

Independent Living Planning 101

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Why is the IL Plan Important?

- Consumer-control
- State and Federal Requirements



State and Federal Requirements



Assurances

- The State Plan for Independent Living requires that VR provide services in accordance with an independent living plan (unless the person signs a waiver).
- This requirement is passed along to the CILs via the VR agreement with each CIL.

Evaluation Standards

- RSA regulations create standards they use for evaluating CILs.
- VR uses the same standards
- The CIL must facilitate the development and achievement of IL goals selected by individuals with significant disabilities who seek assistance in the development and achievement of IL goals from the center.

Consumer Service Record

A CSR must include

- Documentation concerning eligibility or ineligibility for services
- The services requested by the consumer
- Either the IL plan developed with the consumer or a waiver signed by the consumer stating that an IL plan is unnecessary

Consumer Service Record

- The services actually provided to the consumer
- The IL goals or objectives
 - Established with the consumer, whether or not in the consumer's IL plan; and
 - Achieved by the consumer.
- The IL plan and waiver must be in writing

The Independent Living Plan



What are the requirements for an IL plan?

- Unless the individual signs a waiver, the CIL, in collaboration with the individual with a significant disability, shall develop and periodically review an IL plan
- The CIL must provide each IL service in accordance with the IL plan

Initiation and Development

- Initiated after documentation of eligibility
- Must indicate:
 - the goals established
 - the services to be provided
 - the anticipated duration of the service program
 - each component service

Initiation and Development

- The IL plan must be developed jointly
- Signed by the appropriate staff member of the CIL
- Signed by the individual or, if consistent with State law and the individual chooses, the individual's representative

Initiation and Development

- A copy of the IL plan, and any amendments, must be provided in an accessible format to the individual with a significant disability or the individual's representative

Process

- Step 1 - Set Goals
- Step 2 - Identify Services
- Step 3 - Implement the Plan
- Step 4 - Review the Plan



Step 1. Set Goals

- Work with the consumer to set the Independent Living Goals
 - The consumer usually comes looking for a specific service, not necessarily with a goal in mind
 - Guide the discussion from the specific service to what they want to accomplish by having that service
 - Agree on a goal based on the discussion

Example

- A consumer with a mobility impairment comes to the CIL
- The consumer's condition has recently changed, and she is having trouble using the bathroom in her apartment
- She has tried to ask her landlord for help, but he won't listen to her

She wants your help!

Independent Living Goals



What are the possible goals?

- Self-Advocacy/Self-Empowerment
- Communication
- Mobility/Transportation
- Community-based Living
- Educational
- Vocational
- Self-care
- Information Access/Technology
- Personal Resource Management
- Relocation from a Nursing Home or Institution
- Community/Social Participation
- Other

Independent Living Goals

Self-Advocacy/Self-Empowerment

Goals involving improvement in the consumer's ability to:

- represent himself/herself with public and/or private entities
- make key decisions involving himself/herself
- organize and manage his/her own activities to achieve desired objectives

Independent Living Goals

Communication

Goals involving improvement in the consumer's ability to:

- understand communication by others (receptive skills)
- share communication with others (expressive skills)

Independent Living Goals

Mobility/Transportation

Goals to improve:

- access to the consumer's life space, environment, and community - ability to move, travel, transport himself/herself, or use public transportation

Independent Living Goals

Community-Based Living

Goals that provide for:

- a change in living situations with increased autonomy for the consumer
- obtaining/modifying an apartment or house, including apartments, privately owned housing, self-directed assisted living, or self-directed living with family/friends

Independent Living Goals

Educational

Academic or training goals that are expected to improve:

- the consumer's knowledge or ability to perform certain skills that would expand his/her independence, productivity or income-generating potential

Independent Living Goals

Vocational

- Goals related to obtaining, maintaining, or advancing in employment



Independent Living Goals

Self-Care

Goals to improve/maintain a consumer's autonomy with respect to activities of daily living such as:

- personal grooming and hygiene
- meal preparation and nutrition
- shopping
- eating
- other aspects of personal health and safety

Independent Living Goals

Information Access/Technology

Goals related to a consumer obtaining and/or using information necessary for the consumer's independence and community integration

- use of a computer or other assistive technology, devices, or equipment
- developing information technology skills, such as using computer screen-reading software

Independent Living Goals

Personal Resource Management

Goals related to a consumer learning to :

- establish and maintain a personal/family budget
- managing a checkbook
- obtaining knowledge of available direct and indirect resources related to income, housing, food, medical, and/or other benefits.

Independent Living Goals

Relocation from a Nursing Home or Institution

Goals related to relocation from nursing homes or other institutions to community-based living arrangements:

- specifically pertains to consumers who live in a nursing home or institution
- *Community-Based Living* includes any consumer regardless of his/her living situation prior to receiving IL services

Independent Living Goals

Community/Social Participation

Goals related to full participation in the mainstream of American society, including:

- community fairs
- government functions
- attend worship services
- access recreational activities and facilities

Independent Living Goals

Other

- IL goals not included in the above categories.



Example

What goals fit our
example?



Example

- A consumer with a mobility impairment comes to the CIL.
- The consumer's condition has recently changed, and she is having trouble using the bathroom in her apartment.
- She has tried to ask her landlord for help, but he won't listen to her.

She wants your help!

Step 2. Identify Services

- What services has the person requested?
- What services will be provided to help the consumer achieve the goal?



Four Core Services

- Advocacy/Legal Services - Assistance and/or representation in obtaining access to benefits, services, and programs
- IL Skills Training and Life Skill Training Services
 - to develop independent living skills in areas such as personal care, coping, financial management, social skills, and household management
 - education and training necessary for living in the community and participating in community activities

Four Core Services

- Information and Referral Services - Identify all individuals who requested this type of assistance
- Peer Counseling Services - Counseling, teaching, information sharing, and similar kinds of contact provided to consumers by other people with disabilities

Other Services

- Assistive Technology - Any assistive technology device
 - any item, piece of equipment or product system
 - used to increase, maintain or improve functional capabilities of individuals with disabilities
 - any assistive technology service that assists an individual with a disability in the selection, acquisition or use of an assistive technology device

Other Services

- Rehabilitation Technology Services - any service that assists an individual with a disability in:
 - selection, acquisition or use of applied technologies, engineering methodologies or scientific principles
 - to meet the needs of the individual and address the barriers confronted by individuals with significant disabilities

Other Services

- Children's Services - specific IL services designed to serve individuals with significant disabilities under the age of 14
- Communication Services - Services directed to enable consumers to better communicate, such as interpreter services, training in communication equipment use, Braille instruction, and reading services

Other Services

- Counseling and Related Services -
 - information sharing
 - psychological services of a non-psychiatric, non-therapeutic nature
 - parent-to-parent services
 - related services

Other Services

- Family Services - provided to the family members of an individual with a significant disability:
 - when necessary for improving the individual's ability to live and function more independently, or ability to engage or continue in employment
 - may include respite care
 - include in the consumer's CSR

Other Services

- Housing, Home Modifications, and Shelter Services
 - securing housing or shelter
 - adaptive housing services (including appropriate accommodations to and modifications of any space used to serve, or occupied by individuals with significant disabilities)

Other Services

- Mental Restoration Services
 - maintenance on psychotropic medication, psychological services
 - treatment management for substance abuse.
- Mobility Training Services - involving assisting consumers to get around their homes and communities

Other Services

- Personal Assistance Services

- assistance with personal bodily functions
- communicative
- household
- mobility
- work
- emotional
- cognitive
- personal
- financial affairs
- community participation
- parenting
- leisure
- other related needs

Other Services

- Physical Restoration Services -
 - medical services
 - health maintenance
 - eyeglasses
 - visual services
- Preventive Services -
 - prevent additional disabilities
 - prevent an increase in the severity of an existing disability

Other Services

- Prostheses, Orthotics, and Other Appliances - provision of
 - assistance in obtaining through other sources
 - adaptive device or appliance to substitute for one or more parts of the human body

Other Services

- Recreational Services
 - provision or identification of opportunities for the involvement of consumers in meaningful leisure time activities
 - participation in community affairs and other recreation activities that may be competitive, active, or quiet

Other Services

- Therapeutic Treatment - Services provided by registered occupational, physical, recreational, hearing, language, or speech therapists
- Transportation Services - Provision of, or arrangements for, transportation

Other Services

- Youth/Transition Services
 - develops skills specifically designed for youth between the ages of 14 and 24
 - promote self-awareness and esteem
 - develop advocacy and self-empowerment skills
 - the exploration of career options
 - transition from school to post school activities including: postsecondary education, vocational training, employment, continuing and adult education, adult services, independent living, community participation

Other Services

- Vocational Services - Any services designed to achieve or maintain employment
- Other Services - Any IL services not listed above



Example

**What services fit our
example?**



Example

- A consumer with a mobility impairment comes to the CIL.
- The consumer's condition has recently changed, and she is having trouble using the bathroom in her apartment.
- She has tried to ask her landlord for help, but he won't listen to her.

She wants your help!

Step 3. Implement the Plan

- Provide the services in accordance with the Independent Living Plan
- Document the services provided
- Record achievement of goals



Step 4. Review the Plan

- The IL plan must be reviewed as often as necessary
- At least on an annual basis to determine whether
 - services should be continued, modified, or discontinued
 - whether the individual should be referred to a program of VR services under or to any other program of assistance

Plan Review

- each individual with a significant disability or representative
- opportunity to review the IL plan
- jointly redevelop and agree by signature to its terms



CSR Review

- The CSRs contains:
 - Documentation showing that the individuals are eligible
 - Written IL Plans or written waivers from the consumers stating that IL plans are unnecessary

CSR Review

<p>Information on the services requested by, and the services provided to, or arranged for, the consumers.</p>	
<p>The IL goals or objectives established with the consumers, whether or not in the ILPs.</p>	
<p>The goals or objectives the consumers believe they have achieved.</p>	

CSR Review

<p>CIL notification to consumers of their right to develop, or waive the development, of an ILP.</p>	
<p>CIL notification of the existence of, the availability of, and how to contact the client assistance program.</p>	
<p>The CIL's facilitation of the development and achievement of IL goals selected by individuals with significant disabilities who request assistance from the CIL.</p>	

Other Requirements

- The development of the IL plan and the provision of IL services must be coordinated with:
 - IPE for VR services
 - Habilitation program for an individual with a developmental disability
 - IEP for students

How do I learn more?

- Links to regulations, the State Plan for Independent Living, and other resources: www.rehabworks.org/IL
- Julie Kates
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 - 850-245-3338