

Self-Directed Supports

These are an array of supports consisting of Financial Management Services, Personal Care Services, Overnight Respite Care, and Sleep Cycle Support that are available to individuals who reside with a person/persons who meet the definition of family or in a setting that would otherwise be licensed. These services provide necessary support for individuals in order to meet their daily living needs and/or to ensure continuation of stay in their current setting. These services also provide for paid staff to perform essential in-home assistance any hour of the day or night, in the absence or presence of non-paid care givers, as determined to meet the individual's needs. Family is defined as any person immediately related to the individual. Specifically: parents (including adoptive parent), grand-parents, spouses, aunts, uncles, sisters, brothers, first cousins and any step-family relationships.

Personal Care Services allows the person to self-direct residential supports, day supports, or supports in their family home. These services provide necessary one-on-one assistance both in the home and community. This services includes assisting with activities of daily living such as bathing, grooming, toileting, transferring, health maintenance activities, feeding, mobility and exercises, socialization and recreational activities. The PCS supports the individual in accessing medical services and normal daily activities by accompanying the individual to accomplish tasks based on their assessed needs. It is the expectation that individuals who need assistance with instrumental activities of daily living (IADL) tasks receive those supports from informal supports, if available. These informal supports may include relatives or friends that live with the individual and should be relied on for IADL assistance unless there are extenuating or specific circumstances that have been documented in the plan of care. No time will be allowed on the Plan of Care for PCS to complete activities that can be provided by the informal supports. These tasks include but are not limited to the following: lawn care, snow removal, shopping, ordinary housekeeping, laundry, or meal preparation.

Overnight Respite Care services are provided to individuals who live with someone meeting the definition of family, or are provided to children in custody residing in a setting that does not meet the definition of family. Respite Care is designed to provide relief for the individual's family member who serves as an unpaid primary care giver. Respite is necessary for families who provide constant care for individuals so family members are able to receive periods of relief for vacations, holidays & scheduled time off periods.

Enhanced Care Services

ECS provides supervision and/or non-nursing physical assistance during a person's normal sleeping hours in his/her place of residence. ECS are available to a person who demonstrates an assessed need for a minimum of 6 hours of sleep support within a 24 hour period and the assessed need cannot be met by the use of personal emergency response services, informal supports, or another service. The ECS worker shall be available to provide immediate supervision or physical assistance with tasks such as, but not limited to, toileting, transferring, mobility, and medication reminders. The ECS worker shall be prepared and capable of contacting a doctor, hospital, or medical professional in the event of an emergency. ECS can be provided as a self-directed or agency directed service.