



Habilitation Services Program

What is the Habilitation Services program?

The Habilitation Services program provides Medicaid home and community-based services (HCBS) for Iowans who need help with daily activities because of their chronic mental illness. Chronic mental illnesses are long-lasting mental health problems that don't go away and affect how someone thinks, feels and acts.

The services available through this program can help you learn and practice key skills like taking care of yourself, working with others and adapting to different situations so you can live successfully in your home and community. The Habilitation Services program does not have a waiting list.

Am I eligible for the Habilitation Services program?



How to Apply

You need to have Medicaid to receive the Habilitation Services program. You can find more information on how to apply for Medicaid on [Iowa HHS' website](#). Once you have Medicaid, a case manager will help you apply for the Habilitation Services program. If you already have a case manager, contact them and ask for help applying for Habilitation Services.

If you don't have a case manager, you should contact your MCO's member services department and ask for help applying. If you have Fee-for-Service (FFS) Medicaid, contact Iowa Medicaid member services. You can find member services contact information [here on Iowa HHS' website](#).

You may be eligible if both of the following are true:

- You are eligible for full Medicaid, and your income is at or below 150 percent of the federal poverty level
- If you are only on a Medicare Savings Program, you are not eligible for Habilitation Services
- You have a chronic mental illness, and you need assistance to live successfully in your home and community

Iowa Medicaid will review information about your needs, your past experiences and your income to decide if you are eligible for the program.

What services are available under the Habilitation Services program?

This table lists the services that you can get through the Habilitation Services program.

Service name	Service description
Day habilitation	Day habilitation services help you develop and improve your independent, social and daily living skills. These services help you actively participate in your community, manage your behavior, enjoy hobbies, do volunteer work and get ready for and keep employment. Activities could include identifying your interests and strengths, planning your daily schedules and participating in community and learning opportunities. Day habilitation services can also teach families how to provide support to their loved ones. These services are provided in a community setting, not in your home.
Home-based habilitation	Home-based habilitation services support your daily living needs and help you develop skills to live in your community. This could include help with managing medicines, managing mental health, scheduling and attending mental health and medical appointments, budgeting or grocery shopping, personal care services, home upkeep, transportation, help developing social skills and more. These services can be provided in your home, a community setting or a community living setting.
Prevocational services	Prevocational services help you get ready to find a job and work in your community with supported employment. These programs teach important job skills like how to talk to supervisors and coworkers, how to act and dress at work and how to follow directions. They include career exploration, training on how to find a job, solve problems, stay safe at work, access local transportation and manage money.

Supported employment	Supported employment services help you find and keep jobs that fit your personal and career goals. These services include job coaching and developing and maintaining job skills. The goal is for you to have a job that pays at least minimum wage and provides the same benefits as other workers. Services are provided in typical work environments and include activities like finding employers who have jobs that match your skills and on-the-job training.
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How do I access services through the Habilitation Services program?

Your case manager will help make a person-centered plan to access services that build on your strengths and address your unique needs and preferences. Case managers assess your needs, make and follow a plan to meet those needs and arrange and track the services you receive. Case managers also check your health, evaluate progress, update the plan as needed and support you.

The information in this handout aligns with 441 IAC 78.27(249A), which describes Iowa’s technical, official Habilitation Services program rules and eligibility.