

# **The Individual Options Waiver Handbook**



*A Guide To:*  
Services and Eligibility



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## Introduction

The Individual Options Waiver, commonly referred to as the I.O. Waiver, is for people with mental retardation or other developmental disabilities.

People can use a Medicaid waiver to stay in their homes and get support rather than live in an Intermediate Care Facility for the Mentally Retarded (ICFMR).

This guide is to help you understand the waiver, learn about the services it provides and eligibility requirements.

The guide is divided into sections:

- Who is Eligible?
- What Services are Covered?
- Definition of Services
- Who Can Help Me Get An I.O. Waiver?

## Who Is Eligible?

The IO Waiver is for people with mental retardation or developmental disabilities who:

- Require the care given in an Intermediate Care Facility for the Mentally Retarded (ICFMR) but want to live at home.
- Meet the financial criteria of Medicaid eligibility as determined by your local county's Department of Job and Family Services (JFS).

### What Services are Covered?

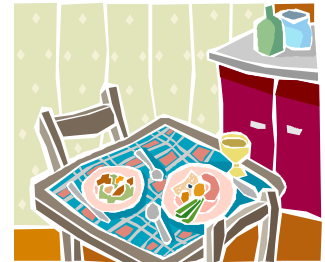
- Homemaker/Personal Care
- Home Modifications and Adaptations
- Transportation
- Respite Care
- Social Work
- Home-delivered meals
- Nutrition
- Interpreter Services
- Specialized Adaptive or Assistive Medical Equipment and Supplies
- Supported Employment

### Definitions of Services

**Homemaker/Personal Care** is provided to help a person with daily living activities such as personal hygiene, dressing and eating.

**Homemaker/Personal Care** services include:

- Basic personal care and grooming: bathing, hair care and help with clothing.
- Help with medications that are usually self-administered when ordered by a doctor.
- Household services essential to a person's good health and comfort such as changing bed linens.
- Light cleaning in areas of the home used by the person.
- Preparation of a shopping list, grocery shopping and meal preparation.
- Laundry.
- Other neighborhood errands including going to medical appointments or taking short walks.
- Other activities that ensure a person's safety, health and welfare.



**Home Modifications (Environmental Accessibility Adaptations)** are changes to a home that enable a person to function with greater independence.



Examples of **Home Modifications** are:

- Installing ramps and grab-bars
- Widening doorways
- Modifying bathrooms to be wheelchair accessible
- Installing specialized electric and plumbing systems to accommodate medical equipment

**Transportation** enables people on the waiver to travel to waiver and community services, activities and resources.



**Respite Care** is support on a short-term basis for the person who receives the waiver to offer caregivers a break.

- **Institutional Respite** means the care is provided in a Medicaid-certified Intermediate Care Facility for the Mentally Retarded (ICFMR) or a facility licensed by the State Department of MRDD.

**Social Work** helps a person and their family with emotional problems or social needs that will allow them to live in the community. The counselor or social worker may work on problem solving, help a person to develop self-help or adaptive skills, or arrange for counseling, or other support services to help ease stress that may be caused by such things as work, families or living situations.



**Home-delivered meals** mean the preparation, packaging and delivery of one or more meals to people who unable to prepare or get nourishing meals. The waiver will provide two meals a day, seven days a week.

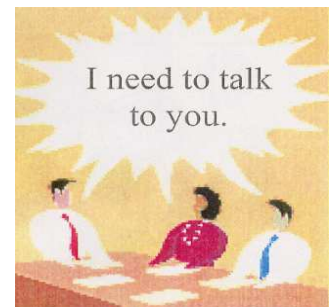


**Nutrition** service is used when people need direction to ensure they are eating the right types of food to be healthy. The nutritionist can provide a nutrition care plan that could include an outline of foods to be eaten, conversations about the importance of the foods and counseling about the need for proper nutrition. The nutritionist can be used to teach the person with disabilities, their family, guardian or others who helps with meals.

**Interpreter Services** helps a person communicate. People who provide this service help the individual with a disability convey his message as well as his attitude.

### Specialized Adaptive or Assistive Medical Equipment and Supplies

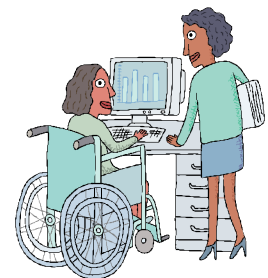
- Devices, controls or appliances that allow people to do daily living activities or to help them communicate;
- Items necessary for life support and the supplies and equipment necessary for upkeep; and
- Durable and non-durable equipment that is not paid for by the Medicaid State Plan.



**Supported Employment** services are intensive, ongoing supports that help people to perform work in a regular employment setting, including self-employment. *Supported Employment does not include sheltered work or other vocational services furnished in specialized facilities.*

There are two types of Supported Employment services:

- > *Enclave* -- provided to individuals who work as a team at a single work-site (community business or industry) with ongoing support provided by on-site staff
- > *Community* -- provided to individuals who work in an integrated community work setting, along side employees without disabilities, and performing same or similar tasks



## Adult Day Services

Adult Day Services are for adults enrolled on the Individual Options and Level One Medicaid waivers administered by the Ohio Department of Mental Retardation and Developmental Disabilities (ODMRDD).

**Adult Day Support** services are provided separate from any home or facility in which an individual resides, focus on non-work activities, and include five components:

- > *Assessment* -- may be formal or informal, for the purpose of developing an Individual Service Plan (ISP)
- > *Personal care* -- includes personal hygiene, eating, communication, mobility, toileting, and dressing
- > *Skill reinforcement* -- includes implementing behavioral intervention plans, and help with the use of communication and mobility devices
- > *Training in self-determination* -- includes developing self-advocacy skills and acquiring skills that enable an individual to become more independent
- > *Recreation and leisure* -- includes supports identified in the ISP that are therapeutic, and help to develop and maintain social relationships and family contacts

## Who Provides The Services Paid For With This Waiver?

Individuals receiving the I.O. Waiver can select certified providers of their choice. Providers are certified by the Ohio Department of Mental Retardation and Developmental Disabilities. Certified providers are listed on the ODMRDD website: [www.mrdd.ohio.gov](http://www.mrdd.ohio.gov)

## Who Can Help Me Get an I/O Waiver?

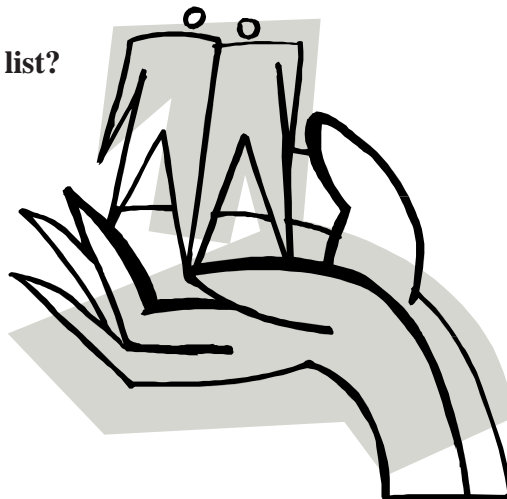
To apply for an I.O. Waiver, contact your County Board of MRDD.

## What if I am denied enrollment or placement on the waiting list?

You may appeal the decision by using your due process rights.

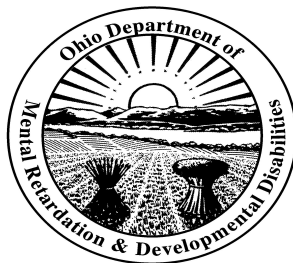
## How do I do that?

You can ask for a state hearing if you do not agree with an action or a decision on your waiver application or Medicaid benefits. To ask for a state hearing, call the Bureau of State Hearings at 866-635-3748, or TTY 614-728-2985.



*The Mission of the Ohio Department of Mental Retardation and Developmental Disabilities is continuous improvement of the quality of life for Ohio's citizens with developmental disabilities and their families.*

Ted Strickland, Governor



John L. Martin, Director

## **Ohio Department of Mental Retardation and Developmental Disabilities**

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