



Lifespan Waiver Services for Older Adults

AUTISM SOCIETY OF MAINE, FALL CONFERENCE

NOVEMBER 4, 2023

BETSY HOPKINS, ASSOCIATE DIRECTOR, OFFICE OF AGING AND DISABILITY SERVICES

Agenda

Welcome

Brief Overview of the Waiver System

Overview of Lifespan Concept with Focus on Meeting Needs of Aging Family Members

Feedback, Discussion, Q&A

Brief Overview of the Waivers and System (1)

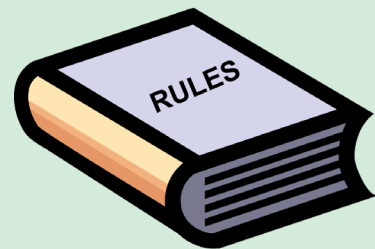
What are Waiver Services?

- ❑ Programs provided through Medicaid to assist Members with receiving services in their homes and communities.
- ❑ When a Member agrees to receive Waiver Services, they are waiving their rights to an Intermediate Care Facility for Individuals with Intellectual Disabilities (ICF/IID).

Brief Overview of the Waivers and System (2)

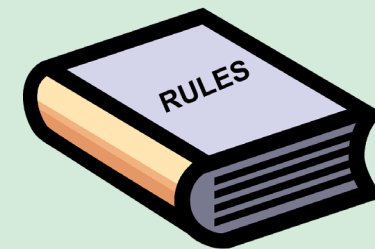
Section 21:

Is a **Comprehensive** Waiver Program for Members with Intellectual Disabilities (ID) or Autism Spectrum Disorder (ASD).



Section 29 :

Is a **Support** Waiver Program for Members with ID or ASD.



For covered services, please refer to:

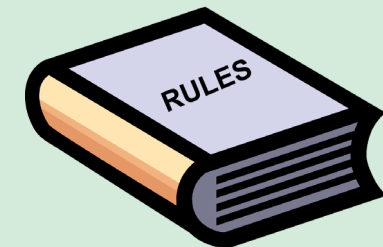
<https://www1.maine.gov/sos/cec/rules/10/ch101.htm>

Brief Overview of the Waivers and System (3)

Lifespan:

Is a **Comprehensive** Waiver Program for Members with Intellectual Disabilities (ID) or Autism Spectrum Disorder (ASD). It will provide services from youth to end of life, with the goal of supporting life changes and changing needs over the lifespan.

It will have a new rules framework to be developed starting in 2024 with stakeholder comment.



For more information, please review the website at
<https://www.maine.gov/dhhs/oads> (Under About Us, Initiatives, HCBS Lifespan Project)
[HCBS Lifespan Project | Department of Health and Human Services \(maine.gov\)](https://www.maine.gov/dhhs/oads)

Lifespan Overview to Kick Off Discussion

- **The Concept Paper reflected DHHS current thinking as of June 2023.**
 - Incorporated stakeholder feedback from fall of 2022 (7 sessions) and 11 meetings of a Stakeholder Advisory group convened from January to June 2023.
- **Today we will briefly go over the updated Lifespan Waiver design** with updates based on feedback from the comment period on the Concept Paper. Updates are also addressed in the Lifespan FAQ found on the Lifespan WWW Page:

[HCBS Lifespan Project | Department of Health and Human Services \(maine.gov\)](#)

- **This is still a design phase, where DHHS is still seeking input from stakeholders**
 - The final proposal will be the Waiver Application, including proposed services and service definitions, will be posted for public comment in early 2024

Highlights of Lifespan

- **Anticipated start dates for enrollments into Lifespan:**
 - 2025 for individuals with intellectual disabilities (ID) and autism (ASD)
 - 2026 for individuals with other related conditions
- **Five-year plan to eliminate waiting lists** for individuals with intellectual disabilities, autism and other related conditions
- **No requirement for Section 20, 21 or 29 members to transition to Lifespan**
- **Voluntary** transitions will be possible:
 - From Sections 21/29 starting 2026
 - From Section 20 starting 2027
 - *Start date for voluntary transitions moved up based on stakeholder input*

Highlights of Lifespan (2)

- Lifespan will open and initially serve new people using new funding from legislature

Proposed Priority Groups for Enrollment:

- Youth in transition, ages 14-17
- Adults (18+) on the waiting list who are receiving no other waiver services (*identified based on stakeholder input*)
- Reserve slots for emergencies, etc. (similar to existing waivers' reserve slots)
- Remaining slots for others on the waiting list

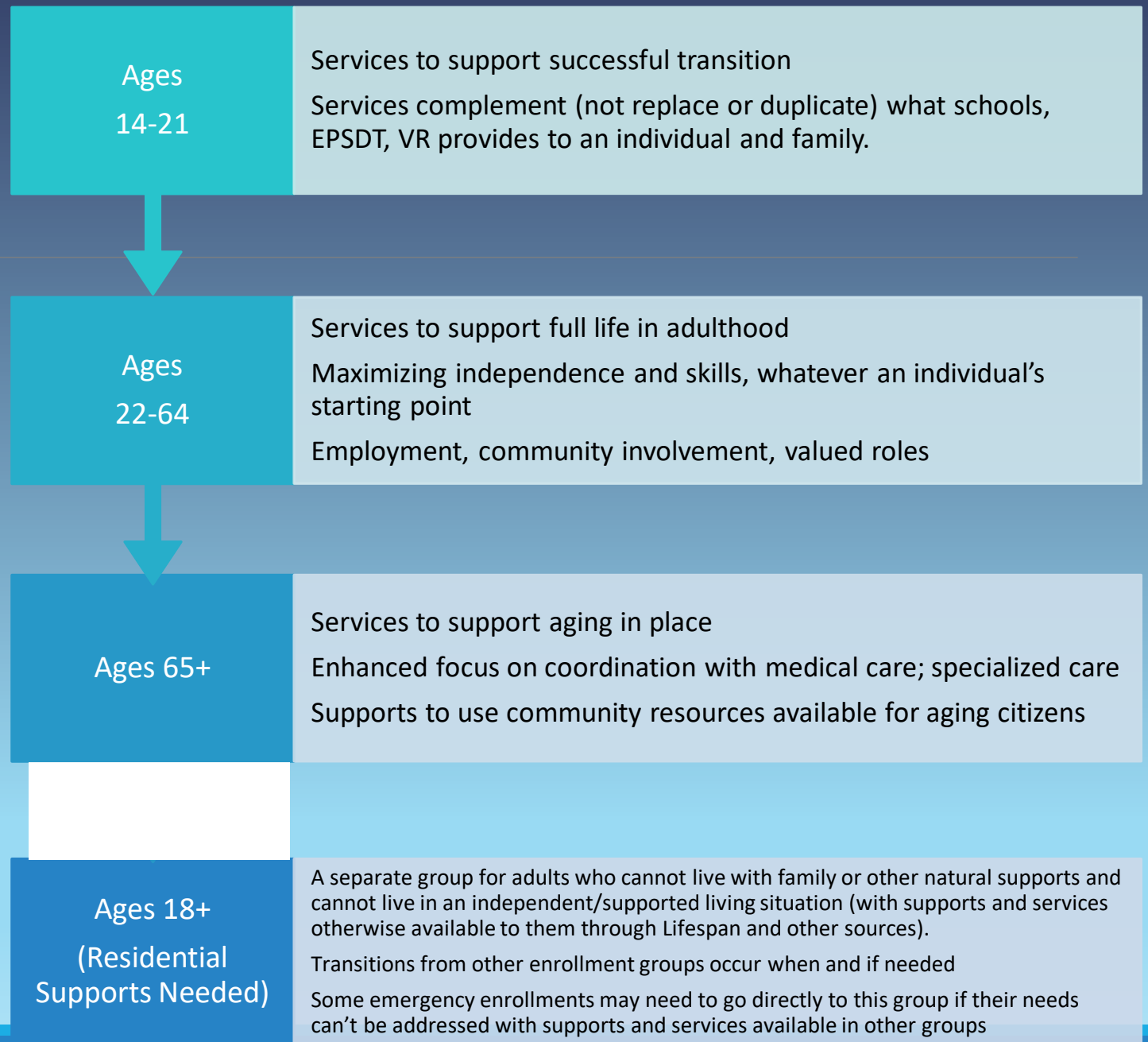
Note: Before Lifespan opens, DHHS expects to end the waiting list for Section 29.

Highlights of Lifespan (3)

A True Lifespan Waiver

- Expanding access to youth in transition by lowering minimum enrollment age to 14
- A waiver that can serve people for life
- Key life transitions can occur without the need to change waivers
- No waiting list (after first 5 years of Lifespan operation) means greater ability to prevent crises by enrolling people as soon as they apply

Four Different Enrollment Groups in One Waiver



What Does “Aging Well” Mean?

- Living on your own terms
- Adding value to society, family or friends
- Maintaining health and cognitive function
- Maximizing mobility
- Retaining abilities
- Reducing the impact of chronic disease/dysfunction

(Source: Heller, 2004)

Lifespan Waiver: Meeting Unique Needs of Aging Individuals

- **Lifespan has strong focus on addressing key life transitions.**
- Late in life, these transitions may include:
 - Planning for life without parent as primary caregiver
 - Retiring from employment; transitioning to senior employment program
 - Becoming eligible for (and beginning to use) community services and programs that are designed for older adults
 - Developing chronic health conditions; increased interactions with acute/primary care providers
 - End of life planning
 - End of life care

Lifespan Waiver: Community Resource Coordinator Role for Aging Individuals

- **Planning beyond one year: Talking about transitions that are in the future.**
- Inform person about community services and programs that are designed for older adults
 - Example: Coordinate with Area Agency on Aging to access Older American Act programs and services
 - May Include: Senior Community Service Employment Program
 - [Senior Community Service Employment Program | U.S. Department of Labor \(dol.gov\)](#)
- Help make the connections to these services and programs
- If needed, identify and include Lifespan services that support people to use these services and programs

Lifespan Waiver: Community Resource Coordinator Role for Aging Individuals (2)

- Support regular screening for dementia:
 - Early Detection Screen for Dementia <http://aadmd.org/ntg>
- Support to explore and execute:
 - Supported Decision-Making options
 - Power of Attorney for Healthcare, Living Will
 - Document funeral wishes
 - Burial account
- Support to understand impact of Medicaid estate recovery
- Ways to receive inheritances that don't jeopardize waiver eligibility
 - E.g., Supplemental Needs Trusts; ABLE accounts



Lifespan Waiver: Community Resource Coordinator Role for Aging Individuals (3)

- For individuals living with other aging family members, focus on whole family supports for aging in place.
- Coordinating with Section 19 Care Coordinator if aging caregiver is eligible for and receiving Section 19 waiver services.

Lifespan Waiver: Services to Meet Needs of Aging Individuals

- **Establishing a separate enrollment group for individuals aged 65+**
- Opportunity to define a unique set of services that are most needed for aging individuals.

Lifespan Waiver: Services to Meet Needs of Aging Individuals (2)

- Assistive technology and adaptive devices specifically to assist with challenges of aging
- PERS (Personal Emergency Response System)
- Remote Supports

Lifespan Waiver: Services to Meet Needs of Aging Individuals (3)

Minor Home Modifications (including Environmental Adaptations beneficial for aging individuals):

- Physical Accessibility
- Simplification of the environment
- Way finding and orientation
- Illumination
- Flooring
- Bathroom Accessibility
- Kitchen safety
- Safety supports for individuals that may wander

Lifespan Waiver: Services to Meet Needs of Aging Individuals (4)

Home-Based Services to Assist People to Age in Place:

- Personal Assistance-Home
- Skilled Nursing (if Section 96 is not enough)
- Shared Living – Related (Transition could involve sibling or other younger relative becoming provider)
- Considering whether to include “Matter of Balance” (Falls Prevention Program in Section 19)

Lifespan Waiver: Services to Meet Needs of Aging Individuals (5)

Community-Based Services to Assist People to Age in Place:

- Community Membership (including supports for volunteering and developing/maintaining relationships)
- Personal Supports-Community
- Supported Employment Services
- Community Transportation

Other Key Services:

- Positive Behavior Supports

Lifespan Waiver: Services to Support Family/Natural Caregivers of Aging Individuals

- Family/Unpaid Caregiver Education and Training
- Family Empowerment & Systems Navigation Counseling
- Respite Breaks and Opportunities

Lifespan Waiver and Mainecare Service Coordination to Meet Unique Needs of Aging Individuals

Ensuring access to other needed Mainecare Medicaid State Plan Services. Some examples might include:

- Hospice – looking to ensure these services can be received with waiver services as long as they are not duplicative
- Private Duty Nursing and Personal Care
- Therapies (OT, PT, SLT)
- Exploring how to cover DSP support, if needed, when member may be admitted to hospital.

Lifespan Waiver: Ensuring DSPs have Knowledge to Support Aging Individuals

- Planning to incentivize DSP training that provides specialized knowledge and skill development:
 - Example for aging participants might include:
 - DSPs trained on the unique health risks and challenges for older adults in Lifespan
 - DSPs trained on strategies to effectively support Lifespan participants with dementia
 - DSPs trained on health promotion for older adults

Investments to Develop and Identify Best Practices for Lifespan

- ❑ Innovation Grant outcomes – for this and future versions of Lifespan
 - ❑ Included and not limited to:
 - ❑ New strategies for remote supports, including medical and primary care services
 - ❑ Voucher-based transportation through livery services such as Uber and Lyft, etc.
 - ❑ Tiered shared living pilot
 - ❑ Strategies to train and encourage employment for direct support professionals
 - ❑ Increase employment outcomes by development of new tools and resources
 - ❑ Increase self-employment through use of new curriculum and process to develop a business plan
 - ❑ Develop standards that promote quality community services
 - ❑ Guidance and insight from the National Disability Institute and their national perspective
- ❑ Bringing innovative ideas from experience in other states

Important Upcoming Comment Periods:

■ This Tour is part of an ongoing series of stakeholder engagements. Formal comment periods still to come include:

#1. Waiver Applications – state 30-day comment period*

#2. Waiver Submissions to CMS – federal 30-day comment period*

#3. MaineCare Rules – 30-day comment period*

*State Response to public comment is required

Questions and Comments



Lifespan Webpage:

<https://www.maine.gov/dhhs/oads/about-us/initiatives/hcbs-lifespan-project>

COMMENTS OR IDEAS ARE WELCOME AT:
OADS.LIFESPANPROJECT@MAINE.GOV

