

**Helping Parents Support
their Child in Transitioning
to Adult Services:
*Adult Case Management
and Community Support Services***

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ABILITIES TOGETHER

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Introduction

- Over 7 Years of Professional Experience in the Developmental Services Field
- Over 19 Years of Personal Experience of working with individuals with Autism
- Over 2 years working in Adult Case Management Services



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What is Case Management?

- Case Management is a covered service provided by a DHHS-OADS contracted agency.
- Case management Services include:
 - Intake
 - Assessment/eligibility
 - Plan of Care Development
 - Coordination
 - Advocacy
 - Monitoring
 - Evaluation



How Do I Get a Case Manager?

Process to receive case management services for Adults with Development Disabilities:

1. Must obtain MaineCare Insurance by applying for MaineCare
2. Go through intake to be determined eligible for development services which is conducted by OADS
3. Once determined eligible you must contact an agency from the list provided by the intake worker.
4. Choose your favorite case manager!!!



Person Centered Planning

- Every Individual has the right to engage in the personal planning process to identify the person's needs and desires.
- The PCP or personal plan development consists of two phases
 1. Process Coordination
 2. Plan meeting



Personal Plan Development

- Goals for Adult Services
 1. Could include assistance in getting MaineCare section waivers (21, 29)
 2. Include goals such as working with vocational rehabilitation
 3. Any goal that the individual would like to pursue



Coordination and Advocacy

- Medical/Dental Exams and Treatment
- Mental Health Treatment and Services
- Nutritional/Physical Activity Support
- Occupational, Physical, and Speech Therapy
- Acquisition and use of needed medical equipment
- Management of chronic illnesses and conditions
- Identify Paid and Non Paid community supports
- Arranging volunteer opportunities
- Identifying support groups



Coordination and Advocacy

- MaineCare
- Medicare
- SSI
- Housing Assistance
- Community Support Services
- Prescription Drug Programs
- General Assistance
- Employment Services
- Vocational Supports
- Transportation
- Libraries
- Adult education classes
- Self-Help groups
- Any community inclusion activities
- Medical Services
- Dental Services
- Mental Health Services



Monitoring

- Case Managers are required to monitor the needs (Including health and any safety risk factors) and personal goals.
- Case Managers must stay in contact with all members of the team to monitor all aspects of the personal plan.
- Case managers must also do regular evaluation of current services identified in the plan to stay in compliance with MaineCare regulations.

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Monitoring

- Monitoring includes ensure all aspects of the plan are being implemented.
- Services are in accordance with what is identified in the plan.
- Services are meeting the needs of the individual
- The plan is updated regularly when there has been a change in provider or to ensure all needs are being met.

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Requirements for Contact with Participants

Status	Minimum Frequency	Face to Face (Yes or No)
Home & Community Based Waiver	Monthly	No
Public Guardianship	Quarterly	Yes
Shared Living Housing	Bi-Monthly	Yes
All Participants	2 times a year	Yes
Targeted Case Management		
• Initial Assessment (Plan)	Within 30 days of Initiation of Services	Yes
• Re-Evaluation of the Plan	Every 90 days	No
• Reassessment of the Plan	Annually	Yes



Section 21 MaineCare Waiver Program

Eligibility:

- 18 Years or older
- Have an intellectual disability or Autism Spectrum Disorder
- Meet medical and financial eligibility requirements



Section 21 MaineCare Waiver Program

Services include:

- Home Support
- Community Support
- Work Support
- Employment Specialist Services
- Career Planning
- Home Accessibility Adaptations
- Assistive technology
- Medical Equipment Supplies
- OT, PT, SLP services
- Transportation

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Section 29 MaineCare Waiver Program

Eligibility:

- 18 Years or older
- Have an intellectual disability or Autism Spectrum Disorder
- Meet medical and financial eligibility requirements

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Section 29 MaineCare Waiver Program

Services include:

- In-Home Support
- Community Support
- Work Support
- Employment Specialist Services
- Career Planning
- Home Accessibility Adaptations
- Assistive Technology
- Transportation
- Respite Services



Section 29 Calculator of Services

Section 29 Service	Hours Per Year	Hours Per Year	Units Per Year	Rate of MC Service	Cost Per Year
Home Support –Quarter Hour	\$0.00			\$6.27	
Home Support – Remote Monitor only	\$0.00			\$1.62	
Home Support- Remote Interactive	\$0.00			\$6.27	
Community Support (Quarter Hour)	\$0.00			\$5.28	
Work Support (individual) (Quarter Hour)	\$0.00			\$6.91	
Career Planning per hour	\$0.00			\$28.00	
AT (Assessment)	\$0.00			\$14.44	



Section 29 Calculator of Services

- Max Allowance of Section 29 Services of \$23,771.00
- Home Support (Quarter Hour) is capped at 18 hours a week
- Home Support (Remote- Monitor Only) - capped at 18 hours a week.
- Home Support (Remote – Interactive) is capped at 18 hours a week
- Community Support Capped at 21.6 hours a week
- Work Support capped at no more than 600 hours a year.
- Career Planning is a 60 hour cap over 6 month period
- AT (Assessment) capped at 8 hours per year.



Home Supports in Section 21 and 29

Section 21	Section 29
<ul style="list-style-type: none"> ▪ Quarterly Hour (Max Allowance 84 Hours per week) ▪ Remote Support (12 hrs a day) ▪ Residential Waiver Home (24/7) ▪ Shared Living 	<ul style="list-style-type: none"> ▪ Quarterly Hour in home supports (18 hrs per week) ▪ Remote Support (18 hrs a week) ▪ Can Combine 17 and 29 for potential more home support if has MH diagnosis



Community Supports in Section 21 and 29

Section 21

- Maximum allowance of 1,125 hours per fiscal year (21.5 Hours a week)
- For any combination of community and work support
- The cap is \$26,455 a year for section 21 services.

Section 29

- Maximum allowance of 1,125 hours per fiscal year (21.5 Hours a week)
- For any combination of home support, community support, work support, career planning and assistive technology
- The cap is \$23,771 a year for section 29 services.

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Employment Specialist Services in Section 21 and 29

Section 21

- Max of 10 hours per month
- For any combination of community and work support
- The cap is \$26,455 a year for section 21 services.

Section 29

- Max of 10 hours per month
- For any combination of home support, community support, work support, career planning and assistive technology
- \$23,771 a year for section 29 services.

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Career Planning in Section 21 and 29

Section 21

- Max of 60 hours in 6 months
- For any combination of community and work support
- The cap is \$26,455 a year for section 21 services.

Section 29

- Max of 60 hours in 6 months
- For any combination of home support, community support, work support, career planning and assistive technology
- \$23,771 a year for section 29 services.



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Home Accessibility Repairs in Section 21 and 29

Section 21

- Max of \$300 per year
- For any combination of community and work support
- The cap is \$26,455 a year.

Section 29

- Max of \$300 per year
- For any combination of home support, community support, work support, career planning and assistive technology
- \$23,771 a year for section 29 services.



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Home Accessibility Assessment in Section 21 and 29

Section 21

- Max of 8 hours per year
- For any combination of community and work support
- The cap is \$26,455 a year for section 21 services.

Section 29

- Max of 8 hours per year
- For any combination of home support, community support, work support, career planning and assistive technology
- \$23,771 a year for section 29 services.

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Assistive Technology Devices in Section 21 and 29

Section 21

- Max of \$6,000 per year
- For any combination of community and work support
- The cap is \$26,455 a year for section 21 services.

Section 29

- Max of \$6,000 per year
- For any combination of home support, community support, work support, career planning and assistive technology
- \$23,771 a year for section 29 services.

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Assistive Technology Transmission in Section 21 and 29

Section 21

- Max of \$50 per month
- For any combination of community and work support
- The cap is \$26,455 a year for section 21 services.

Section 29

- Max of \$50 per month
- For any combination of home support, community support, work support, career planning and assistive technology
- \$23,771 a year for section 29 services.

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Respite Services in Section 21 and 29

Section 21

- No respite Services

Section 29

- Max allowance of \$1,000 per year

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Other Section 21 Services

- Speech Therapy
- Occupational Therapy
- Physical Therapy
- Counseling max of 16.25 hours per year
- Crisis Assessment
- Behavioral Consultation
- Psychological Consultation
- Non-Traditional Communication Assessment



Section 29 and High School

Question

If my child is still in school and is offered section 29, when do we have to decide whether or not to accept section 29?

Answer

After you receive a written offer of waiver services you have 60 days to respond. If you accept the waiver you have 6 months to start using services. If you do not respond to the offer or do not begin using services within 6 months, your child's name is removed from the waitlist. You may reapply at any time for waiver services by talking to your case manager.

(Maine Developmental Disabilities Council, 2016)



Section 29 and High School

Question

How do we decide whether or not to take the Section 29 waiver if my child is still in school?

Answer

Talk to your case manager about the pros and cons of this decision. Be certain you understand the services you can receive under Section 29. If you consider not accepting Section 29 right away, find out if there is a waitlist for Section 29 or if one is anticipated in the near future.

(Maine Developmental Disabilities Council, 2016)



Section 29 and High School

Question

Which Section 29 services can my child use while in high school?

Answer

While enrolled in high school, your child can access Home Supports, Career Planning, and Assistive Technology services. Your child cannot access Community Support, Work Support, or Employment Specialist services while still enrolled in school.

(Maine Developmental Disabilities Council, 2016)



Section 29 and High School

Question

How do we decide whether or not to take the Section 29 waiver if my child is still in school?

Answer

Talk to your case manager about the pros and cons of this decision. Be certain you understand the services you can receive under Section 29. If you consider not accepting Section 29 right away, find out if there is a waitlist for Section 29 or if one is anticipated in the near future.

(Maine Developmental Disabilities Council, 2016)



Section 29 and High School

Question

Can my child receive services under Section 29 and still use Section 28 or Section 65 services?

Answer

Your child can no longer access Section 28 or Section 65 services once he/she accepts Section 29. To understand which waiver best meets the needs of your child, talk to your case manager. Your case manager can help you compare the support you currently receive under children's services with the support you can receive under adult services.

(Maine Developmental Disabilities Council, 2016)



Community Support Services

Types of Community Support Programs:

- Center Based Programs
- Community Based Programs
- 1-1 Community Support Model



Community Support Services

Overview:

- Community Support services are provided outside the home by direct support professionals (DSPs). Services promote community access and inclusion and help individuals develop skills that support their health and well-being.
- Individuals, their families and teams set personal goals that form the basis for a service plan that is implemented by each Community Support program. The plan might be referred to as an Individual Service Plan (ISP), Personal Center Plan, or other type of plan.



Community Support Services

What can a Community Support Program help with?

- Self Care/Activities of Daily Living
- Medication Administration
- Independent Living Skills
- Job Preparedness
- Interpersonal Skills
- Spiritual/Religious Activities
- Personal Development & Learning
- Mobility
- Accessing Community Events and Activities
- Accessing Community Resources
- Safety Skills
- Activity & Physical Exercise
- Communication
- Building unpaid relationships



Community Support Questions

Question

We chose a day habilitation program but were told that our child's needs make him/her too challenging to be accepted. No one told us that a Community Support program could reject our child. What do we do now?

Answer

Work with your case manager to identify a provider who will work with you and your child. Your case manager will continue to make vendor calls, but it is advisable for families and the case manager to make direct contact with agencies as agencies do not always reply to vendor calls. Prior assessments that describe successful intervention strategies should be shared with agencies to help them understand how they can serve your child.

(Maine Developmental Disabilities Council, 2016)



Community Support Questions

Question

Why can't my child get 1:1 support at his/her day program if that is what he/she needs?

Answer

Community Support programs are only required to serve clients using a 1:3 staff to client ratio. Although agencies can choose to serve clients with a lower staff to client ratio such as 1:2 or 1:1, they may not be required to under current state funding formulas. Talk to your case manager about your concerns and your options.

(Maine Developmental Disabilities Council, 2016)



Questions and Comments

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