

CHOOSING THE PROGRAM THAT’S BEST FOR YOU

THE DIAMOND STATE HEALTH PLAN (DSHP) PLUS or **DDDS LIFESPAN HOME AND COMMUNITY BASED (HCBS) WAIVER**
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The purpose of this chart is to help you decide what services will be best for you right now in your life. It will show you what you might be able to get if you choose the Diamond State Health Plan (DSHP) Plus program administered by the Medicaid Managed Care Organizations (MCO) or what you might be able to get under the DDDS HCBS Lifespan Waiver. If you meet the criteria to get services from both programs, you must choose the one you want. You can’t get services from both at the same time.

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If you choose this, you get case management from a qualified MCO case manager.	If you choose this, you get Targeted Case Management from a qualified Community Navigator or DDDS Support Coordinator.
Choices for Where You Live:	Choices for Where You Live:
<u>In Your Own Home (see “Non-Residential Options” below)</u> <u>Assisted Living Facilities</u> <i>(A place to live in your community where you can have medical and/or day-to-day help when you need it and people will check on you often)</i> <u>Nursing Care Facility</u> <i>(A place where you can get a lot of medical help and care if you have a lot of health needs)</i>	<u>In Your Own Home (see “Non-Residential Options” below)</u> <u>Residential Habilitation</u> (in the following settings): <ul style="list-style-type: none"> • Neighborhood Group Home <i>(A place to live where you will have roommates and paid support staff to help you when you need it.)</i> • Community Living Arrangement <i>(A place where you can live with or without roommates in an apartment and will have paid staff to help you, but not all the time – only when you need the help)</i> • Shared Living <i>(A place to live with a family who will help you when you need it)</i>
	<u>Supported Living</u> – Supported Living is designed for people who are relatively independent but who need a little support to

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	<p>help them live in a home or apartment they own or rent and is not owned or rented by a DDDS-approved provider. This service is a lot like personal care. This service helps you to get out in your community as much as possible and is meant to help you reach your goals for your life while you are living in the community like everyone else.</p> <p>Some of the things you may get help with are:</p> <ul style="list-style-type: none"> - Taking care of yourself, staying clean and taking care of your hair, teeth and skin, taking care of your clothes, chores around the house, fixing meals, including planning what to eat, shopping, cooking. - Learning to meet people in your community and to make and keep the kind of relationships you want to have with people who care about you. - Learning how to manage your bank account, do business with your bank and keep track of your own personal money; - Learning how to use public transportation (like the DART bus); - Choosing a roommate; - Getting a pet and learning how to take care of it - Learning how to shop for the things you want and need <p>Limits: You can't get more than 40 hours of this service each week.</p>
<p>If you choose this option, you might also be able to get these services that are not tied to where you live. (Non-Residential Services)</p>	<p>If you choose this option, you might also be able to get these services that are not tied to where you live. (Non-Residential Services)</p>
<p><u>Specialized durable medical equipment</u> and supplies not covered under the Medicaid State Plan.</p>	<p><u>Specialized durable medical equipment</u> and supplies not covered under the Medicaid State Plan.</p>

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	<p>These equipment and supplies must help you to manage medical conditions and help you not have to live in an institution.</p>
<p><u>Assistive technology</u> assessment and equipment are not covered in this program</p>	<p><u>Assistive technology</u> means something that helps you to do more things for yourself or do the things you can already do better including communicating with others.</p> <p>Assistive technology includes--</p> <p>(A) Figuring out what needs you have.</p> <p>(B) Buying or leasing equipment or devices that can help you live more independently.</p> <p>(C) Making sure that this is the right equipment for you and that you and your family or other caregivers know how to use it.</p> <p>Limits: \$500 per year for equipment, including what you need to take care of your equipment.</p>
<p><u>Transition Services</u>- If you are moving out of a nursing facility to the community, you might be able to get help with expenses to move. This might include:</p> <ul style="list-style-type: none"> • Security deposit (money you pay before you can move in) • Telephone connection fee (to get a phone hooked up) • Groceries (to stock your new home when you first move in) • Furniture (to help set up your home) • Linens (sheets, towels) • Other things you need <p>You can only use what you need to move, but only \$2,500 or</p>	<p><u>Community Transition Service</u> –</p> <p>You can get this service if you are moving into the community from an institution or if you are moving out of your family home into a setting where DDDS will manage your care.</p> <p>This service can help you get furniture, decorations and other essential items for your bedroom, bathroom or kitchen. This might also include things like small appliances (microwave, toaster) and supplies that you need to move into your new home in the community.</p>

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less for each move. The MCO case manager may request more than this amount, but only if it's really needed.	Limits: You cannot get any more than \$4,000 per person every 10 years.
Non-Residential Options – <i>These services are not available to people living in a nursing facility or assisted living facility.</i>	Non-Residential Options – <i>Services with an asterisk are not available to people living in a neighborhood group home or community living arrangement.</i>
<p>Personal Care/Attendant Care Services – Personal care includes help you need with day-to-day activities like bathing, dressing, staying clean, moving yourself in and out of bed or a chair, using the bathroom, skin care, eating and help with getting around.</p> <p>When your plan of care says you need it, this may also include:</p> <p>Light house-work, chores, shopping, planning and cooking meals. This kind of help must be something you really need so that you can be as healthy and safe as possible.</p>	<p>Personal Care Services * – Personal care includes help you might need to do things for yourself that everyone has to do for themselves. This might mean that someone does something for you, or helps you with parts of it, or they remind you to do it.</p> <p>Limits: You can only spend up to \$2,700 (this is a combined benefit amount inclusive of respite) per person each year for this kind of help.</p> <p>People who live in a place where this service is already given by paid supports (Neighborhood Group Home, Staffed Apartment) cannot get more of this service added on. If you are not in this program for a whole year, then only the part of the money you spent for the time you were in the program will be counted against your limit.</p> <p>You may be able to get more of this service if DDDS agrees that you really need it in order for you to stay healthy and safe.</p>
<p>Respite Respite is a short time when your regular caregiver(s) get to</p>	<p>Respite * Respite is a short time when your regular caregiver(s) get to</p>

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<p>take a break from their day to day caregiving and someone else helps to make sure your needs are met.</p> <p>You can get this kind of service at home and in Nursing and Assisted Living Facilities.</p> <p>Limitations: Usually, you can only get up to fourteen (14) days of this kind of help during each year. But, your MCO case manager may help you get more of this kind of care if they agree you really need it.</p>	<p>take a break from their day to day caregiving and someone else helps to make sure your needs are met.</p> <p>You can get this kind of service in your home, at a respite camp, in a shared living home or at a home managed by a DDDS-approved provider.</p> <p>For people with significant medical needs, you may also be able to get facility-based respite for up to 15 days in a year.</p> <p>Limits: You can only spend up to \$2,700 (this is a combined benefit amount with personal care) each year.</p> <p>You may be able to get more of this service if DDDS agrees that you really need it in order for you to stay healthy and safe.</p>
<p><u>Adult Day Services</u> – These are services you get in the community and they can be related to health or to forming relationships that are needed to help you be as healthy and safe and independent as you can be. You can get meals as part of this service, but not all 3 meals in the day. If you need physical, occupational or speech therapies, and they are written in your personal plan, you can get them as part of this service.</p> <p>You may be able to get extra help, like reminders to do things or staff to help you. You might need extra help if you had an injury to your brain. You must have the need for this extra help at least every week.</p>	<p><u>Adult Day Services</u> are not covered in this program</p>
<p><u>Day Habilitation for People with Acquired Brain Injury</u> –</p>	<p><u>Day Habilitation for People with Intellectual/Developmental</u></p>

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<p>This service includes help you might need to get, keep or improve your abilities to help yourself, get along with others and skills that you need when you are somewhere other than where live. The things you do while getting this service help you to learn to do new things, learn how to get along with other people and learn to make choices and be more independent.</p> <p>These services will work together with any physical, occupational, or speech therapies you get that are written in your plan.</p> <p>This service may also help you to improve things you learn in other places, like at home. This service is for people who can show they need it because they need extra help learning or thinking about things, getting along with others or acting in ways that keep them healthy and safe.</p> <p>You can get meals as part of this service, but not all 3 meals in the day.</p>	<p><u>Disability</u> – This service includes help you might need to get, keep or improve your abilities to help yourself, get along with others, explore your community and learn the skills that you need when you are somewhere other than where you live.</p> <p>The things you do while getting this service help you to learn to do new things, learn how to get along with other people and learn to make choices and be more independent.</p> <p>This service will help you to be involved with your community as often as you can be.</p>
<p><u>Pre-vocational Service</u> – not covered in this program</p>	<p><u>Pre-vocational Service</u> - Prevocational Services provide learning and work experiences, including volunteer work and/or internships, where you can learn things to increase your strengths and skills that will help you get a job in your community where you can get paid. Prevocational services can happen at a provider’s site or in the community.</p> <p>If you get this service, you must have goals related to finding a job or learning things that will help you get a job and the things you do must be designed to support your goals.</p>

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<p><u>Supported Employment</u> – not covered in this program</p>	<p><u>Supported Employment</u> - This service is for one person or a small group and helps people to get and keep a job in the community, or get a customized job, or become self-employed.</p> <p>The goal of this service is for you to be working in your community, not separated from it, in the general workforce and for you to be paid at least minimum wage and as much as other people without disabilities who are doing the same job.</p>
<p><u>Cognitive Services for individuals who exhibit cognitive deficits</u> This service is to figure out the best way to help people who may have problems with how they learn or think or who may have trouble getting along with others such as those that are exhibited as a result of a brain injury.</p> <p>Specially trained professionals can figure out how you are doing now and how you can learn new things to help you in the future based on understanding how you think, how your brain is working now, how you are taking care of yourself and the best ways to help you manage your behavior and thoughts.</p> <p>These professionals can provide:</p> <ul style="list-style-type: none"> - Individual and group therapy - Individual activity therapies - Family counseling (to help with your condition) - Diagnostic services to measure how you are doing <p>Limitations: You can only have twenty (20) visits each year, plus an appointment to see how you are doing when you</p>	<p><u>Behavioral Consultation</u> – This service helps people to figure out what is causing you trouble so that you might not be able to stay in the community and help you to figure out other ways to do things. A professional will develop a <i>behavior support plan</i> for you, to help manage your behavior by helping you and your family with learning new ways to do things. The behavior support plan will help you to do fewer of the things that are causing you challenges and help you do more things that will make your life better so that you can keep living in your community.</p> <p>Please note that this is a <i>consultative</i> service and not a <i>direct</i> therapy service. It is not the same as getting “behavioral or cognitive therapy”.</p>

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begin receiving this service.	
<p><u>Emergency Response System</u> - A Personal Emergency Response System (PERS) is something you can keep with you that will let you call for help in an emergency. The button is hooked up with your phone and can call Emergency Services for help when you push the button.</p>	<p><u>Emergency Response System</u> – not covered in this program</p>
<p><u>Support for Consumer Direction</u></p> <p><u>Personal Care/Attendant Services</u> You can decide that you want to be the one to make the decisions about your Personal Care/Attendant services. You will learn how to manage your supports and do the same things you would do if you were the boss of your personal care attendants.</p> <p>This means you will get help to:</p> <ul style="list-style-type: none"> - Learn how to manage your service budget and - Learn to manage the staff who support you 	<p><u>Support for Consumer Direction</u> *</p> <p><u>Personal Care</u> and <u>Respite</u> can be self-directed.</p> <p>You can decide that you want to be the one to make the decisions about your Personal Care/Attendant services. You will learn how to manage your supports and do the same things you would do if you were the boss of your personal care attendants.</p> <p>This means you will get help to:</p> <ul style="list-style-type: none"> - Make decisions about how to get the personal care and respite that you need - Learn to manage the staff who support you
<p><u>Independent Activities of Daily Living (chore) Services</u> Chore services constitute housekeeping services that include assistance with shopping, meal preparation, light housekeeping, and laundry.</p>	<p><u>Independent Activities of Daily Living (chore) Services</u> - not covered in this program.</p>
<p><u>Minor Home Modifications</u> Changes that can be made to your home so that you can keep living there instead of moving to a nursing home or other care facility.</p>	<p><u>Home Modifications</u> *</p> <p>This service can help make changes to your home that will help you to be as healthy and safe as possible or that help you be able to do more things for yourself at home.</p>

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<p>You can get up to \$6,000 for each project; or \$10,000 per year; and \$20,000 in your whole life.</p>	<p>This might include:</p> <ul style="list-style-type: none"> - Installation of ramps and grab-bars, - Making doorways wider, - Changes to the bathroom - Getting special electric and plumbing systems that help you use your medical equipment and supplies that you need to be healthy. <p>Limits: \$6,000 per person every 5 years for home and vehicle modifications combined.</p>
<p><u>Vehicle Adaptations</u> - not covered in this program.</p>	<p><u>Vehicle Adaptations</u> *</p> <p>Changes to your vehicle that are needed for you to get around in your community and to make sure you are as healthy and safe as possible. They include changes to the car/van that is your most-used vehicle for getting to and from places in the community that you need to help with your transportation.</p> <p>Limits: \$6,000 per person every 5 years for home and vehicle modifications combined.</p>
<p><u>Home-delivered Meals</u> (1 meal per day).</p> <p>The MCO case manager must arrange for delivery of these meals with staff at the Division of Services for Aging & Adults with Physical Disabilities (DSAAPD) who authorize this service</p>	<p><u>Home-delivered Meals</u> - not covered in this program</p>
<p><u>Nurse Consultation</u> - not covered in this program</p>	<p><u>Nurse Consultation</u> –</p> <ul style="list-style-type: none"> - The Nurse Consultant will help figure out your health situation and will help keep track of your health care

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	<p>needs. People who use this service live in the community and have a prescribed medical treatment plan.</p> <ul style="list-style-type: none"> - The Nurse Consultant will help speak up for your medical care and will help keep your health supports organized. This service helps your caregivers to carry out your individual treatment/support plan and improves their ability to take care of your health needs. - This <u>IS NOT</u> a direct nursing service.

All People in Delaware who get Medicaid also have these regular Medicaid services under the State Plan.

- Hospital services when you need to stay over-night
- Outpatient hospital services (when you don't stay over-night)
- Rural health clinic services and Federally-qualified health center services
- Laboratory and x-ray services
- Early and periodic screening, diagnosis, and treatment (including routine eye care, dental services, and other medically necessary services even if they are not covered for the general population) for individuals under age 21 only (EPSDT)
- Family planning services and supplies (including voluntary surgery to prevent pregnancy)
- Physician services
- Home health services
- Durable medical equipment and supplies
- Nurse-midwife services
- Pregnancy-related services and services for other conditions that might cause problems with pregnancy for 60 days after delivery, including services to help stop smoking
- Certified pediatric and family nurse practitioners (when licensed to practice under state law).
- Transportation
- Private duty nursing
- Other licensed practitioner services: Podiatry, Optometry, Psychology, etc.

- Clinic services, including mental health clinics, ambulatory surgical centers (ASCs), school-based wellness centers, free standing emergency rooms, dialysis clinics, etc.
- Physical, occupational and speech therapy
- Prescription drugs and certain over-the-counter drugs
- Prosthetic Devices (to replace or strengthen part of the body that is not there or that is not strong enough)
- Diagnostic Services (to figure out your current health condition or how you are doing)
- Rehabilitative services, including behavioral health services provided by the Division of Substance Abuse & Mental Health (DSAMH), Department of Services for Children, Youth and Families (DSCYF) and the school districts and day habilitation services for people with developmental disabilities
- Services for people age 65 or older in institutions for mental diseases (IMD)
- Institutional services for individuals with intellectual/developmental disabilities (ICF/MR)
- Inpatient psychiatric facility services for people under age 21
- Hospice services
- Extended services for high risk pregnant women (Smart Start Program)
- Organ Transplants
- Prescribed Pediatric Extended Care (PPEC) (only under EPSDT for individuals under 21)
- PACE (Program of All Inclusive Care for the Elderly) – added as a covered benefit effective 10/1/11