**EXAMPLE 1:**

**SELF-DIRECTED SUPPORTS - INDIVIDUAL DIRECTED GOODS AND SERVICES**Individual Directed Good and Services is often called IDGS for short. IDGS refers to a service, support, or good that enhances the individuals’ opportunities to achieve outcomes related to full membership in the community. IDGS waiver services can assist with the purchasing of services, equipment, or supplies that you need when other programs or resources are not available.

**Start with Support Planning:** The first step to planning for supports is to get a good idea of what you need help with right now. This assessment can help your Support Coordinator identify what service, supports, or goods you may need.

| **Individual Name: John Smith** | **DMH ID #: 123456** |
| --- | --- |
| **Address IDGS Purchase Will Be Shipped To:** 1706 E. Elm Street, Jefferson City, Missouri 65101 |
| **IDGS Requirements**Because every person has different needs and different resources available, there is no list of what IDGS will or will not cover.Instead, the service, support or good must meet all of the following criteria: * Be designed to meet the individual’s safety needs, community membership and also advances the desired outcomes in his/her Individual Support Plan (ISP);
* Must increase independence, substitute for human assistance;
* Must reduce the need for a Medicaid waiver services;
* Must have documented outcomes in the ISP;
* Not be prohibited by Federal and/or State statutes and regulations;
* Not be available through another source and the person does not have the funds to purchase it;
* Will be acquired based upon anticipated use and most cost-effective method (rental, lease, and/or purchase); and
* Must not be experimental or prohibited.
 | **Adding IDGS in Your Support Plan****Talk with your SC about what you need.** * Discuss the needs you have right now with your SC. Talk about how your needs are being met now, what needs are not being met, and what is or is not working for you.
* Your Support Coordinator (SC) can help you identify what resources are available to meet the needs from your assessment/discovery process such as: your family, friends, or neighbors, items that you and your family pay for, services available through your Missouri Medicaid State Plan, local services, other eligibility specific services, and supports available using your waiver.

**Find out what works for you.** * Discuss services, equipment, or supplies that can help meet needs from your assessment and planning process. Your ISP should include specific information about the services and supports that work for you.
* Your SC can add IDGS as a funding source to meet a current need only if it meets the required criteria.
 |

Costs are limited to $3,000 per year, per annual support plan year, per individual. The annual limit corresponds to the person-centered service plan year.

| **Individual Directed Good and Services Requirements and Assessment**Each service, support or good selected must meet the following criteria and be documented in the ISP.  |
| --- |
| **CRITERIA** | **DOCUMENTATION** |
| **Desired Outcome: IDENTIFY THE NEED****What need was identified through the assessment or discovery process?** What is working/not working with current services? What has changed? What areas need additional assistance? | -Bob wants to be independent and rely less on his Personal Assistant. He requires physical support with brushing his teeth to assure it is done thoroughly when using a regular toothbrush. -Bob has had tooth decay, two teeth pulled and numerous visits to the dentist in the past year.-Bob wants to improve his oral health.-His dentist is recommending an electric toothbrush. |
| **EXPLORE WAIVER SERVICES/RESOURCES AVAILABLE** * Are there waiver services/resources available to be used to purchase the service, support, or good?
* If not, explain why the waiver services/resources explored cannot be used.
 | -SDS PA: Bob is able to physically use a regular toothbrush but has difficulties brushing thoroughly in all the areas, with a regular toothbrush. He relies on his Personal Assistant to provide physical supports. -Bob currently uses Personal Assistant services 20 hours per week/5 days of the week/4 hours each day. -By obtaining an electric toothbrush, Bob can become more independent and reduce the amount of Personal Assistant supports. |
| **EXPLORE NON-WAIVER SERVICES/RESOURCES AVAILABLE*** Can any non-waiver services/resources available be used to purchase the service, support, or good?
* If not, explain why the non-waiver services/resources explored cannot be used.
 | -Bob has dental insurance through his father’s insurance, but dental insurance does not cover the cost of an electric toothbrush.-Funding options from dental grant funds, County Board, family members, and charitable organizations were explored but no funding was available for an electric toothbrush for Bob. -Bob is on a very tight budget and does not have excess funds to make this purchase.  |
| **CAN THE NEED BE MET BY A WAIVER OR NON-WAIVER SERVICE/RESOURCE*** Confirm the service, support or good cannot be purchased through another source.
 | -The waiver and non-waiver service(s) explored will not provide the necessary funds for an electric toothbrush.  |
| **COST EFFECTIVENESS** * How will the service, support, or good reduce the need for another Medicaid waiver service? Include estimated cost reduction/savings.
* How will the service, support, or good increase independence, substitute for human assistance?
* What cost comparisons were made to ensure the most cost effective option is being used to make the purchase? **Please identify and attach two or more price comparisons/bids indicating which one is the most cost effective.**

*\*The service, support or good must be obtained based upon anticipated use and most cost-effective method (rental, lease, and/or purchase).*  | -By obtaining an electric toothbrush, Bob can decrease the amount of time he receives from his Personal Assistant to provide physical support using the regular toothbrush. -With an electric toothbrush, Bob will be able to operate the toothbrush independently and access areas he has difficulty reaching with the regular brush. -Bob did a cost comparison of electric toothbrushes (see price comparisons attached). -Bob compared the brand his dentist recommended (Philips Sonicare 9300) to: the Colgate UltraSonic 9000 which retails at $299.99 before taxes and the Crest BetterSmile IQ which retails at $289.99 before taxes. -It was determined the most cost effective purchase would be to purchase the electric toothbrush recommended by Bob’s dentist, the Philips Sonicare 9300. Bob found most cost effective electric toothbrush at Walmart. -Research suggests the toothbrush heads on the Philips Sonicare 9300 be replaced every three (3) months. The minimum amount of replacement toothbrush heads offered is five (5) toothbrush heads. Bob will have a fully functioning and clean toothbrush for the year. -Philips Sonicare 9300 electric toothbrush with 2 toothbrush heads $199.95 before taxes-Philips Sonicare 9300 replacement toothbrush heads - 5 pack $39.95 before tax-Total price equals $239.90 before taxes.-Bob can decrease Personal Assistant services by 15 minutes each day. Bob currently receives Personal Assistant services five (5) days out of each week, reducing the total Personal Assistant services needed by 1 hour and 15 minute for the week. This amounts to 65 hours for the year which totals a cost of $1,175.20 ($18.08/hr \* 65 hr) for the year. -Summary of Cost Effectiveness -Cost of Good - $239.90 -Decrease of Personal Assistant Service -$1,175.20/year.  |
| **HEALTH AND WELFARE*** Is the service, support, or good prohibited by Federal and State statutes and regulations?
* Is the service, support or good experimental?
* Indicate how the service, support, or good assures health and welfare.
* Is the service, support, or good solely for the direct benefit of the individual?
 | -By purchasing an electric toothbrush, Bob’s oral health will improve, which will improve Bob’s general health. Once Bob purchases the electric toothbrush, Bob is able to return to the dentist and the dental hygienist will show Bob how to safely use it. -Decreasing Personal Assistant services by 1 hour and 15 minutes per week does not create any health or safety issues for Bob. -The electric toothbrush is not prohibited by Federal or State statutes or regulations and is not experimental.-Bob will be the sole beneficiary of the electric toothbrush and will not share his toothbrush.  |
| **INCORPORATE INTO ISP OUTCOMES*** How will the service, support, or good meet the individual’s safety needs, community membership and also advance the desired outcomes of his/or her ISP?

*\*Needs to reference a desired outcome currently documented in ISP.* | -Bob desired outcomes include improving his oral health, to be more independent, and decrease his need for Personal Assistant services. Purchasing the electric toothbrush will advance toward these goals. -Personal Assistant services will be reduced by 65 hours per year/$1,175.20 per year. |



**EXAMPLE 2:**

**SELF-DIRECTED SUPPORTS- INDIVIDUAL DIRECTED GOODS AND SERVICES**Individual Directed Good and Services is often called IDGS for short. IDGS refers to a service, support, or good that enhances the individuals’ opportunities to achieve outcomes related to full membership in the community. IDGS waiver services can assist with the purchasing of services, equipment, or supplies that you need when other programs or resources are not available.

**Start with Support Planning:** The first step to planning for supports is to get a good idea of what you need help with right now. This assessment can help your Support Coordinator identify what services equipment, or supplies you may need.

| **Individual Name: Aidan Jordan** | **DMH ID #: 541092** |
| --- | --- |
| **Address IDGS Purchase Will Be Shipped To: 7648 Weaver Ave, Maplewood MO 63143** |
| **IDGS Requirements**Because every person has different needs and different resources available, there is no list of what IDGS will or will not cover.Instead, the service, support or good must meet all of the following criteria: * Be designed to meet the individual’s safety needs, community membership and also advances the desired outcomes in his/her Individual Support Plan (ISP);
* Must increase independence, substitute for human assistance;
* Must reduce the need for a Medicaid waiver services;
* Must have documented outcomes in the ISP;
* Not be prohibited by Federal and/or State statutes and regulations;
* Not be available through another source and the person does not have the funds to purchase it;
* Will be acquired based upon anticipated use and most cost-effective method (rental, lease, and/or purchase); and
* Must not be experimental or prohibited.
 | **Adding IDGS in Your Support Plan****Talk with your SC about what you need.** * Discuss the needs you have right now with your SC. Talk about how your needs are being met now, what needs are not being met, and what is or is not working for you.
* Your Support Coordinator (SC) can help you identify what resources are available to meet the needs from your assessment/discovery process such as: your family, friends, or neighbors, items that you and your family pay for, services available through your Missouri Medicaid State Plan, local services, other eligibility specific services, and supports available using your waiver.

**Find out what works for you.** * Discuss services, equipment, or supplies that can help meet needs from your assessment and planning process. Your ISP should include specific information about the services and supports that work for you.
* Your SC can add IDGS as a funding source to meet a current need only if it meets the required criteria.
 |

Costs are limited to $3,000 per year, per annual support plan year, per individual. The annual limit corresponds to the person-centered service plan year.

| **Individual Directed Good and Services Requirements and Assessment**Each service, support or good selected must meet the following criteria and be documented in the ISP.  |
| --- |
| **CRITERIA** | **DOCUMENTATION** |
| **Desired Outcome: IDENTIFY THE NEED****What need was identified through the assessment or discovery process?** What is working/not working with current services? What has changed? What areas need additional assistance? | Aidan uses three adaptive equipment to help him stand, walk and engage in community activities. These are a stander, KFO’s and a KidWlaker. Aidan uses an old KidWalker that is falling apart (6+ years old) to go out into the neighborhood and be part of the local community as well as weight bearing for health. He does this for 60-90 minutes each day as long as the weather is conducive. A new Kid Walker needs to be purchased to replace the old one so Aidan can continue community engagement and maintain his health (Aidan’s PT and Physiatrist have said Aidan needs to stand at least 45 minutes each day to maintain muscle tone and cardiopulmonary health).  |
| **EXPLORE WAIVER SERVICES/RESOURCES AVAILABLE** * Are there waiver services/resources available to be used to purchase the service, support, or good?
* If not, explain why the waiver services/resources explored cannot be used.
 |  Currently Aidan’s 6 year old KFO’s are being replaced through Medicare /Medicaid Insurance. AIdan’s stander does not support him correctly and strains his knees so they swell. The replacement stander is being submitted through the DMH waiver. The KidWalker could be potentially submitted through the waiver but the stander is already going through the approval process. |
| **EXPLORE NON-WAIVER SERVICES/RESOURCES AVAILABLE*** Can any non-waiver services/resources available be used to purchase the service, support, or good?
* If not, explain why the non-waiver services/resources explored cannot be used.
 | Normally equipment is paid for by insurance before waiver funds. Aidan’s Medicare and Medicaid insurance does not cover any standing or walking adaptive equipment for an individual over 21 years old. |
| **CAN THE NEED BE MET BY A WAIVER OR NON-WAIVER SERVICE/RESOURCE*** Confirm the service, support or good cannot be purchased through another source.
 | Aidan does not have enough income to purchase the KidWalk as his Social Security, only source of income, is already reduced by a $571 spenddown and the remaining monthly income covers his living expenses. |
| **COST EFFECTIVENESS** * How will the service, support, or good reduce the need for another Medicaid waiver service? Include estimated cost reduction/savings.
* How will the service, support, or good increase independence, substitute for human assistance?
* What cost comparisons were made to ensure the most cost effective option is being used to make the purchase? **Please identify and attach two or more price comparisons/bids indicating which one is the most cost effective.**

*\*The service, support or good must be obtained based upon anticipated use and most cost-effective method (rental, lease, and/or purchase).*  | If the KidWalker, priced around $2,300, cannot be purchased through IDGS the only other option is to pay for it through the Medicaid Waiver and the replacement stander which is over $3000 is being submitted through DMH for authorization.Aidan needs assistance with all activities and because of neuromuscular control issues and low cognitive abilities cannot safely be left by himself. The KidWalker is the best adaptive equipment to allow Aidan to walk with support and engage with neighbors and friends thus staying part of his home town of Maplewood. People know him because of his going out 5/days a week and greet him and talk to Aidan. It is too hard to walk Aidan more than 10 yards in his KFO’s so this is not a feasible option. |
| **HEALTH AND WELFARE*** Is the service, support, or good prohibited by Federal and State statutes and regulations?
* Is the service, support or good experimental?
* Indicate how the service, support, or good assures health and welfare.
* Is the service, support, or good solely for the direct benefit of the individual?
 | The KidWalker is not prohibited by Federal and State statutes and regulations, nor is it experimental.The KidWalker, and adaptive equipment designed for individuals who are nonmobile, but can ambulate if supported through the trunk. has safety features that keeps the user from tipping or falling over. It is the best way for Aidan to go out into the community as he bears weight and is vertical which is necessary for maintaining good health and provides some autonomy as he can determine where he can go with the assistance of an adult care provider as AIdan needs assistance with all activities for support and safety. The stander is only usable in the home and his KFO’s are used for Aidan to stand, not walk. |
| **INCORPORATE INTO ISP OUTCOMES*** How will the service, support, or good meet the individual’s safety needs, community membership and also advance the desired outcomes of his/or her ISP?

*\*Needs to reference a desired outcome currently documented in ISP.* | The KidWalker is an integral part of all four ISP Goals.**Personal Outcome #1:** Aidan will be healthy and safe living at home and out in the community. **Personal Outcome #2:** Aidan will increase engagement and duration of activities in a community setting.**Personal Outcome #3:** Aidan will increase self-regulation and develop beginning self-advocacy skills. **Personal Outcome #4:** Aidan will be safe in the home on both levels through in-home one-person transfers and transport out into the community.  |



**EXAMPLE 3:**

| **IDENTIFY THE NEED** **What need was identified through the assessment or discovery process?** | Ron needs to interrupt self-injurious and/or other inappropriate behavior by his own singing or staff behavior when prompted. When he is in pain, he will scream and wait for someone to approach him to discover what he needs/wants rather than initiate with the communication skills he has. Over twenty years ago, we extinguished self-injurious behavior as a response to pain but we are seeing a resurgence of this behavior. His pain is both increasing and chronic. He also needs to use calming strategies to relax when upset. These are typically paired with family or staff singing to him. Ron needs to self-regulate to communicate appropriately to get his wants and needs met. He is most easily able to learn routines when music is used (e.g., Ron learned to turn and transfer into his wheelchair using an adapted version of the Hokey Pokey). Staff need to use music in routines throughout the day in those situations where it can be predicted that an activity may be physically stressful for Ron and he may become agitated. |
| --- | --- |
| **IDENTIFY EXISTING SUPPORTS** **Are there existing supports in place that can address the need?** What Personal Strengths and Assets (skills, abilities, knowledge, attributes, passions, hobbies, etc.) does the individual have in relation to the Personal Outcome and related goals? What relationships (friends, family, connections at places of interest etc.) does the individual have, which can help achieve the Personal Outcome and related goals? | Ron responds well to music and problem behavior can be de-escalated when song is used.He can identify what he wants/needs with repeated prompting. He has a relatively large vocabulary to indicate wants and needs.He has family and PA staff who are willing able to consistently implement strategies.He will participate in mindfulness activities when prompted.He was receiving music therapy under the person-centered services category before this was discontinued in March 2021. |
| **EXPLORE NON-WAIVER RESOURCES** **The service, support or good is not available through another source and the person does not have the funds to purchase it.** For example, can unpaid supports, insurance, Medicare, Medicaid State Plan, community resources, clubs, community associations, gyms, library, Churches, etc. be used to achieve the Personal Outcome and related goals? | St. Louis ARC provides recorded music therapy sessions for use online, but these are not as successful as they don’t necessarily access his favorite songs and skills he needs.Also, Ron’s health is not such that he can consistently leave the house on the days music therapy is held in-person. |
| **EXPLORE WAIVER SERVICES** **The service, support or good is not available through another source** | Midwest Music Therapy has successfully provided Ron with Music Therapy in the past.Ron already has multiple positive behavioral supports in place and other ABA services are not needed. |
| **COST EFFECTIVENESS** **-How will the IDGS reduce the need for another Medicaid waiver service?** **-How will the IDGS increase independence, or substitute for human assistance?** **-The service, support or good will be acquired based upon anticipated use and most cost-effective method (rental, lease, and/or purchase).**  | Music therapy was first implemented by transferring funds from Community Specialist Services as Ron’s declining health limits his leaving his home.  |
| **HEALTH AND WELFARE** **The IDGS not prohibited by Federal and State statutes and regulations & the service, support or good must not be experimental** | Music therapy strategies were beginning to be used by the music therapist as a part of Ron’s behavioral supports to reduce/inhibit self-injurious behavior. |
| **INCORPORATE INTO ISP OUTCOMES** **-The service, support or good has been documented outcomes in the ISP.** **-How will the IDGS meet the individual’s functional, vocational, safety medical, community membership or social needs and also advances the desired outcomes in his/her Individual Support Plan**  | The ISP that currently addresses this is:**Personal Outcome #1: Ron will develop self-calming skills through music (self-regulation and self-advocacy skills)**Current Situation: Ron complains of pain daily by whining or yelling, he names or points to body parts but is not always reliable. He has recently started screaming and hitting the left side of his face when the pain is severe. When he becomes agitated due to unrelieved significant pain, it is only the singing of his parents or the music therapist that can help him calm. At times, his parents must sing for up to an hour to help him calm down. Staff are now using a variety of strategies developed when he was receiving music therapy. Ron’s team members meet in large or small groups on a regular basis to collaborate concerning his support needs.Justification/Criteria: Ron’s physical needs and pain levels are variable. A large number of staff support him and meeting provides the opportunity to ensure continuity of care. Person-centered planning through music therapy was used to develop additional means for Ron to cope with pain and these will also be communicated through team collaboration.Service needed to accomplish this: Team collaboration; Individual goods and services to purchase music therapy. Goal: Ron will interrupt self-injurious and/or other inappropriate behavior by his own singing or staff behavior when prompted.Strategies: Strategies developed through music therapy purchased using individual goods and services. Pain management and PBS strategies; mindfulness app;Community Specialist and Designated Representative schedule and facilitate team meetings to insure consistent support from all staff Ron’s individual support manual has and will continue to have detailed implementation guidelines for staff on all action steps and strategies listed.Accountability: Documentation of team collaboration is present in the DCI system. Designated representative (Victoria McMullen), community specialist (Virginia Schweigert), and Midwest Music Therapy Timeline: 7/1/21-6/30/2022 |