



An Overview: Services Available through New Jersey's Community Care Waiver (CCW)

This Overview provides a general description of the wide range of services available to individuals who are enrolled on New Jersey's Medicaid Community Care Waiver (CCW). The specific services individuals receive is based on their assessed need and incorporated into their Service Plan, which is reviewed and updated annually. Specific questions about waiver services should be directed to a case manager.

1. Case Management Services

"Case management services" help individuals learn about and gain access to any service that can help address their needs. These include, but are not limited to, Medicaid waiver and Medicaid State Plan services as well as medical, social, educational, county and municipal services.

2. Day Habilitation Services

"Day habilitation services" help individuals gain and retain skills that can allow them to function as independently as possible and lead useful and productive lives. These skills generally are in the areas of self-care, physical and emotional growth, socialization, communication, and vocational development. Most day program services fall within this category.

The CCW will cover up to 25 hours of day habilitation services per week. They may include any service that helps an individual to:

- A. Develop socially appropriate behaviors and interpersonal skills and eliminate maladaptive behaviors;
- B. Develop cognitive skills such as telling time, making change or managing money, recognizing street and other signs, solving problems or handling emergencies;
- C. Use recreation and leisure time;
- D. Learn about and adjust to the community and train for mobility and travel;
- E. Develop or improve communication skills;

- F. Develop appropriate grooming, sex, dress, and self-care habits, such as toileting, eating, and shaving;
- G. Enhance physical, mental and dental health by dealing with both prevention and maintenance needs;
- H. Be more assertive and become a self-advocate in dealing with citizenship, legal, family, and/or social needs; and,
- I. Learn about and orient to other programs, as appropriate.

Some day habilitation services include transportation between the individual's residence and the site of the habilitation service, up to a total of 38 miles or one hour and fifteen minutes one way, whichever is reached first. If an individual receives habilitation services in more than one place, transportation also may be provided between sites, with the same restrictions.

3. Individual Supports

"Individual supports," sometimes referred to as "personal assistance services," provide an individual with the assistance he or she needs to live in, and become part of, the community. These generally are tasks and activities related to self-care, personal maintenance, habilitation and household duties. They are performed in an individual's own or family home, or in another community-based setting (such as a group home or a supported apartment) at the direction of the individual receiving the assistance, his or her family member or guardian.

The people who provide individual supports usually are staff employed by agencies that either administer and provide services in community residences, such as group homes or supported apartments, or that provide services in an individual's home.

Individual supports also may be provided by some members of the individual's family. The waiver will not pay for services furnished by the individual's parent (or step-parent) or spouse, or by a guardian, legally responsible relative or a relative who lives with the person receiving the service. This rule will only be waived during periods of transition, such as when a new staff person has been hired but not yet started work. In these cases, relatives residing in the individual's home will be permitted to provide services for a period of no more than 30 days a year and for no more than 40 hours/week.

Some examples of Individual Supports/ Personal Assistance Services include:

- Attendant Care Services:

- Bathing in bed, in the tub, or shower;
 - Assisting in the use of a toilet or bedpan;
 - Grooming: hair care (including shampooing), shaving and ordinary nail cares;
 - Helping individuals transfer from bed to chair or wheelchair, or in and out of a tub or shower;
 - Caring for the teeth and mouth;
 - Changing bed linens with an individual in bed;
 - Assisting with eating and preparing meals, including special therapeutic diets;
 - Dressing;
 - Ambulation (walking), indoors and out;
 - Escorting individuals to clinics, physician's offices, related medical therapies, recreation activities and/or other trips;
 - Assisting with medication that can be self-administered;
 - Assisting with the use of special equipment such as a walker, braces, crutches, wheelchair, etc., after a thorough demonstration by a registered professional nurse or physical therapist, until that person is satisfied that the individual can use the equipment safely;
 - Assisting in implementing physical or occupational therapy, speech language pathology programs or psychological/behavioral programs.
- Household Chores:
 - Kitchen care, to include washing the dishes and making sure the refrigerator, stove, sink and floor are clean.
 - Bathroom care, to include cleaning the toilet, tub, shower, and floor;
 - Laundry, to include caring for an individual's personal items and bed linen (may include necessary ironing and mending);
 - Making and changing beds, washing windows, cutting lawns and putting out the garbage
 - Other household chores necessary for independent living.
 - Routine errands, such as picking up medication or preparing meals, shopping or any short trip to perform a specific task. It is important to note that these services are not meant to isolate the individual from the community; therefore, the individual should accompany the Individual Support Staff wherever possible.

4. Respite Services

“Respite” is care that individuals receive when their parent(s), guardian or other immediate caregiver is temporarily absent or disabled. Respite services may be provided at the provider's business location or private home, in the home of the individual with developmental disabilities, or in a location approved by the individual or his/her legal guardian.

DDD bases decisions about whether to grant a request for respite on guidelines that address what constitutes a need for respite, what respite is and who can provide respite. In some cases, state laws and regulations also define who can provide respite services.

DDD may approve members of the individual's family to provide respite. However, the division will not pay for services furnished by the individual's parent (or step-parent), spouse, or by a guardian, legally responsible relative or a relative residing in the service recipient's residence.

5. Supported Employment Services

"Supported employment services" make it possible for some individuals with developmental disabilities to work and earn an income. These are individuals whose disabilities are such that they need intensive support in order to perform paid employment in a work setting on an ongoing basis. One example would be a job coach who works with a consumer at a community job. Even with these services, the individuals are unlikely to be able to perform competitive employment at or above the minimum wage.

Supported employment can occur in a variety of settings, including work sites in which persons without disabilities are also employed. It may include supervision and training.

It is important to note that the Division of Vocational Rehabilitation Services (DVRS) is the primary provider of this service. This service can only be accessed through the CCW :

- 1) if it is determined that additional follow along Job Coach hours are required after DVRS has completed its own Supported Employment process; or
- 2) in cases where DVRS finds the individual cannot benefit from its Supported Employment Services and a qualified DDD provider can guarantee employment if Supported Employment Services are provided.

If transportation is available to the individual at no cost, he or she will be expected to use it. Otherwise, it can be provided between an individual's residence or pickup/drop off site and his or her supported employment sites, up to a distance of 38 miles or a total of one hour and fifteen minutes travel time one way, based upon whichever limit is reached first.

Volunteerism is not included in Supported Employment Services.

6. Community Transition Services (Supports for Participant Direction)

“Community Transition Services” are intended to meet the one-time set-up expenses that individuals face when they move from an institutional setting, or a provider-operated living arrangement, to live in a private residence and become responsible for paying their own living expenses. These services are considered necessary if an individual is to establish a household.

Community Transition Services cannot exceed \$10,180. They must be reasonable and necessary, and are only provided when an individual is unable to meet such expenses on his or her own and cannot get help from other sources.

Some examples of Community Transition Services include:

- security deposits;
- essential household furnishings, such as furniture, window coverings, food preparation items and bed/bath linens, that are required to occupy and use a home;
- set-up fees or deposits for utilities, including telephone, electricity, heat and water;
- services necessary for the individual's health and safety, such as pest eradication and one-time cleaning prior to occupancy;
- moving expenses; and
- necessary home accessibility adaptations;

Community Transition Services do not include: monthly rental or mortgage expense; food; regular utility charges; and/or household appliances or items that are intended for recreational purposes.

7. Support Coordination (Supports for Self-Direction)

“Support Coordination” is the assistance individuals and their families receive as they learn to self-direct their own services by using an individual budget. Individuals who self-direct are responsible for managing their own services and recruiting, hiring and, if necessary, firing the staff that provides those services.

Support Coordination is provided by a Support Coordinator. The Support Coordinator introduces individuals and their families to the services and supports available through the waiver and helps them arrange to get them for the individuals. The Support Coordinator also introduces them to the process of creating an Essential Lifestyle Plan (ELP), which is the Service Plan for people who self-direct.

8. Assistive Technology Devices

“Assistive Technology Devices” allow individuals to access community services. An individual can be assessed in order to determine the need for such a device, get

assistance in making arrangements through a loan program to borrow and test the device and create, purchase or modify a device.

If an assessment is necessary, it must be performed by an appropriate professional in the home and/or work environment in which the individual will use the assistive technology. If an individual cannot secure the necessary assistive technology from a dealer, he or she may use a lending "library" of technology devices for a total of up to three (3) months in any calendar year. Assistive technology purchases and environmental and vehicle adaptations together cannot exceed \$11,000 in any three-year period.

In order to receive the device through the waiver, it cannot be available through another resource such as the individual's medical insurance or educational entitlement.

9. Environmental and Vehicle Adaptations

"Environmental and Vehicle Adaptations" are physical changes made to an individual's home, items, appliances, or systems in the home, and/or a vehicle to ensure that person's health, welfare and safety, or to allow the individual to function with greater independence. They must be directly related to the individual's disability.

Some examples are modifications to feeding spoons and microwaves, the installation of ramps and grab-bars, the widening of doorways and modifications to a bathroom. They also can include installing specialized electric and plumbing systems necessary to accommodate an individual's medical equipment and supplies.

The waiver does not cover general home improvements that are of general utility, which means that they benefit the household as opposed to benefiting the individual directly. So, for example, the waiver would not cover new carpeting, roof repairs, installation of central air conditioning or any adaptation that adds to the total square footage of the home.

These adaptations, in combination with Assistive Technology Devices, cannot exceed \$11,000 in a three-year period. Exceptions may be made for health and safety reasons and for individuals leaving an institution to move to the community. The exception must be clearly documented in the individual's plan of care (the Individual Habilitation Plan or the Essential Lifestyle Plan). Individuals leaving an institution are allowed up to \$11,000 for Environmental and Vehicle Adaptations, in combination with Assistive Technology Devices, during their first year in the community.

10. Personal Emergency Response System (PERS)

The “Personal Emergency Response System” (PERS) is an electronic device that helps an individual secure help in an emergency. An individual may also wear a portable “help” button to allow for mobility. The device is connected to the individual’s phone and programmed to signal a response center once it is activated. The response center is staffed by trained professionals who are able to respond to the call for help.

PERS services are only available for individuals who live alone or are alone for significant parts of the day and have no regular caregiver for extended periods of time and would be at risk without this service.

11. Transportation Services

“Transportation Services” refers to transportation that allows individuals to travel to waiver services and supports when it is not otherwise provided. Examples of transportation services covered by the waiver include the cost of personal drivers*, taxi fares and train and bus tickets. The waiver also covers transportation services such as Access Link that are provided by municipalities, counties, or private contractors. Individuals must select the service that is the most cost-effective means of transportation available. The State establishes the mileage reimbursement rates.

**The waiver covers two different types of personal drivers:*

- 1. Self-Hire – An individual and his or her family hires their own driver. The driver uses his or her personal vehicle*
- 2. Agency Hire – An individual and his or her family contracts with an agency to provide a driver. The driver uses his or her personal vehicle.*