



## What are Medicaid Waivers?

- ◆ Medicaid Waivers allow Medicaid to fund supports and services for children and adults with disabilities in their family homes or communities instead of institutions.
- ◆ Medicaid Waivers allow an individual to use traditional Medicaid services AND the additional services available under a waiver.

## What Medicaid Waivers are available in Indiana?

Indiana provides Medicaid Waivers to individuals with medical needs requiring skilled nursing care (A&D Waiver), traumatic brain injuries (TBI Waiver) and developmental disabilities, including autism.

In September 2012, Indiana made several changes in the Medicaid Waiver program for individuals with developmental disabilities/autism.

- ◆ A new Family Supports (FS) Waiver replaced the Support Services Waiver.
- ◆ A new Community Integration and Habilitation (CIH) Waiver replaced the Developmental Disabilities (DD) and Autism Waivers.
- ◆ The FS Waiver can provide up to \$16,250 annually in services and supports. The CIH Waiver provides supports and services based on the individual's level of need and living situation.
- ◆ Individuals who had been on a waiting list for the DD, Autism or Support Services Waiver were placed on the FS Waiver waiting list and will be targeted for the waiver based on their date of application.
- ◆ New applicants will be placed on the FS Waiver waiting list.
- ◆ There is no waiting list for the CIH Waiver. Consideration for CIH Waiver services will be made on a case by case basis in situations that include:
  - Loss or incapacitation of the primary caregiver
  - Living with an aging primary caregiver age 80 or older
  - Aging out of a residential placement for children
  - Health and welfare is threatened in current living situation
  - Moving from a nursing facility or group home
  - Certain other emergency or crisis situations

## How do you qualify?

- ◆ You must meet Indiana's Medicaid disability and financial eligibility requirements.
- ◆ Your family income and assets are NOT counted to determine eligibility for children under 18; however, assets or income in the child's name ARE counted. For those older than 18, only the individual's income and assets are counted.
- ◆ You must require the type of care that ordinarily would be provided in a Medicaid-funded facility, such as a nursing home, large residential facility or group home.

## for Home and Community Based Services

### Where do you apply?

- ◆ Adults and children with developmental disabilities/autism: Obtain the number for your local Bureau of Developmental Disability Services (BDDS) office by calling 800-545-7763.
- ◆ Adults and children with medical needs requiring skilled nursing care/TBI: Obtain the number for your local Area Agency on Aging by calling 800-986-3505.
- ◆ If you need assistance in completing the application, contact The Arc at 317-977-2375 or 800-382-9100 and ask to speak to a Family Advocate.



### How long will you have to wait for services?

- ◆ There are waiting lists for Medicaid Waiver services. The length of time that you may have to wait is due in part to the availability of state and federal funds. However, it is important to apply even if you do not immediately need services. Applying is an important part of the process in planning for the future of your loved one.

### How do I check my status on the waiting list and keep my information up-to-date?

- ◆ The state has created a Waiting List Web Portal to check your status on the waiting list and keep your information updated.
- ◆ To access the Waiting List Web Portal visit: [www.in.gov/fssa/ddrs/4328.htm](http://www.in.gov/fssa/ddrs/4328.htm).
- ◆ You should periodically check the portal to verify that your information is correct. If you do not have access to the Internet, contact your local BDDS office by calling 800-545-7763.
- ◆ *Always* keep paperwork in a safe place, including a copy of your original application and application date. If you have questions or need assistance, contact The Arc of Indiana at 317-977-2375 or 800-382-9100 and ask to speak to a Family Advocate.

### What other supports are available to people with disabilities?

- ◆ Medicaid
- ◆ Health Insurance/Medical Supports
- ◆ Caregiver Support
- ◆ First Steps
- ◆ Early Childhood Education
- ◆ Special Education
- ◆ Vocational Rehabilitation
- ◆ Supplemental Security Income (SSI)
- ◆ Medicaid funded group homes
- ◆ Natural Supports and Community Programs

# Family Supports & Community Integration and Habilitation Waiver

## (ICF/DD Level of Care)

**Eligibility:** Must meet ICF/DD level of care. An ICF/DD is a facility specifically licensed to care for people with developmental disabilities. In Indiana, group homes for 6-8 people may be licensed as an ICF/DD. Large facilities for 15 or more people may also be licensed as an ICF/DD. The income and resources of an adult or child (under 18) receiving waiver services ARE considered in determining financial eligibility. Parental income and resources for children under 18 is NOT considered. Medicaid financial eligibility for individuals receiving waiver services is based on 300% of the Supplemental Security Income (SSI) maximum (\$710/month as of January 2013).

### Waiver Services (examples)

Supported Employment	Respite
Participant Assistance and Care	Behavioral Support
Community Habilitation	Therapies
Residential Habilitation (CIH)	Adult Day Services
Case Management	Transportation

# Aged and Disabled & TBI Waiver

## (Nursing Facility Level of Care)

**Eligibility:** Must meet nursing facility level of care. The income and resources of an adult or child (under 18) receiving waiver services ARE considered in determining financial eligibility. Parental income and resources for children under 18 is NOT considered. Medicaid financial eligibility for individuals receiving waiver services is based on 300% of the Supplemental Security Income (SSI) maximum for the A & D Waiver (\$710/month as of January 2013) and 150% of the SSI maximum for the TBI Waiver (\$355/month).

### Aged & Disabled Waiver Services (examples)

Adult Day Services  
Attendant Care  
Assisted Living  
Case Management  
Homemaker Services  
Nutritional Supplements  
Respite  
Transportation

### TBI Waiver Services (examples)

Adult Day Services  
Attendant Care  
Behavior Management  
Residential Habilitation  
Respite  
Supported Employment  
Transportation  
Therapies

## State and Federal Agencies

**Family and Social Services  
Administration, (FSSA)**  
[www.in.gov/fssa](http://www.in.gov/fssa)

Division of Disability & Rehabilitative  
Services (DDRS)  
800-545-7763

Bureau of Developmental Disabilities  
Services (BDDS)  
800-545-7763

Statewide Waiver Ombudsman  
[brian.reynolds@fssa.in.gov](mailto:brian.reynolds@fssa.in.gov)  
800-622-4484

Vocational Rehabilitation Services  
(VRS)  
800-545-7763

Division of Aging  
888-673-0002

First Steps (Early Intervention 0-3)  
[www.firststeps.in.gov](http://www.firststeps.in.gov)  
800-441-STEP (800-441-7837)

State Department of Education (Early Childhood and Special Education)  
[www.doe.in.gov](http://www.doe.in.gov)  
317-232-6610

Indiana Protection and Advocacy Services (P&A)  
[www.in.gov/ipas](http://www.in.gov/ipas)  
800-622-4845

Social Security Administration  
[www.socialsecurity.gov/disability](http://www.socialsecurity.gov/disability)  
800-772-1213



## Health Insurance/Medical Supports



Medicaid  
[www.in.gov/fssa/2408.htm](http://www.in.gov/fssa/2408.htm)  
800-457-8283

Children's Special Health Care  
Services (CSHCS)  
[www.in.gov/isdh/19613.htm](http://www.in.gov/isdh/19613.htm)  
800-475-1355

CHOICE / State funded home and  
community based supports  
[www.in.gov/fssa/da/3508.htm](http://www.in.gov/fssa/da/3508.htm)  
888-673-0002

Healthy Indiana Plan  
[www.in.gov/fssa/hip](http://www.in.gov/fssa/hip)  
877-438-4479

Indiana Comprehensive Health Insurance  
Association (ICHIA)  
[www.onlinehealthplan.com](http://www.onlinehealthplan.com)  
800-552-7921

WIC  
[www.in.gov/isdh/19691.htm](http://www.in.gov/isdh/19691.htm)  
800-522-0874

## Advocacy Groups & Disability Organizations

The Arc of Indiana  
[www.arcind.org](http://www.arcind.org)  
800-382-9100

Self-Advocates of Indiana  
[www.arcind.org](http://www.arcind.org) click on "Self Advocates"  
800-382-9100

About Special Kids  
[www.aboutspecialkids.org](http://www.aboutspecialkids.org)  
800-964-4746

Autism Society Indiana  
[www.autism-society.org](http://www.autism-society.org)  
800-609-8449

Best Buddies  
[www.bestbuddiesindiana.org](http://www.bestbuddiesindiana.org)  
317-436-8440

Down Syndrome Indiana  
[www.dsindiana.org](http://www.dsindiana.org)  
888-989-9255

Family Voices  
[www.fvindiana.org](http://www.fvindiana.org)  
317-944-8982

Governor's Council for People with Disabilities  
[www.in.gov/gpcpd](http://www.in.gov/gpcpd)  
317-232-7770

INARF  
[www.inarf.org](http://www.inarf.org)  
317-634-4957

Indiana Institute on Disability & Community  
[www.iidc.indiana.edu](http://www.iidc.indiana.edu)  
812-855-6508

Special Olympics Indiana  
[www.specialolympics.org](http://www.specialolympics.org)  
800-700-8585

INSOURCE  
[www.insource.org](http://www.insource.org)  
800-332-4433

United Cerebral Palsy Association of  
Greater Indiana  
[www.ucpaindy.org](http://www.ucpaindy.org)  
317-632-3561



# Natural Supports and Community Connections

In addition to applying for government funded services, including applying for Medicaid Waivers, it is also important to explore what is available in your community that may provide help and supports – what are often called “natural supports.”

**So what are natural supports?** Natural supports are the relationships that occur in everyday life. Natural supports usually involve family members, friends, co-workers, neighbors and acquaintances. Individuals with intellectual and developmental disabilities often need help in developing these connections, but once they do these “natural systems of support” become an important part of their life in the community.

For example, being involved in a YMCA swimming program, community center arts class, or worship services may lead to friendships and connections that last far beyond the actual event. Overtime, these connections can help an individual build a strong community network and support system.

## Some ways to build natural supports include:

- ◆ **Participate** in community activities and projects - *Help out on a “Clean City Day” collecting recyclables. Join in “A Day of Caring” where groups help out in projects throughout the town or city.*
- ◆ **Join** groups and clubs - *Check out groups for people with disabilities such as Special Olympics and Best Buddies, as well as groups and clubs open to people of all abilities in your community. If you are in school, get involved in extracurricular clubs and youth groups like boy scouts or girl scouts, sign up for summer camps.*
- ◆ **Socialize** with family and neighbors.
- ◆ **Explore** work opportunities - *Think about what you like to do. Visit work sites where people do things that interest you. Find out if you can work as an intern or volunteer to see if you like that kind of work.*
- ◆ **Attend** church and faith based activities outside of traditional worship services.
- ◆ **Volunteer** - *Love animals? Volunteer at the Humane Society. Like to help others? Volunteer at a food pantry. Like sports? Volunteer at a Boys & Girls Club.*

## How can you help others strengthen their natural supports?

- ◆ Listen carefully and help individuals discover and express their interests and talents.
- ◆ Learn more about activities individuals are already involved in and explore ways connections can be strengthened.
- ◆ Make a list of community resources that fit the individual’s interests.
- ◆ Help individuals explore their communities to find activities and resources that fit their interests.
- ◆ Encourage and help individuals attend social or community activities.
- ◆ Ask others for ideas and help.

## Get Started!

### Natural Supports in Your Community

(SAI) Self Advocates of Indiana

[www.arcind.org](http://www.arcind.org)

click on “Self Advocates”

Special Olympics Indiana

[www.soindiana.org](http://www.soindiana.org)

Best Buddies

[www.bestbuddiesindiana.org](http://www.bestbuddiesindiana.org)

AKtion Clubs

[www.aktionclub.org](http://www.aktionclub.org)

Local Support Groups

School Clubs

Extracurricular Activities

Summer Camps

Innovative College Programs

[www.thinkcollegeindiana.org](http://www.thinkcollegeindiana.org)

Faith-based Organizations

Community Centers

Parks and Recreation Programs

YMCA

Boys and Girls Clubs

Volunteer Organizations

*Human Society, Food Pantries, Recycling Programs, etc*

Libraries

Museums

4H/Purdue Extension

Service Organizations

*Elks, Lions, Rotary, Kiwanis, Sertoma*



For people with intellectual  
and developmental disabilities

## Achieve with us.

The Arc of Indiana was established in 1956 by parents of children with intellectual and developmental disabilities who joined together to build a better and more accepting world for their children. We are affiliated with The Arc of the United States and are proud to work with our local chapters and organizational members.

### Our Programs and Services

#### Public Policy Advocacy

Through volunteers and staff, The Arc has a full-time presence at the Indiana State House, and as an affiliate of The Arc of the United States, in the halls of Congress.

#### The Arc Master Trust

The nation's premier special needs trust, The Arc Master Trust serves Hoosiers of all disabilities.

#### The Arc Network

The Arc Network provides information, referral and advocacy in the areas of community connections and natural supports, career pathways and employment, understanding and applying for government programs, and self advocacy and Self-Advocates of Indiana.

#### Works of Arc

Works of Arc is an online art store featuring the work of Indiana artists with developmental disabilities. Visit Works of Arc at [www.worksofarc.com](http://www.worksofarc.com).

#### COVOH Decision Lab

The COVOH Decision Lab is a state-of-the-art, computer-supported meeting space that allows users to share ideas via linked computers to reach group goals.

#### Membership

When you are a member of The Arc you belong to and support a respected local, state and national association committed to people with intellectual and developmental disabilities and their families.



## We're Here to Help

- Call 800-382-9100 or 317-977-2375
- Visit [www.arcind.org](http://www.arcind.org)
- Join The Arc of Indiana on Facebook
- Follow us on Twitter @TheArcIN
- Listen to our podcast—[www.arcind.org/AViewfromMyWindow](http://www.arcind.org/AViewfromMyWindow)

---

*The painting featured on the cover, "The Sun Always Comes Out," was created especially for The Arc by artists at Studio OTB's Summer Art Camp. Learn more by visiting [www.otbonline.org](http://www.otbonline.org).*