

7

Adult Services

This section has information you will need when you are applying for or using adult services.

You may include contact information for the service agencies that you will be working with to meet your needs.

Examples of information to keep in this section might include:

- ☐ **Vocational Rehabilitation - forms and information from**
 - **Idaho Division of Vocational Rehabilitation or**
 - **Idaho Commission for the Blind and Visually Impaired**
- ☐ **Medicaid eligibility letter**
- ☐ **Individual Service Plan (ISP)**
- ☐ **Support and Spending Plan (self-direction)**
- ☐ **Contact information for your Service Coordinator**
- ☐ **Contact information for the local office of:**
 - **Idaho Division of Vocational Rehabilitation**
 - **Dept. of Health & Welfare, Medicaid**
 - **Idaho Commission for the Blind and Visually Impaired**
 - **Private Service Agencies**
 - **Independent Living Center**
 - **DisAbility Rights Idaho**
- ☐ **Work Incentives and Benefits Planning Summary**

Medicaid Services for Adults

Medicaid is a state program for providing medical services to people who have a low income and/or have a disability. The services are paid for with public money (taxes) through federal and state government. If you are eligible for Medicaid, these are just some of the services that may be covered under the Medicaid Basic Plan: doctor and nurse visits, hospital, dental, occupational therapy, physical therapy, speech and hearing therapy, vision, chiropractic, counseling, mental health, hearing, home health, prescription drugs, school-based services, medical equipment and supplies.

Under the Medicaid Enhanced Plan for people with disabilities these additional services may be covered: case management services (service coordination), developmental disability services, developmental therapy, home and community-based services, hospice care, mental health clinic, psychosocial rehabilitation, personal care services, and nursing homes.

Adults who are eligible for Medicaid work with the Idaho Medicaid Care Management program for access to developmental disability agency services, service coordination, and developmental disability waiver services. (In order to be eligible for waiver services a person must have a low income; must have a primary diagnosis of intellectual disability or a related condition; and must qualify based on a functional assessment, maladaptive behavior, a combination of both, or a medical condition.)

Skill Development

Developmental Disabilities Agency services actively promote personal skill development through individual or group therapy in the home, community or a center. Some of the services that Developmental Disabilities Agencies provide include: developmental therapy, speech therapy, occupational therapy, and physical therapy.

Housing and Living Supports

A variety of housing and living supports are available for people with developmental disabilities, depending on their personal interests and needs. In addition to options below, there are many community housing and supports programs available to the general public that can be used for people with specialized support needs:

- Family homes are the first choice of many children and adults with developmental disabilities and their families. Supports and services are available to enhance each family's capacity to support family members with developmental disabilities;
- Many adults choose to live in their own home or apartment and use a variety of community resources and specialized supports. Adults who meet the criteria for Developmental Disabilities (DD) Waiver Services are

eligible for additional supports, like supported living, chore services, environmental modifications, and home delivered meals.

- Certified Family Homes are available to adults with developmental disabilities and are generally limited to two or three non-family members in each home.
- Licensed Residential and Assisted Living Facilities are group living arrangements for adults who have varying needs for support.
- Intermediate Care Facilities for people who have developmental disabilities are group living arrangements for adults or children with developmental disabilities and intense needs to support. Children and adults must meet an institutional level of care in order to live in these facilities.

For more information about housing and living supports for people with developmental disabilities, contact the regional Developmental Disabilities Program (a list of local offices is included in Section 8 Resources)

For more information about these services go the Idaho Department of Health and Welfare website at <http://www.healthandwelfare.idaho.gov>

How to Apply for Adult Developmental Disability Services

- Step 1: Apply for Developmental Disability services through your Regional Medicaid Services Unit (a list of local offices is in Section 8 Resources). Your application, and any information documenting your eligibility, will be sent to the Idaho Center for Disabilities Evaluation.
- Step 2: Your application will be reviewed by an Independent Assessment Provider (IAP).
- Step 3: The IAP will contact you, your guardian, or other representative and schedule an appointment or an interview.
- Step 4: Go to the interview. Make sure you bring your guardian, a friend, or another person that knows you very well to the appointment.
- Step 5: The IAP will complete an assessment that includes:
- An interview with you and any other person who can help provide information.
 - An interview with a person who knows you very well and can answer the questions on the Scales of Independent Behavior–Revised assessment tool.
 - Signatures on Release of Information documents in order to gather more information about your disability.

- A Medical Care Evaluation Form that must be completed by your primary physician (you might need to schedule a visit with your physician to get a physical examination so the form can be completed).
- A needs inventory that will help Medicaid calculate your annual budget for adult DD services.

- Step 6: After the appointment, the IAP will determine if you're eligible for DD services and send a notice to let you know.
- Step 7: If you're eligible for DD services, the notice will include the amount of your annual budget. If you're not eligible, you can request an appeal by returning the denial notice to Administrative Procedures.
- Step 8: If you're a Medicaid participant and are eligible for DD services, the IAP will ask you to choose whether you would like to self direct your services or pursue traditional services. If you select to get traditional services, the IAP will give you a list of agencies that can supply a plan developer. You will be asked to fill out the Plan Developer Choice Form.
- Step 9: You and your plan developer will organize your person-centered planning team. You can also choose to contact a Person-Centered Planning Specialist to help you with person-centered planning.
- Step 10: You and your team will evaluate your needs and goals and develop an Individual Supports and Services Plan for you.

What is the My Voice My Choice Self-Directed Services Option?

My Voice My Choice is the name of Idaho's self-directed option for Medicaid services. Anyone who can get Developmental Disability (DD) Waiver services can choose to self-direct their services. The My Voice, My Choice option was designed to follow main ideas of self-determination. This option gives you more choice and control over the Medicaid funds used to buy your services and supports. You choose the services and supports that fit your needs. You decide when and where you get services and supports. You hire the people you want to help you. You keep track of your Medicaid budget account.

How Does Self-Direction Work?

If you are eligible for Medicaid waiver services and choose to self-direct your services, you get an **Individual Budget** that you are able to use to buy the services, supports and goods you need for one full year. Your budget amount is decided by an assessment that you do with the Independent Assessment Provider (IAP).

You work with a **Support Broker** that you hire to help you direct your services and supports, get the information you need to make decisions and make a plan to spend the money in your budget account.

You write a **Support and Spending Plan** with help from your support broker. The plan includes all the services, tasks and goods that you will pay for with your budget. You can also choose family, friends and people you trust to be your **Circle of Support** and help you with this planning during **Person Centered Planning**.

Community Support Services are the services, tasks or goods listed on your Support and Spending Plan. These are the support you need each day to reach your goals. Goods are equipment and medical supplies that you buy to help with your disability.

Your Support and Spending Plan will be sent to the Regional Medicaid Services office for approval. Your individual budget amount and approval of your plan goes to the **Fiscal Management Services provider**. Fiscal Management Services keep track of all the money and will pay for your services and supports with money from your budget account.

A Community Support Worker is a person that you hire to help you.

A community support worker can be someone who works for a service agency or someone who does not work for a service agency.

How Do I know if self-direction is right for me?

My Choice, My Voice may be right for you if:

- You are eligible for the Developmental Disabilities Waiver
- You want to have more choices and flexibility in your services and supports
- You want more control over how you spend your Medicaid budget account
- You want to hire and manage your own workers and hire people you know
- You understand and are willing to accept the extra risks, responsibilities, and duties

The questions below may help you decide if self direction is right for you:

- Am I living the life I want?
- Am I happy with the services and supports I have right now?
- What would I change about them?
- Do I want to be more independent?
- Do I want to be more involved in my community?
- Do I want to make my own decisions about: where I live, who I live with, who helps me?
- Am I willing to take on added risks, responsibilities and duties?

- Do I want to learn how to hire and supervise my workers?
- Do I have people who can help me make plans and choices and keep track of my Medicaid budget account?

My Voice, My Choice isn't about doing it all yourself. You can ask family and friends to help you self direct. You will also hire a Support Broker to help you write your plan and help you with other duties you decide you need help with.

Your DUTIES when you self direct your services and supports are:

- Tell others about your needs and wants, set your goals, and make decisions during your person centered planning process
- Complete the required paperwork, including a support and spending plan and employment agreements
- Be a boss – find and hire people to work for you, train your workers, and schedule when you want the work done. You also negotiate, make sure they are doing the work you hired them to do and doing the work the way you want it done, sign your workers' timesheets, and have back-up plans for emergencies
- Buy all supports, services, and goods such as supplies and equipment on your plan through employment and vendor agreements
- Make good choices about how you spend you Medicaid budget account and keep track of your budget account so you don't over-spend
- Follow all state and federal labor laws
- Follow the rules for self direction found at "Consumer-Directed Services"

My Choice My Voice may not work for everyone. If you choose self direction and it doesn't work for you, you can use other waiver services. Your health and safety is an important part of My Choice My Voice. You, your family and friends, your support broker and the Department of Health and Welfare will work together to assure that your health and safety needs are met.


Learn what you need to know before you decide My Choice My Voice is right for you. Call your Regional Medicaid Services office for a schedule of informational meetings.

Idaho Department of Health and Welfare

Regional Offices - For more information about local offices and resources go to the IDHW website and click on your region of the map to find your local office contact information: <http://www.healthandwelfare.idaho.gov/ContactUs/tabid/127/Default.aspx>

Idaho Department of Health & Welfare Office Locations

Blackfoot 701 W. Alice Blackfoot, ID 83221	Burley 2241 Overland Ave. Burley, ID 83318	Idaho Falls 150 Shoup Ave Ste. 15 Idaho Falls, ID 83402	Payette 515 N. 16th Payette, ID 83661
Boise 1720 Westgate Dr. Ste. A Boise, ID 83704	Caldwell 3402 Franklin Rd. Caldwell, ID 83605	Kellogg 35 Wildcat Way Ste. B Kellogg, ID 83837	Pocatello 1090 Hilline 1st Floor Pocatello, ID 83201
	Coeur d'Alene 1120 Ironwood Dr. Ste. 201 Coeur d'Alene, ID 83814	Lewiston 1118 F St. Lewiston, ID 83501	Ponderay 207 Larkspur St. Ponderay, ID 83852
	Grangeville 216 South C St. Grangeville, ID 83530	Moscow 1350 Troy Hwy. Ste. 2 Moscow, ID 83843	Preston 223 N. State St. Preston, ID 83263
	Mountain Home 2420 American Legion Blvd. Mountain Home, ID 83647	Rexburg 333 Walker Dr. Rexburg, ID 83440	Salmon 111 Lillian St. Ste. 104 Salmon, ID 83467
	Nampa 823 Park Centre Way Nampa, ID 83651	St. Maries 222 S. 7th St St. Maries, ID 83861	Twin Falls 601 Poleline Rd. Twin Falls, ID 83301



IDAHO DEPARTMENT OF
HEALTH & WELFARE

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Vocational Rehabilitation Services for Individuals with Disabilities

The Idaho Division of Vocational Rehabilitation works with students with disabilities who need help to transition from school to employment. Vocational Rehabilitation has relationships with schools throughout the state to serve students who need this help. Any student can apply directly for services without or without referral from the school. These individuals must meet the vocational rehabilitation eligibility criteria.

Any individual with a disability that prevents him/her from working or affects them in work may apply. A Vocational Rehabilitation Counselor will assess your situation and determine whether or not you are eligible for VR services.

A person may be eligible if he or she:

- Has a physical or mental disability, which creates a barrier to employment and requires vocational rehabilitation services to get ready for work, get a job, or keep a job; and presumption by a vocational rehabilitation counselor that the individual can benefit in terms of employment; or
- SSI or SSDI recipients who want to be employed.

The Idaho Division of Vocational Rehabilitation's program goal is to place Idahoans with disabilities into the workforce by getting and keeping productive employment. IDVR can provide the services you need to help you to go to work and can help you find a job that is right for you. The program only provides services you need to reach employment.

Services to individuals may include:

- Vocational guidance and counseling for adjustment to disability, vocational exploration, and planning for entry or re-entry into the world of work.
- Assessment to determine vocational strengths and weaknesses to plan for services required to get a job.
- Training for those who need a career change because of disability. This training can include higher education, on the job training, vocational-technical training, etc.
- Tools and licenses can be provided, if needed, to enter a specific trade or profession.
- Medical assistance can be provided, if needed, to get or keep a job and it is part of a comprehensive rehabilitation plan.
- Job development and placement involves you and your Vocational Rehabilitation Counselor, with or without a Community Rehabilitation Program (CRP) working together to get a job.
- Rehabilitation Technology to help you get ready to be on the job site.

- Follow-along is important to make sure that your job is successful and can help to find solutions for any job problems that may come up.

Who May Apply?

Any individual with a disability that prevents him/her from working or affects their employment may apply. A VR Counselor will assess your situation and determine whether or not you are eligible for VR services.

How to Apply?

If you, or someone you know, are interested in applying for Vocational Rehabilitation Services, mail a completed Referral Information Sheet to the [VR office](#) nearest you, and then call to schedule an appointment to complete your application. To access the Referral Information Sheet, please go to the Vocational Rehabilitation website at <http://www.vr.idaho.gov>.

What Happens if I Apply?

- Medical/and or psychological information is requested from your doctor or therapist.
- You may be requested to make those contacts and obtain the information yourself.
- Other information or evaluations are secured, if necessary.
- Then, the VR Counselor makes a decision on your eligibility.

Idaho Division of Vocational Rehabilitation Offices

Region 1 - Northern Idaho

Coeur d'Alene
2025 W. Park Place, Suite 101
Coeur d'Alene, ID 83814-2699
(208)769-1441

Lake City Mental Health
2195 Ironwood Court
Coeur d'Alene, ID 83814
208-769-1406

Sandpoint/Panhandle School-Work
2101 W. Pine Street
Sandpoint, ID 83864
208-263-2911

Coeur d'Alene/Post Falls School-Work
3327 Industrial Loop
2025 W. Park Place #101
Coeur d'Alene, ID 83814
208-769-1555

Region 2

Lewiston
1118 F Street, P.O. Box 1164
Lewiston, ID 83501
208-799-5070

Moscow
317 W. 6th Street, Suite 210
Moscow, ID 83843
208-882-8550

Orofino
410 Johnson Avenue, P.O. Box 1178
Orofino, ID 83544
208-476-5574

River City Mental Health
1118 F Street, PO Drawer B
Lewiston, ID 83501
208-799-4448

Expanded Educational Services
1118 F Street, PO Drawer B
Lewiston, ID 83501
208-799-5070

Region 3 – Central Idaho

Treasure Valley Special Programs
10200 W. Emerald, Suite 102
Boise, ID 83704
208-327-7017

Meridian School-Work
1303 E. Central Drive
Meridian, ID 83642
208-350-5146

Westgate Mental Health
1720 Westgate
Boise, ID 83704
208-334-0802

Deaf & Hard of Hearing Programs
600 E. Watertower Street, Suite B
Meridian, ID 83642
208-888-0648 (voice phone)
208-991-9398 (video phone)

Boise School-Work
300 W. Fort Street
Boise, ID 83702
208-854-6710

Nampa School-Work
301 S. Happy Valley Road
Nampa, ID 83687
208-498-0590

Canyon Mental Health
3402 Franklin Road
Caldwell, ID 83605
208-455-7069

SWIC School-Work
5 South 3rd Avenue West
Middleton, ID 83644
208-585-5974

Region 4 – South Central/Eastern Idaho

Twin Falls
1445 Fillmore, Suite 1102
Twin Falls, ID 83301
208-736-2156

LCSI School-Work
1600 Parke Avenue B4
Burley, ID 83318
208-678-3838

Burley
1600 Parke Avenue B3
Burley, ID 83318
208-678-3838

Magic Valley Mental Health
823 Harrison Room 107
Twin Falls, ID 83301
208-732-1598

Region 5

Pocatello
1070 Hilina, Suite 200
Pocatello, ID 83201
208-236-6333

Gate City Mental Health
421 Memorial Drive
Pocatello, ID 83201
208-234-7964

Blackfoot
490 N. Maple, Suite B
Blackfoot, ID 83221
208-785-6649

Preston/Southern Consortium SWT
30 S. State
Preston, ID 83263
208-852-0092

Region 6 – Eastern Idaho

Idaho Falls
1825 Hoopes Avenue
Idaho Falls, ID 83404
208-525-7149

Rexburg
155 West Main Street, Suite 3
Rexburg, ID 83440
208-356-4190

Skyview Mental Health
150 Shoup, Suite 2
Idaho Falls, ID 83402
208-528-5787

Salmon
1301 Main Street, Suite 3A
Salmon, ID 83467
208-756-2114

Goals School-Work
Eastern Idaho Technical College
1600 South 25th East
Idaho Falls, ID 83404
208-524-3000 ext 3375

Region 7 – Central Idaho

Caldwell
3110 E. Cleveland Blvd., #A7
Caldwell, ID 83605
208-454-7606

Meridian
600 E. Watertower Street, Suite B
Meridian, ID 83642
208-888-0648

Payette
29 North Main
Payette, ID 83661
208-642-4762

Nampa
136 McClure
Nampa, ID 83651
208-465-8414

Caldwell Corrections
District III Probation & Parole
3110 E. Cleveland Blvd. D
Caldwell, ID 83605
208-454-7601

Region 8

Boise
10200 W. Emerald Street, Suite 101
Boise, ID 83704
208-327-7411

Boise Adult Corrections
District IV Probation and Parole
8752 W. Fairview Avenue
Boise, ID 83704
208-327-7008, Ext. 292

Central Office - Administration

650 W. State Street, Room 150
PO Box 83720
Boise, ID 83720
208-334-3390

Idaho Commission for the Blind and Visually Impaired (ICBVI)

ICBVI works with students with visual impairments from the age of 14. This early start to transition for students with visual impairments allows the student, family, school, and the ICBVI vocational rehabilitation (VR) counselor to identify and address transition needs throughout the student's high school years.

Any student that is experiencing difficulties related to visual issues should contact the ICBVI VR counselor in their region* to determine if he or she would be eligible for VR services through ICBVI.

WHAT SERVICES ARE AVAILABLE?

Rehabilitation Services

Once a student has met with an ICBVI VR Counselor and has been determined eligible, the student's counselor will work with the student, family, and school to help identify the services needed for the rehabilitation plan.

A vocational rehabilitation counselor will help to create a program of services that will be most helpful to the student. Services provided may include:

- vocational guidance, assessment and counseling
- training in alternative techniques to blindness
- vocational and academic training, books, tuition, equipment and supplies
- Student Work Experience Program, SYP, and College Days
- job placement and follow-up for success

Summer Work Experience Program (SWEP)

ICBVI offers their transition students the opportunity to participate in a 6 to 8 week program in Boise. The employment offered is competitive employment, helping the students build age appropriate work experience and work habits. In addition to the work experience, students gain confidence and independence needed for successful transition.

College Days

This short course is designed for students planning to attend some level of post-secondary training, community college, or a four-year university. The purpose is to provide them with information about what it takes to be successful in college and the resources available.

Assessment and Training Center

The Assessment Training Center (ATC) in Boise provides intensive instruction in skills needed for a blind or visually impaired person to participate fully in the mainstream of society. The Center's goal is to provide training which will allow the individual to perform any task, on the job or at home, as well as his/her sighted peers. This service is available to transition students once they are 18 years of age or older and can be a critical corner stone for successful transition to further education and employment. It may be possible for a student to attend ATC full time for 1 to 3 terms and then move to part-time ATC and part-time college.

Instruction is available in the following areas:

- activities of daily living
- Braille and communications
- industrial arts
- keyboard and computer
- orientation and mobility/cane travel

For more information about blindness and visual impairment services, contact Bruce Christopherson ICBVI – email to: Bruce.Christopherson@icbvi.idaho.gov or call: (208) 334-3220 ext. 110.

Idaho Commission for the Blind and Visually Impaired (ICBVI) Regional Offices

Boise Office (Counties: Ada, Owyhee, Canyon, Elmore (North of Glenns Ferry), Gem, Payette, Adams, Washington, Valley, and Boise)

341 West Washington

PO Box 83720

Boise, ID 83720-0012

(208) 334-3220 or 1-800-542-8688

Fax: (208) 334-2963

Idaho Falls Office (Counties: Bonneville, Butte, Clark, Custer, Fremont, Jefferson, Lemhi, Madison and Teton)

1920 East 17th Street, Suite 115

Idaho Falls, ID 83404

(208) 525-7028

Fax: (208) 525-7012

Pocatello Office

(Counties: Bannock, Bear Lake, Bingham, Caribou, Franklin, Oneida and Power)

427 N Main Street, Ste. K

Pocatello, ID 83204-3016

(208) 236-6392

Fax: (208) 236-6409

Coeur d'Alene Office

(Counties: Kootenai, Bonner, Benewah, Shoshone and Boundary)

2005 Ironwood Parkway, Ste. 222

Coeur d'Alene, ID 83814-2647

(208) 769-1441

Fax: (208) 666-6737

Lewiston Office (Counties: Nez Perce, Lewis, Clearwater, Idaho and Latah)

1118 F Street

Lewiston, ID 83501-1986

(208) 799-5009

Fax: (208) 799-5125

Twin Falls Office

(Counties: Twin Falls, Jerome, Gooding, Minidoka, Cassia, Lincoln, Camas, Blaine and north to and including Stanley, and west to and including Glenns Ferry)

1201 Falls Avenue E., Ste. 21

Twin Falls, ID 83301-3465

(208) 736-2140

Fax: (208) 736-2142

