

# Introducing the Supports Intensity Scale (SIS)<sup>TM</sup>

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## *What You Need to Know About the SIS in Maine*



*Adults with Cognitive and  
Physical Disabilities Services*

*An Office of the  
Department of Health and Human Services*

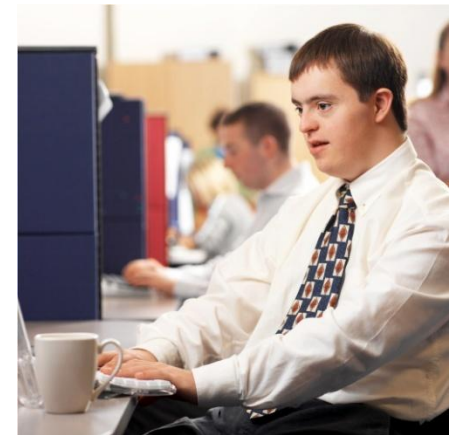
Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

# What is the Supports Intensity Scale (SIS™)

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- It is an assessment tool that measures practical supports that a person with an intellectual disability needs in order to be successful in the community.
- The SIS is strengths-based and reflects core values held by the Office of Adults with Cognitive and Physical Disabilities Services (OACPDS) including inclusion, self-direction, and personal choice.



# What is the Supports Intensity Scale (SIS™) *cont'd.*

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- The SIS is a nationally recognized, valid and reliable assessment tool developed by the American Association on Intellectual Disabilities (AAIDD)
- The SIS reflects a positive way of thinking about assessment, focusing on the amount of support and assistance that a person needs to accomplish everyday community living activities.
- A trained interviewer will use the SIS to measure an individual's support needs.



# What is the Supports Intensity Scale (SIS™) *cont'd.*

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- The interview may be held in a variety of locations that offer privacy and comfort such as the person's home, where they spend the day, or another place where the person is comfortable.



# Why is Maine Implementing the SIS™

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- **Individuals who are eligible to receive services deserve a reliable and standardized method of assessing their support needs.**
  - Maine has chosen to use the SIS because it is designed to measure an individual's level of practical supports in order to live successfully in the community.



# What Happens Next?

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- **During Phase I OACPDS will implement the SIS in order to gather the data it needs to develop a methodology that aligns resources with support needs.**
- **Participation in Phase I is voluntary and the results of the assessment will not change an individual's resources.**

# Who Attends the SIS Interview?

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- **People who are familiar with the person may attend. These may include:**
  - A guardian, family member or advocate
  - A case manager
  - A service provider who directly supports the individual



# What Kind of Questions will be Asked?

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- Questions will be asked about the supports a person needs at home, in the community, with friends, and at school or work.
- Other questions will focus on health and safety needs, and essential medical and behavioral supports.





# What Kind of Questions will be Asked?

*cont'd*

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- **The SIS collects information to understand:**
  - The type of support needed (monitor, prompt, or physical assist)
  - How often support is needed (weekly, daily or hourly)
  - How much support is needed (total time per day)

# Tips for a Successful Interview

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- **Before the Interview:**

- Think about the individual's support needs:
  - What type? How often? How much time?

- **During the Interview:**

- Be realistic about support needs
- Keep an open mind about things an individual cannot do now but may do in the future.
- If you disagree or don't understand anything that is said, ask the interviewer
- If you need a break, say so.



# Tips for a Successful Interview *cont'd.*

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- **After the Interview:**
  - Contact your case manager if you want to receive a summary of the interview results.
  - Contact Denise McCarthy or the SIS Interviewer if you have questions about the interview process.

# Does the SIS Replace a Person-Centered Planning Meeting?

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- **No.** The person-Centered Planning meeting will continue to be held once a year for every individual who is eligible for services.
- Since the PCP process does not provide adequate information to determine support needs, the SIS will also be administered.
- The SIS assessment interview will be completed every three years or more often as support needs change.






# Scoring

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- **Type**
- **Frequency**
- **Daily Support Time**

## SCORING – TYPE, FREQUENCY AND DAILY SUPPORT TIME

(Every question we look at 3 areas requiring a rating: pages 3-6)

<b>1</b> <b>TYPE</b> 	<b>2</b> <b>FREQUENCY</b> 	<b>3</b> <b>DAILY SUPPORT TIME</b> 
<b>0</b> = No Support Needed	<b>0</b> = None or Less than Monthly (up to 11 x per year)	<b>0</b> = None
<b>1</b> = Reminders / Monitoring	<b>1</b> = 1 / More Per Month but Not Once Per Week	<b>1</b> = Less Than 30 Minutes
<b>2</b> = Coaching / Showing	<b>2</b> = 1 / More Per Week but Not Once Per Day	<b>2</b> = 30 Minutes – 2 Hours
<b>3</b> = Helping – Doing Part	<b>3</b> = 1 / More Per Day but Not Once Per Hour	<b>3</b> = 2 – 4 Hours
<b>4</b> = Doing All or Most of the Task for the Person	<b>4</b> = Hourly or More Often	<b>4</b> = 4 Hours Per Day

**TYPE**



**FREQUENCY**



**DAILY SUPPORT TIME**



**0 =**



**0 =**



**0 =**



**1 =**



**1 =**



**1 =**



Little Bit

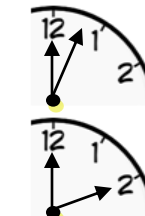
**2 =**



**2 =**



**2 =**



1/2 Hour  
To  
2 Hours

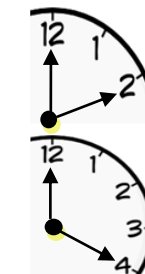
**3 =**



**3 =**



**3 =**

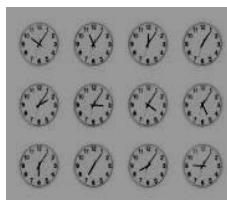


2 Hours  
To  
4 Hours

**4 =**



**4 =**



Hourly  
or More  
Often

**4 =**



4 Hours

# SCORING – EXCEPTIONAL MEDICAL & BEHAVIORAL SUPPORT NEEDS

(PAGES 1 AND 2)

**0 =**  
**NO SUPPORT**



**1 =**  
**SOME SUPPORT**



**2 =**  
**LOTS OF SUPPORT**





# For More Information on the SIS Tool, Go To:

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- **AAIDD SIS Website:**

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

- **OACPDS Website:**

[http://www.maine.gov/dhhs/OACPDS/DS/sis/  
index.shtml](http://www.maine.gov/dhhs/OACPDS/DS/sis/index.shtml)



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# Questions?

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## ***Please Contact...***

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