile the employer's State Unemployment with the Federal Unemployment. The Employer/DR then becomes liable for any tax judgment including penalties and interest.)

_____ SDSC has received copy of the "Got Choice?" SDS handbook acknowledgement form.

SDS Coordinator Signature: _____ Review Date: _____ 3/2/28



SHARING SUCCESS



Would you like to share your experience with self-directed supports? Contact the Regional Self-directed Supports Coordinator.

To share the success of other individuals and families, visit www.dmh.mo.gov/dd/spotlight.

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Fostering Self-determination



Supporting Families



Facilitating Individualized Services and Supports



Developing Accessible Housing



Promoting Employment First