

## Services and Descriptions

**The following are definitions of services that may be provided under the waivers. Not all services are available under each waiver. (in alpha order):**

**Adult Companion Care:** Non-medical care, socialization or support for adults, which is provided in an individual's home or at various locations in the community. These services may be agency-directed or consumer-directed\*.

**Attendant Care:** Direct support with activities of daily living (e.g., bathing, toileting, personal hygiene skills, dressing, transferring, etc.), instrumental activities of daily living (e.g. assistance with housekeeping activities, preparation of meals, etc.), accessing the community, taking medication or other medical needs, and monitoring the individual's health status and physical condition. These services may be agency-directed or consumer-directed\*.

**Assistive Technology:** Specialized medical equipment, supplies, devices, controls and appliances, which enable the individual to better perform activities of daily living, to perceive, control or communicate with his/her environment, or which are necessary to his/her proper functioning.

**Case Management:** Assisting individuals to access the DD Waiver and then, once approved, to access the supports funded by the waiver as needed. Entails working with individuals and their families to develop a Plan of Care, monitor the supports funded through the DD Waiver, maintain all necessary paperwork and submit updates as needed, and provide other referrals and information as appropriate. These are the services that The Arc of NoVa provides.

**Crisis Stabilization:** Direct intervention (and may include one-to-one supervision) to a person with developmental disabilities who is experiencing serious psychiatric or behavioral problems which jeopardize his/her current community living situation.

**Day Support:** Training, assistance and specialized supervision to enable the individual to acquire, retain or improve his/her self-help, social and adaptive skills. These services typically take place away from the home in which the individual resides and may be located in a "center" or in community locations.

**Environmental Modifications:** Physical adaptations to an individual's home or vehicle needed by the individual to ensure his/her health, welfare and safety or enable him/her to experience greater independence in the home and around the community.

**Family/Caregiver Training:** The provision of identified training and education related to disabilities, community integration, family dynamics, stress management, behavior interventions and mental health to a parent, other family members or primary caregiver.

For purposes of this service, "family" is defined as the persons who live with or provide care to a waiver recipient, and may include a parent, spouse, children, relatives, a legal guardian, foster family, or in-laws. "Family" does not include individuals who are employed to care for the recipient.

**In-Home Residential Support Services:** Training, assistance and specialized supervision, provided primarily in an individual's home to help the person learn or maintain skills in activities of daily living, safety in the use of community resources, and behavior appropriate for home and the community.

**Personal Emergency Response Systems (PERS):** An electronic device that enables the individual who is alone to access a centralized, staffed emergency center in the event of an emergency.

**Respite Care:** Services designed to provide temporary, substitute care for that which is normally provided by the family or other unpaid, primary caregiver of an individual. These short-term services may be provided because of the primary caregiver's absence in an emergency or on-going need for relief. These services may be agency-directed or consumer-directed\*.

**Skilled Nursing Services:** Nursing services ordered by a physician for individuals with serious medical conditions and complex health care needs. This service is available only for individuals for whom these services cannot be accessed through another means. These services may be provided in an individual's home, community setting, or both.

**Supported Employment:** Supports to enable individuals with disabilities to work in settings in which persons without disabilities are typically employed. It may be provided to one person in one job (e.g., a person working to bus tables in a restaurant) or to several people at a time when those individuals are working together as a team to complete a job (e.g., such as a grounds maintenance crew).

**Therapeutic Consultation:** provides expertise, training, and technical assistance in designated specialty areas to assist family members, caregivers, and other service providers in supporting the individual. The specialty areas are: Psychology, Occupational Therapy, Speech and Language Pathology, Rehabilitation Engineering, and Therapeutic Recreation

*\* Consumer-directed services offer the individual/family the option of hiring workers directly, rather than using traditional agency staff.*