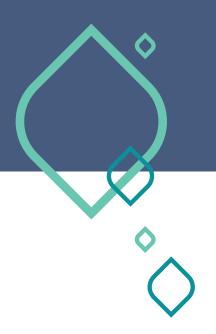




Iowa Hope and Opportunity in Many Environments (HOME)

Steering Committee Meeting

Tuesday February 27, 2024



Welcome!



Tips and tricks for using Zoom

• If you are joining the meeting via computer...

- Click on the participants button at the bottom of the screen to open a box with all meeting attendees listed
- Speaking on the call:
 - Click the microphone icon to mute/unmute
 - Use the "raise hand" option to raise or lower your hand as a prompt for the meeting facilitator to call on you—click on reactions and select raise hand
- Using the chat function:
 - o Click the chat icon to open the chat box and begin typing
 - Share thoughts, links, and questions

• If you are joining by phone...

- Press *6 to mute/unmute
- Press *9 to raise/lower hand



Agenda for today

Introductions of new members

Needs On Waitlist (NOW) Survey Update

Uniform Assessment Tool Update

Waiver Services Package Update & Discussion

Project Timeline Update

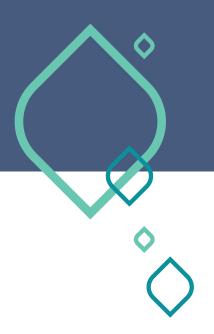
Next Steps



New members

- Eric Donat
- Moises Castellanos
- Araceli Vazquez-Ramirez
- Sonia Reyes
- Nikole Tutton
- Sarah YoungBear-Brown





Introduce yourself!



What is your favorite hobby?













Needs On Waitlist (NOW) Survey Update



Goals of NOW survey

- Learn about characteristics and needs of HCBS waiver waitlist members to inform ongoing HOME activities and process improvements
- Help educate and connect waitlist members with nonwaiver services and supports while they wait for a waiver slot
- Provide insights to guide thinking on other waitlist management topics such as prioritization and screening at the point of entry to the waitlist



NOW survey screening domains

- Developed based on the priority domains identified by the lowa HOME steering committee in April 2023. The survey includes the interRAI Contact Assessment, the Supports Intensity Scale (SIS) A and C, BRIEF2, and the interRAI Home Care Cognition Screening.
 - Status, history, and diagnoses
 - Non-waiver referral needs
 - Activities of Daily Living/Instrumental Activities of Daily Living, caregiver status, stability of conditions
 - Behavioral screening (when applicable)
 - Cognition screening (adults only) or executive function screening (children ages 6+ only)



Section A. Background information

A1. I am going to list some services that you might be able to receive in your home and community.

For each service, [do you /does NAME] need more help than what [you currently have/ NAME currently has].

INTERVIEWER; READ/REPEAT ANSWER CATEGORIES AS NECESSARY.

		Yes	No	Don't Know	Refused
a.	Mental health, behavioral support, substance use, family counseling				
b.	Housing-related support such as rent assistance, emergency housing, or home modifications for accessibility (from example, adding grab bars to the shower)				
c.	Caregiver assistance such as support groups or temporary relief from caregiving responsibilities				
d.	Financial or legal services	9			7
e.	Employment support [ask of ages 16+]				



Section B. Activities of daily living

Now I'm going to ask you about some everyday activities and if [you need/NAME needs] help to do these activities.

- B1. [Are you/Is NAME] able to take a bath or shower by [yourself/themselves] without any help?
 - $\underline{\text{Yes}} \rightarrow \text{GO TO B3}$
 - 0 No
 - d Don't Know → GO TO B3
 - r Refused
- B2. What kinds of help [do you/does NAME] need to take a bath or shower? Would you say [you need/NAME needs]...

INTERVIEWER: SELECT ALL THAT APPLY

- I someone to help set up what [you need/NAME needs]
- 2 someone to supervise [you/NAME]
- 3 someone to physically help [you/NAME] with part of this activity
- 4 someone to do it completely for [you/NAME]
- d Don't Know
- r Refused

SECTION F: Support for serious behavior problems

PROGRAMMER: GO TO SECTION F IF AGE ≥ 5 years

- FI. [Do you/does NAME] need or receive support to help with a behavioral issue that interferes with relationships with family, friends, neighbors, or others at home, school or work?
 - I YES
 - 2 NO → GO TO GI
 - 3 DON'T KNOW → GO TO GI
 - 4 REFUSED → GO TO GI

Next, I will ask you about some behavior issues and if support is needed from a person at home or outside to help prevent these behaviors. The support provided can include monitoring or management of this behavior. For each behavior, please tell me if no support, some support, or extensive support is needed to help [you/NAME] from engaging in this behavior.

Please remember that all of the information you provide will remain confidential.

PROBE: I need to ask about the full list of behaviors even though some of the behaviors may not apply to [you/NAME]. If a behavior does not apply to [you/NAME], please just say so.

INTERVIEWER: IF RESPONDENT SAYS BEHAVIOR DOES NOT APPLY OR DOES NOT OCCUR, CODE AS "I=NO SUPPORT".

F2. How much support is needed to prevent or manage [your/NAME's] tantrums or emotional outbursts? This behavior can include cursing, throwing objects, crying excessively, or threatening violence. Would you say...



Survey completion

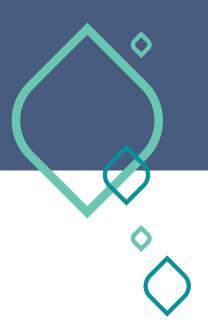
- The survey is only available over the phone. There are no print or online options.
- Spanish translation and accommodations for those who are deaf or hard of hearing will be made available.
- We encourage participants to have a caregiver or relative complete the survey with them. If the waitlist member cannot complete the survey, a caregiver or relative may act as a proxy.
- The survey takes an average of 45 minutes, though not all questions will apply to every waitlist member. Participants may start a survey and complete it at another time.



Waitlist sample characteristics

- 14,931 unique individuals on the original sample file, though individuals will be removed from the list on a monthly basis as they move off of the waitlist.
- The waitlist sample for the NOW Survey is split 50/50 as far as individuals under age 21 and individuals over age 21.
- 16.4% aren't enrolled in Medicaid, 7.2% are Medicaid FFS,
 76.4% are enrolled with a Medicaid MCO
- All 99 lowa counties are represented





Questions?





Uniform Assessment Tool Update



Why uniform assessment?

From the Transformation Plan:

- Many assessment tools in use and data cannot be easily compared across populations
- Iowans have shared frustrations with the current assessment process and fragmentation
- Use the IA HOME project approach to engage with invested Iowans, including focus groups, to develop the uniform assessment processes



Historical research timeline

2022

- Complete Community-Based Supports Evaluation
- Complete "assessment of assessments"
- Steering committee engagement

2024

- Decision memo submitted January
- Focus groups
- Steering committee engagement

2023

- January 2023 memo on assessment options
- Research into other assessment tools and states
- Development of NOW Survey
- Steering committee engagement



Other states and tools that were reviewed

Content	Administration	Use of Data
Minnesota	Kentucky	Minnesota
Virginia	Hawaii	Maryland
Washington	Colorado	
Alabama	Pennsylvania	
Functional Assessment Standardized Items (FASI)	Illinois	

Additional Sources Reviewed:

NHELP: Medicaid Assessments for Long-Term Supports and Services (LTSS)

MACPAC: Functional Assessments for Long-Term Services and Supports

HHS ASPE: Final Outcome Evaluation of the Balancing Incentive Program

CMS TEFT Demonstration: Testing Experience & Functional Tools Final Evaluation



Many tools exist, all with strengths and limitations

- No tool is perfect
- Certain tools have strengths for certain populations, but use would continue to fragment the system
- Few options exist for a comprehensive, uniform assessment tool that works across multiple populations



About interRAI

- interRAl is a collaborative network of researchers and practitioners in over 35 countries committed to improving care for persons who are disabled or medically complex
- The suite of interRAI instruments are designed to be compatible across health sectors to improve continuity of care



interRAI instruments

Comprehensive instruments

- Acute care and rehabilitation; adult and elderly care; child and youth; mental health

Screening instruments

- Mental health; triage and determining need for further assessment (aka, contact assessment)

Quality of life instruments

- Self-reported quality of life tools



interRAI Iowa

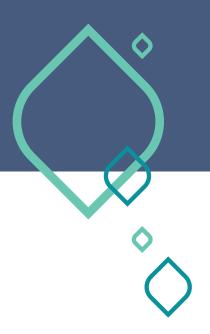
- Some interRAI tools are in use in lowa for selected HCBS waivers
- Licensing agreements currently held with MCOs, HHS, and Mathematica
- In use for NOW Survey (modified versions for telephone administration)
- Supports Intensity Scale (SIS) used for HCBS waiver for intellectual and developmental disabilities would convert to new interRAI tool(s)



A potential path forward

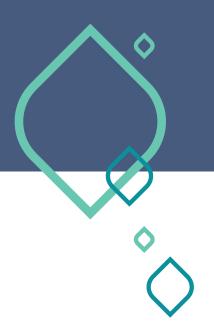
- ADvancing States Mission to design, improve, and sustain state systems delivering long-term services and supports for older adults, people with disabilities, and their caregivers.
- ADvancing interRAI Helps states collect accurate, valid, and reliable data in the most efficient manner possible and use those data for improving the equity and efficiency of screening, waitlist prioritization, Level of Care determination, support planning, quality management, budgeting, and care management.
- Support includes cross state collaboration, training, onboarding, operations and policy guidance, and technical assistance.





Reactions? Questions?





Waiver Service Package Update



Purpose of today's conversation

Agenda:

- Re-share proposed service package
- Discuss a few service definitions
- Other opportunities to provide feedback

Reminders

- These ideas build off the recommendations from Year 1, as well as feedback from Invested Iowans who participated in key informant interviews, the summer 2023 survey, HOMEtown Conversations, and this steering committee.
- These ideas are not final. We will test them with various audiences and identify key opportunities and challenges that we will need to address as we make changes.



Vision from Year 1



Waitlists are not timely, efficient or needs-based



 A single waitlist allows HHS to understand needs and prioritize waiver slots



Services do not align with lowans' needs



- Waiver system is needbased, person-centered and equitable
- Expanded service offerings to address the whole-person
- Tiered budget levels more efficiently uses limited funds



Services and supports are difficult to navigate and access



- System is easier to understand and navigate
- Blended provider networks maximize capacity

HOME guiding principles



Equitable access



High quality service



Coordinated across systems



Proven valuable



Effective and accountable





Proposed Waiver Design



Proposed waiver design

- Supporting families and caregivers, meeting the needs of individuals across the lifespan, and serving individuals in the living situation that works best for them and their families.
- HOME waiver Children and Youth
 - Service package that supports life domains in early childhood, in school, and as youth transition into adulthood
- HOME waiver Adult and Aging
 - Service package that supports life domains in adulthood and as Iowans age
- Each service package will address formal and informal support needs wherever lowans live.



Proposed new waiver structure



ELIGIBILITY & ENROLLMENT | To be eligible, individuals must meet two criteria: (1) they need the level of care that would be provided in an institution, and (2) their disability fits into one of the categories below.

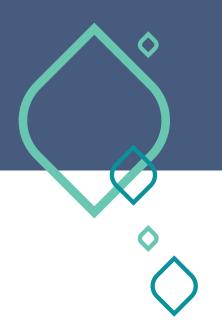
CURRENT HCBS WAIVERS (2023)

WAIVER	GROUPS SERVED	AGES SERVED
Elderly	Aging	65+
Intellectual Disability	Intellectual Disability	0+
Brain Injury	Brain Injury	0+
AIDS/HIV	AIDS/HIV	0+
Health & Disability	Physical disability; blind or disabled	0-64
Physical Disability	Physical disability; blind or disabled	18-64
Children's Mental Health	Serious emotional disturbance (SED)	0-17

PROPOSED WAIVER REDESIGN (2025/2026)

WAIVER	GROUPS SERVED	AGES SERVED
Children & Youth	 Intellectual disability Brain injury AIDS/HIV Physical disability, including blindness SED Developmental Disabilities 	0-20
Adult & Aging	 Intellectual disability Brain injury AIDS/HIV Physical disability, including blindness Aging Developmental Disabilities 	21+





Services



Adult and Aging waiver

Daily Activities and Care

- Attendant Care (skilled & unskilled)
- Companion*
- Home-Delivered Meals
- Home Health Aide
- Home Maintenance Support*
- Respite
- Supported Community Living
- Transportation

Help with Health Needs

- Positive Behavioral Support and Consultation
- Family Training
- Interim Medical Monitoring and Treatment
- Nursing
- Nutritional Counseling

Equipment and Modifications

- Assistive Devices
- Enabling Technology for Remote Support
- Home and Vehicle Modifications
- Personal Emergency Response Services
- Specialized Medical Equipment

Day Services

- Adult Day Health
- Day Habilitation
- Prevocational Services
- Supported Employment

Residential Services and Supports

Assisted Living

Self-Direction Supports

- Financial Management Service
- Independent Support Broker
- Individual Directed Goods and Services

Other Services

- Community Transition Services +
- Crisis Planning and Support +
- Peer Mentoring +

*Merged service
New services are bolded with a +



Children and Youth waiver

Daily Activities and Care

- Home-Delivered Meals
- Medical Day Care for Children
- Respite
- Supported Community Living
- Transportation

Help with Health Needs

- Positive Behavioral Support and Consultation
- Interim Medical Monitoring and Treatment
- Family and Community Support
 Service
- In-Home Family Therapy

Equipment and Modifications

- Assistive Devices
- Enabling Technology for Remote Support
- Home and Vehicle Modifications
- Personal Emergency Response Services

Day Services

- Day Habilitation
- Prevocational Services
- Supported Employment

Residential Services and Supports

 Residential-Based Supported Community Living

Self-Direction Supports

- Financial Management Service
- Independent Support Broker
- Individual Directed Goods and Services

Other Services

- Community Transition Services +
- Crisis Planning and Support +
- Peer Mentoring +

*Merged service
New services are bolded with a +



Companion services

- Companion services include non-medical care, supervision and socialization, provided to an individual with functional impairment(s).
 - Primarily social in nature, but companions may also assist or supervise the individual with such tasks as meal preparation, laundry, appropriate self-administration of medications, bill payment, communication, scheduling and/or attending appointments, completion of activities detailed in occupational or physical therapy treatment plans, arrangement and/or usage of transportation, and personal assistance in non-employment related community activities, shopping, and other goals identified in the person's Individual Support Plan (ISP).
 - Relevant goals may be related to safety, independence, and/or, community integration, and/or retirement.
 - The provision of companion services does not entail hands-on nursing care. Companion services do not include assistance with activities of daily living (ADLs).



Companion services

- How effectively does this service support the community inclusion needs of waiver enrollees?
- What changes would you recommend to better support their community participation?
- Are there important considerations for providing this service to adults?
 - To older adults?



Home maintenance supports

- Home Maintenance Support services encompass assistance required to maintain the home as a clean, sanitary, and safe environment, provided when neither the individual nor any household individual is capable of performing these tasks, and no other relative, caregiver, or landlord is responsible for them.
- These may involve tasks such as:
 - Essential shopping: shopping for basic need items such as food, clothing or personal care items, or drugs.
 - Limited housecleaning: maintenance cleaning such as vacuuming, dusting, scrubbing floors, defrosting refrigerators, cleaning stoves, cleaning medical equipment, washing, and mending clothes, washing personal items used by the client, and dishes.
 - Meal preparation planning and preparing balanced meals.
 - Window and door maintenance, such as hanging screen windows and doors, replacing windowpanes, and washing windows;
 - Minor repairs to walls, floors, stairs, railings and handles.
 - Heavy cleaning which includes cleaning attics or basements to remove fire hazards, moving heavy furniture, extensive wall washing, floor care or painting and trash removal.
 - Mowing lawns and removing snow and ice from sidewalks and driveways.
- The following are not covered services: 1) leaf raking, 2) bush and tree trimming, 3) trash burning, 4) stick removal and 5) tree removal.



Home maintenance supports

- How effectively does this service support the community inclusion needs of waiver enrollees?
- What changes would you recommend to better support their community participation?
- Are there important considerations for providing this service to adults?
 - To older adults?



Supported community living

- Supported Community Living (SCL) services are provided by the provider within the member's home and community, according to the individualized member need as identified in the service plan.
- Available components of SCL services are:
 - **Personal and home skills training services:** Activities which assist an individual to develop or maintain skills for self-care, self-directedness, and care of the immediate environment.
 - **Individual advocacy services:** The act or process of representing the individual's rights and interests in order to realize the rights to which the individual is entitled and to remove barriers to meeting the individual's needs.
 - Community skills training services: Activities which assist a person to develop or maintain skills allowing better participation in the community.
 - **Personal and environmental support services:** Activities and expenditures provided to or on behalf of a person in the areas of personal needs in order to allow the person to function in the least restrictive environment.
 - **Transportation:** Transportation services are used to conduct business errands and essential shopping, travel to and from work or day programs, and to assist the person to travel from one place to another to obtain services or carry out life's activities. Note: Transportation, the waiver service, is not available to individuals on the ID waiver accessing daily-rate SCL services. The cost of transportation services is provided through the tiered rate fee schedule funding.
 - **Treatment services:** Activities designed to assist the person to maintain or improve physiological, emotional and behavioral functioning and to prevent conditions that would present barriers to a person's functioning. Treatment services include physical or physiological treatment and psychotherapeutic treatment.



Supported community living

- SCL services shall focus on the following areas as they are applicable to individuals being served:
 - Personal management skills training services are activities which assist an individual to maintain or develop skills necessary to sustain oneself in the physical environment and are essential to the management of one's personal business and property. This includes self-advocacy skills. Examples of personal management skills are the ability to maintain a household budget; plan and prepare nutritional meals; ability to use community resources such as public transportation, libraries, etc., and ability to select foods at the grocery store.
 - Health, safety and wellness training services are those activities which assist an individual to maintain or develop skills necessary to support their health (e.g., taking medications), safety (e.g., locking doors, identifying trusted contacts when assistance is needed) and wellness (e.g., engaging in exercise and other activities to support physical and mental wellbeing).
 - Socialization skills training services are those activities which assist an individual to develop or maintain skills which include self-awareness and self-control, social responsiveness, community participation, social amenities, and interpersonal skills.
 - Communication skills training services are activities which assist a person to develop or maintain skills including expressive and receptive skills in verbal and nonverbal language and the functional application of acquired reading and writing skills.



Supported community living

- How effectively does this service support the community inclusion needs of waiver enrollees?
- What changes would you recommend to better support their community participation?
- Are there important considerations for providing this service to adults?
 - To older adults?



Independent support broker

- Independent Support Brokerage (ISB) service is an optional service individuals choose when electing to selfdirect through the Consumer Choice Option.
- When chosen, the service is included in the individual's budget.
- The ISB will be chosen and hired by the individual.
- The ISB will work with the individual to guide them through the person-centered planning process and offer technical assistance and expertise for selecting and hiring employees and/or providers and purchasing supports.
- The ISB shall perform the following services as directed by the individual or the individual's representative:
 - Assist the individual with developing the individual's initial and subsequent individual budgets and with making any changes to the individual budget.
 - Have monthly contact with the individual for the first four months of implementation of the initial individual budget and have quarterly contact thereafter.
 - Complete the required employment packet with the financial management service.
 - Assist with interviewing potential employees and entities providing services and supports if requested by the individual.
 - Assist the individual with determining whether a potential employee meets the qualifications necessary to perform the job.



Independent support broker

- The ISB shall perform the following services as directed by the individual or the individual's representative (continued):
 - Assist the individual with obtaining a signed consent from a potential employee to conduct background checks if requested by the individual.
 - Assist the individual with negotiating with entities providing services and supports if requested by the individual.
 - Assist the individual with contracts and payment methods for services and supports if requested by the individual.
 - Assist the individual with developing an emergency backup plan. The emergency backup plan shall address any health and safety concerns.
 - Review expenditure reports from the financial management service to ensure that services and supports in the individual budget are being provided.



Independent support broker

- How effectively does this service support the community inclusion needs of waiver enrollees?
- What changes would you recommend to better support their community participation?
- Are there important considerations for providing this service to adults?
 - To older adults?



Community transition services

- Community Transitions Services are non-recurring set-up expenses for individuals who are transitioning from an institutional or another 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.
- Allowable expenses are those necessary to enable a person to establish a basic household that do not constitute room and board and may include:
 - Security deposits that are required to obtain a lease on an apartment or home;
 - Essential household furnishings and moving expense required to occupy and use a community domicile, including furniture, window coverings, food preparation items, and bed/bath linens;
 - Set-up fees or deposits for utility or service access, including telephone, electricity, heating and water;
 - Fees associated with obtaining legal and/or identification documents necessary for a housing application such as a birth certificate, state issued ID, or criminal background check;
 - Services necessary for the individual's health and safety such as pest eradication and one-time cleaning prior to occupancy;
 - Moving expenses;
 - Necessary home accessibility adaptations; and,
 - Activities to assess need, arrange for and procure needed resources.
- 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 purely diversional/recreational purposes.



Community transition services

- How effectively does this service support the community inclusion needs of waiver enrollees?
- What changes would you recommend to better support their community participation?
- Are there important considerations for providing this service to adults?
 - To older adults?



Crisis planning and support

- Crisis Planning and Support services provide intensive supports in the area of crisis prevention, crisis intervention, and crisis stabilization to an individual who may experience an episodic behavioral or psychiatric crisis in the community which has the potential to jeopardize their current community living situation.
- This service is designed to stabilize the individual and strengthen the current living situation so the individual can be supported in the community during and beyond the crisis period.
- This service is provided in the community, in various day services and in various residential services, or in the individual's private/family home.

Crisis Prevention

- Crisis prevention services provide ongoing assessment of an individual's medical, cognitive, and behavioral status as well as predictors of self-injurious, disruptive, or destructive behaviors, with the initiation of positive behavior supports to prevent occurrence of crisis situations.



Crisis planning and support

Crisis Intervention

- Crisis intervention services are used in the midst of the crisis to prevent the further escalation of the situation and to maintain the immediate personal safety of those involved.
- Crisis Intervention is a relatively short-term service that provides a highly structured intervention that may include temporary changes to the person's residence, removal of certain items from the setting, changes to the person's daily routine, and emergency referrals to other care providers.

Crisis Stabilization

- Crisis stabilization services begin once the acuity of the situation has resolved and there is no longer an immediate threat to the health and safety of those involved.
- Crisis stabilization services are geared toward gaining a full understanding of all of the factors that precipitated the crisis and may have maintained it until trained staff from outside the immediate situation arrived.
- Crisis planning and support is an extension of state plan crisis response and stabilization services.
- Crisis planning and support can be accessed once state plan services are exhausted or not otherwise available to the individual.



Crisis planning and support

- How effectively does this service support the community inclusion needs of waiver enrollees?
- What changes would you recommend to better support their community participation?
- Are there important considerations for providing this service to adults?
 - To older adults?



Peer mentoring

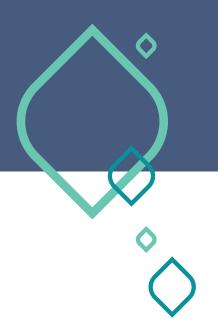
- Peer Mentorship is provided by a peer who draws from common experience to support an individual with acclimating to community living. The peer supports by offering advice, guidance, and encouragement on matters of community living, including through describing real-world experiences, encouraging self-advocacy and independent living goals, and modeling strategies, skills, and problem-solving.
- To access Peer Mentorship, an individual must participate in a needs assessment through which they demonstrate a need for the service based on the following:
 - The individual demonstrates a need for a peer to mentor the individual in acclimating to community living;
 - The individual's need demonstrates health, safety, or institutional risk; and
 - There are no other services or resources available to meet the need; and
 - The individual demonstrates that, within 365 days, they have the ability to acquire these skills or establish other services or resources necessary to their need.
- Peer Mentorship does not include services or activities that are solely diversional or recreational in nature.
 This service may not duplicate or be furnished/claimed at the same time of day as the peer support service.
- Telehealth is an allowable mode for delivering this service. The purpose of the telehealth option in this service
 is to maintain and/or improve an individual's ability to support relationships while also encouraging and
 promoting their ability to participate in the community.



Peer mentoring

- How effectively does this service support the community inclusion needs of waiver enrollees?
- What changes would you recommend to better support their community participation?
- Are there important considerations for providing this service to adults?
 - To older adults?





Questions?

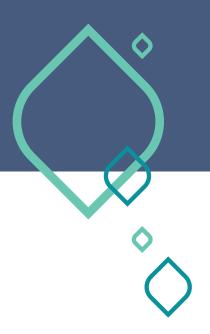


We want your feedback!

• How to provide your thoughts and insight:

- View the services and service definitions by visiting the HOME website https://hhs.iowa.gov/media/12341/download?inline
- Via email <u>iowahcbs@mathematica-mpr.com</u>
- By leaving us a response online https://mathematica.questionprogov.com/t/AC6cZFIn





Project Timeline Update







Streamline screening & enrollment

- · Screen everyone on waitlist
- · Improve screening and enrollment experience
- Develop improved underlying data and IT architecture to support experience



Align program design to meet lowan's needs

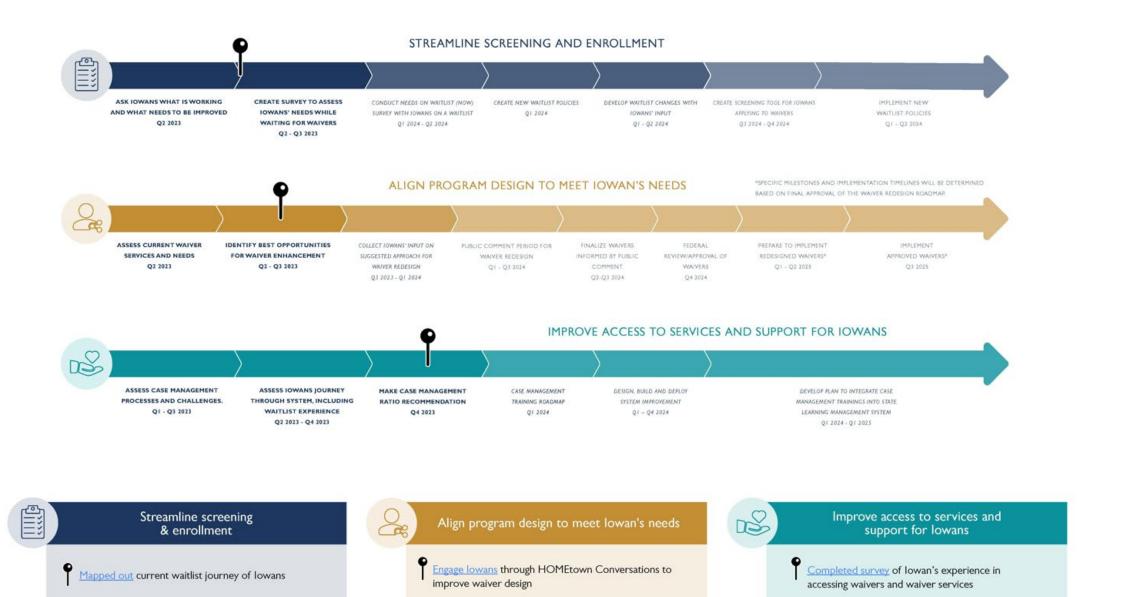
- Integrate lowans' insights into new waiver program design
- · Develop uniform services assessment tool
- · Analyze options for funding waiver redesign



Improve access to services and support for lowans

- Enhance how people navigate the system
- · Improve case management



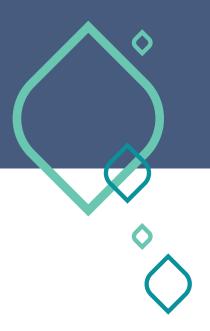






Questions?





Next steps



Meeting cadence and materials

- Meetings will be held on the last Tuesday of every month
 - Next meeting is Tuesday, March 26.
- We will share agendas about a week in advance, slides usually the morning of the meeting
- We will send the February meeting summary in about one week





Other questions?

