

Independence Skills Building

NFOCUS Service Code

Training Independent Skills 8382

Service Definition

Independence Skills Building is a service for participants of the HCBS Waiver for Aged and Adults and Children with Disabilities (AD). It provides training for adults and children in activities of daily living (ADLs), instrumental activities of daily living (IADLs), and home management to overcome or compensate for the effects of physical disabilities. Training may occur in the participant's home or in the community. It may be provided individually or in a group setting.

Conditions of Provision

- A. The need for Independence Skills Building is identified during participant assessment and included in the person-centered plan (PCP).
- B. A separate Independence Skills Building Training Plan (ISBTP) will be developed jointly with the participant and Service Coordinator addressing the assessed needs.
- C. The ISBTP must include the following:
 1. Participant's strengths, needs, and desired outcomes as they pertain to the Independence Skills Building service;
 2. Strategies to meet the needs and desired outcomes; and
 3. Specific training to be provided.
- D. The provider will ensure the Service Coordinator has access to the written plan and monthly progress reports.
- E. This service may be provided to the participant alone or the caregiver (non-Medicaid paid provider) may be included in this training to promote the participant's independence.
- F. Possible training components include the following:
 1. Self-care and Activities of Daily Living, including training to increase independence in performing activities of daily living, such as dressing, grooming, personal hygiene, feeding, ambulation, and toileting.
 2. Instrumental Activities of Daily Living (IADLs):
 - a. Using the phone, including answering and calling others;
 - b. Shopping for groceries independently;
 - c. Planning, heating, and serving meals;
 - d. Laundry of clothes and linens;
 - e. Managing medicines, including refilling when needed, taking correctly, and an awareness of possible side effects;
 - f. Cleaning house or apartment;
 - g. Simple home maintenance;
 - h. Mobility by car, taxi, uber, or public transportation; and
 - i. Managing money and paying bills.
 3. Hiring and supervising attendants.

4. Health maintenance.
 5. Social skills, including problem-solving disability-related issues and awareness of their personal support system.
 6. Accident prevention.
 7. Communication, including services directed toward assisting the individual in acquiring new or improving techniques for communication.
 8. Accessibility, including ways to organize the environment for greater access, problem-solving issues in the home, or assistance with housing relocation.
 9. Other training, as identified in the participant's PCP, may be included in each component.
- G. Training must be provided in the most appropriate setting to meet the participant's needs and in such a way that it is adaptable to the participant's current residence.
- H. Individuals who reside with the participant will not be authorized as providers.
- I. This service differs from Personal Care, Chore, and Companion in that it involves training the participant or caregiver, not the actual provision of completing activities.
- J. The service may be provided by an approved agency or individual.
- K. Independence Skills Building cannot overlap with Adult Day services.
- L. Independence Skills Building cannot be authorized when:
1. The training is for the participant to acquire a general educational background.
 2. The public school system or a rehabilitation service is responsible for providing training for independent living.
 3. The training would fall into any of the following categories:
 - a. Work adjustment training to acquire work habits, work tolerance, or on-the-job behaviors essential to employment.
 - b. Vocational training to acquire knowledge and skills essential to performing tasks involved in an occupation.
 - c. Training that can only be performed by licensed audiologists, hearing aid dealers, occupational therapists, optometrists, physical therapists, speech pathologists, and other related healthcare professionals.
- M. Independence Skills Building can be authorized until:
1. The outcomes identified in the participant's ISBTP have been achieved; or
 2. No measurable progress is demonstrated.

Provider Requirements

- A. All providers of waiver services must:
1. Be a Medicaid provider;
 2. Comply with all applicable Titles of the Nebraska Administrative Code and Nebraska State Statutes;
 3. Adhere to standards described in the Division of Medicaid and Long-Term Care Service Provider Agreement;
 4. Complete DHHS trainings upon request;
 5. Use universal precautions; and
 6. Employ staff who have qualifications, experience, and abilities necessary to carry out services comparable to those that will be authorized.
- B. Providers of Independence Skills Building must:
1. Have knowledge of any participant-specific procedures documented in the participant's file.
 2. Obtain adequate information on the medical and personal needs of the participant.
 3. Observe and report changes to the family, doctor, and Service Coordinator.

4. Preferably have experience with formalized teaching methods.
- C. Any facility used in connection with the provision of Independence Skills Building must meet at least the following environmental and fire and safety standards:
1. Architecturally designed to accommodate the needs of the participants being served;
 2. Adequate equipment and furniture for use by the participant;
 3. Toilets in working order;
 4. Telephone available for participants to use;
 5. At least two well-identified exits;
 6. Non-slip surfaces or carpets on stairs, ramps, and interior floors;
 7. Free of hazards, including but not limited to exposed electrical cords, or improper storage of combustible materials; and
 8. Useable handrails for all stairs, ramps, and barrier-free bathrooms.
- D. Required provider record keeping: The provider must maintain at least the following in each participant's file:
1. The ISBTP and any recommended changes;
 2. Monthly progress reports;
 3. The name of the participant's physician; and
 4. Pertinent medical information such as activity restriction, medication, administration schedule, allergies, or special diet.

Rates

- A. Rates are set on an individual provider basis through a negotiation process between the provider and the Resource Developer (RD).
- B. Rates are reviewed annually at the time the provider's annual agreement is scheduled to end.
- C. Providers may request renegotiation when a participant's care needs have increased.
- D. Rate negotiating considers the level of the participant's service needs, the skill level of the provider, and geographic location.
- E. Rates are established based on usual and customary rates that are not more than the provider would charge a private paying individual.
- F. Frequency of service may be hourly or by occurrence.