

HCBS Waiver Services Explained

1. Community Integration and Habilitation (CIH) Waiver

Example: *Residential Habilitation and Support*

A 35-year-old man with a developmental disability receives residential habilitation and support through the CIH Waiver to help him live independently in a shared apartment. A direct support professional (DSP) assists him with daily activities such as cooking, cleaning, managing finances, and personal care. This support enables him to live in the community while developing skills that enhance his independence and ability to live on his own.

Example: *Prevocational Services*

A 22-year-old woman with autism participates in prevocational services through the CIH Waiver to learn job readiness skills. She attends a program where she practices work-related tasks such as following instructions, communicating effectively, and developing time management skills. The program also includes soft skills training, like team collaboration and problem-solving. These services prepare her for future employment and increase her chances of successfully entering the workforce.

Example: *Adult Day Services*

A 50-year-old man with intellectual disabilities attends an adult day services program funded by the CIH Waiver. The program offers a variety of activities such as art classes, exercise groups, and social outings to local events. These activities help him build social skills, engage with peers, and stay active in the community, providing a structured and fulfilling routine while allowing him to avoid isolation.

Example: *Transportation Services*

A 40-year-old woman with developmental disabilities who does not drive receives transportation services through the CIH Waiver. A driver provides her with transportation to medical appointments, social activities, and community events, allowing her to maintain her independence and participate in necessary and recreational activities. These transportation services ensure she can continue to live independently while meeting her medical and social needs.

2. Family Supports Waiver (FSW)

Example: *Participant Assistance and Care (PAC) Services*

A 19-year-old young man with autism receives PAC services through the FSW to help him become more social and engaged in his community. With the assistance of a caregiver, he participates in social activities, such as joining a local youth group and attending community events like bowling nights and recreational sports. The caregiver provides support by encouraging interaction, facilitating communication, and helping him understand social cues. This assistance helps him build friendships, develop social skills, and reduce feelings of isolation, ultimately improving his quality of life and community involvement.

Example: *Transportation Services*

A 16-year-old girl with Prader-Willi Syndrome receives transportation services through the FSW to attend medical, social, and recreational activities. Since her family does not have the means to provide consistent transportation, a service provider arranges for her to be picked up and taken to these activities. This gives her opportunities to engage with peers while also making it to her necessary medical appointments.

Example: *Remote Supports*

A 40-year-old man with autism uses remote supports through the FSW to assist with daily activities when his family is unavailable. He has a system of sensors and cameras installed in his home that allow a remote support professional to monitor his safety and provide guidance via video or phone calls. For example, when he has difficulty managing his medication or following a routine, the support professional can assist remotely, ensuring that he stays on track without needing in-person support for every task.

Example: *Case Management Services*

A family caring for a child with cerebral palsy receives case management services through the FSW. The case manager helps the family navigate the healthcare system and ensures they are connected to the appropriate community resources, such as support groups and educational programs. This coordination of services helps the family manage the complex care needs of their child while maintaining a balanced family life.

3. Health and Wellness Waiver (Formerly Aged & Disabled Waiver)

Example: *Home Modifications*

A 45-year-old woman with multiple sclerosis is unable to use her bathroom and stairs due to her limited mobility. Through the Health and Wellness Waiver, she receives financial assistance for home modifications, such as the installation of a walk-in shower, grab bars, and a wheelchair ramp outside her home. These modifications allow her to navigate her home independently, improving her safety and reducing the need for family or institutional care.

Example: Meal Delivery Services

An elderly man with heart disease and limited mobility receives assistance through the Health and Wellness Waiver for a home-delivered meal service. A local provider delivers nutritious, pre-prepared meals directly to his home several times a week, ensuring he receives proper nutrition despite being unable to cook for himself. The meal delivery service supports his health needs, allowing him to remain in his own home rather than moving to a facility.

Example: Attendant Care

A 30-year-old man who suffered a spinal cord injury in a car accident receives personal attendant care through the Health and Wellness Waiver. His attendant assists him with activities of daily living, including dressing, bathing, transferring from his bed to a wheelchair, and light housekeeping. This support allows him to live independently at home, rather than relying on family or moving into a care facility.

4. Traumatic Brain Injury (TBI) Waiver**Example: Specialized Medical Equipment**

A 25-year-old man who suffered a traumatic brain injury in a car accident has difficulty speaking due to his injury. Through the TBI Waiver, he receives an adaptive communication device, such as a speech-generating device or tablet with specialized software, to help him communicate effectively. This device enables him to engage with family members, healthcare providers, and others, improving his quality of life and helping him stay connected to his community.

Example: Vehicle Modification

A 40-year-old woman with a brain injury experiences significant mobility issues and requires a wheelchair. Through the TBI Waiver, her vehicle is modified with a wheelchair lift and accessible controls. This modification allows her to independently travel to appointments, visit friends and family, and engage in community activities. It significantly increases her independence, mobility, and ability to participate in daily life outside her home.

Example: Skilled Respite

A family caring for a 60-year-old man with a severe brain injury receives skilled respite services through the TBI Waiver. A trained respite caregiver provides temporary relief by taking over daily caregiving tasks, including assistance with personal care, mobility, and medication management. This skilled respite care gives the family caregivers a break while ensuring that the individual continues to receive the necessary care and supervision, preventing burnout and maintaining family well-being.