SERVICE OPTIONS FOR INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES

it’s all about choice
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Hello! We are happy you are taking the time to learn more about Nebraska Developmental Disabilities (DD) services. We hope this booklet provides you with useful information about how you can take advantage of the many service options available.

We have organized the booklet into three parts:

**Are you eligible for services?**
If yes, go forward!

**What do you need and want?**
Know your budget, know your choices, and make a plan!

**It’s time to: choose your supports, create your life, and realize your dreams. You are in the driver’s seat!**

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The first thing you need to do is get ready! Here’s a look at answers to some of the questions you might be asking.

**Is this booklet for me?**
This booklet is for people who are eligible for developmental disabilities (DD) services in Nebraska. If you don’t know what this is, haven’t applied for, or been determined eligible for DD services, stop here.

You can learn more by visiting the Division of Developmental Disabilities (DHHS-DD) website at: http://dhhs.ne.gov/Pages/DD-Eligibility.aspx Or, call toll free at (877) 667-6266.

**I’m eligible for DD services. Now what?**
Being eligible for services is the first step! Unfortunately, it doesn’t mean you will immediately receive services. Because there is only so much money to go around, services will be offered only when funding is available for you. In the meantime, you will be assigned a DD coordinator (either a Service Coordinator or Community Coordinator Specialist) to help you through the process.

**I’m approved for funding. What’s next?**
This is great news! You can now begin to think about what is possible for you to live out your dreams of living, working, and playing in your community. There are many choices, both in the type of services and in who can deliver the services. The first step is to know how much service funding you will receive. Your DD coordinator will tell you what this amount is per year. Then, you can begin to make your plan. Not to worry, it is your DD coordinator’s job to help you make these important decisions and put together the plan that is best for you.
Now, it is time to get set! Read on for more questions and answers.

What’s the point of DD services?
DD services help you live, work, and play in your community as independently as possible. It’s important that you get to choose the people you want to live with and where you want to live. You will want to choose what to do for work and what to do for fun. The services you receive depend upon many things, including your needs, your funding amount, and your goals. It is up to you to choose what is best for you!

Who provides DD services?
A provider is someone who works with you to get the services you have chosen. In many cases, you have a choice of two types of providers for DD services.

Independent providers are people who provide services and do not work for an agency. This may be someone you already know. You are responsible for hiring, scheduling, training, and firing independent providers. They must meet requirements set by the state and be approved before working for you. Your parents (if you are a minor child), your spouse, or your legal guardian cannot work as your provider.

Agency providers are approved by the state and are responsible for hiring, firing, scheduling, training, and paying staff members. There are many agency providers across the state. You may find agency providers in your area by viewing the DD Agency Provider Directory at:
http://dhhs.ne.gov/DD%20Documents/Agency%20Provider%20List.pdf

How can I manage my services?
It is great when you can be in charge of the services you choose. This is called self-directing. You may not be familiar with the term “self-directed services.” This is where you decide what services and supports you need to help you be as independent as possible. When you self-direct, you are responsible for hiring, training, scheduling, supervising, and firing your independent providers.

On the other hand, if you use an agency provider for services, the agency is responsible for these tasks. If you want to know more about self-direction, see the “Participant Guide for Self-Direction” at:

What services are offered?
For details on services, go to the DD Policy Manual at:

For an overview to get you started, check out the summary on the following pages. Keep in mind, this is only a very brief description. For more details, talk with your DD coordinator.

A couple things to note:
- All of the services described in this booklet may not be available to you. Your DD coordinator can tell you what services you may choose.
- The terms “habilitation” and “habilitative” refer to training or teaching skills to help you become more independent.
Day Services

**Habilitative Community Inclusion:**
Habilitative Community Inclusion teaches self-help, appropriate behaviors, socialization, and adaptive skills. This service mostly takes place in the community. You decide where and how often you want to go places. This service increases your independence and personal choice, and interactions with people in your community. Your provider helps you with activities of daily living, health maintenance, and supervision. This is a habilitative service.

**Enclave:**
Enclave is provided at a business or in your community. You work alone or with a team to learn work skills and behavior. The business pays your provider and you are paid by your provider. You may interact with employees or customers. Your provider helps you with activities of daily living, health maintenance, and supervision. This is a habilitative service.

**Adult Day:**
Adult Day provides meaningful day activities in a safe, supervised place away from your home. You can use this service to do things in your community. You cannot use this service for a job or volunteering. Your provider helps you become more independent with health and social needs. Your provider helps you with activities of daily living, health maintenance, and supervision.

**Prevocational:**
Prevocational teaches you general job-related skills needed to get a job in the community. This service can be used for up to 12 months. Your provider helps you with activities of daily living, health maintenance, and supervision. This is a habilitative service.

Habilitative Workshop:
Habilitative Workshop provides activities in a provider-controlled day location. Your provider teaches self-help, appropriate behaviors, socialization, and adaptive skills. This service is available when you do not have an employment goal and are not looking for a job. Your provider helps you with activities of daily living, health maintenance, and supervision. This is a habilitative service.

Employment Services

**Supported Employment – Follow Along:**
Supported Employment – Follow-Along helps you keep your competitive job. This service may be provided with you or by communicating with your employer for you. This is a habilitative service. This service has a yearly limit of 25 hours.

**Supported Employment – Individual:**
Supported Employment – Individual provides a job coach for one-on-one teaching to help you keep your competitive job. This service is provided at your job. Your provider helps you with job skills and referrals for other resources. This is a habilitative service.
Residential Habilitation Services

Independent Living:
Independent Living is provided in your own home. Your provider teaches skills for living independently and to do things in your community. Your provider helps you with activities of daily living, health maintenance, and social and leisure skills. This is a habilitative service. This service has a limit of 25 hours per week on the DDAD waiver and 70 hours per week on the CDD waiver. A week is defined as 12:00 AM Monday through 11:59 PM Sunday.

Supported Family Living:
Supported Family Living is provided in your family home. Your provider teaches you skills for living independently and to do things in your community. Your provider helps you with activities of daily living, health maintenance, social and leisure skills, and community access. This is a habilitative service. This service has a limit of 25 hours per week on the DDAD waiver and 70 hours per week on the CDD waiver. A week is defined as 12:00 AM Monday through 11:59 PM Sunday.

Residential Habilitation – Continuous Home:
Continuous Home is provided in a provider-controlled home with shift staff. Your provider teaches you skills for living independently and to do things in your community. Your provider helps you with activities of daily living, health maintenance, social and leisure skills, and supervision. This is a habilitative service.

Residential Habilitation – Host Home:
Host Home is provided in the home of an agency provider employee. You live with the employee and share daily life with the family in the home and community. Your provider teaches you skills for living independently and to do things in your community. Your provider helps you with activities of daily living, health maintenance, social and leisure skills, and supervision. This is a habilitative service.

Residential Habilitation – Shared Living:
Shared Living is provided in the home of an agency provider contractor. You live with the contractor and share daily life with the family in the home and community. Your provider teaches you skills for living independently and to do things in your community. Your provider helps you with activities of daily living, health maintenance, social and leisure skills, and supervision. This is a habilitative service.

Other Habilitation Services

Consultative Assessment:
Consultative Assessment helps you stay in your current services while keeping you, and others, safe. The provider observes you in your home and where you receive day services, does a behavioral assessment, and gives your team recommendations. Behavioral interventions are developed, used, evaluated, and revised as needed. This is a habilitative service.

Behavioral In-Home Habilitation:
Behavioral In-Home Habilitation is a short-term service for when you are having a severe mental health event or behavior that keeps you from your normal day activity. This service is provided in your home. Your provider helps you with activities of daily living, health maintenance, and supervision. This is a habilitative service.

Medical In-Home Habilitation:
Medical In-Home Habilitation is a short-term service for when you are having a severe medical event that keeps you from your normal day activity. This service is provided in your home. Your provider helps you with activities of daily living, health maintenance, and supervision. This is a habilitative service.
Supportive Services

Homemaker:
Homemaker helps with general household tasks, such as cooking, laundry, errands, and cleaning. This short-term service can be used when the person who usually does household tasks is not able to help. Homemaker does not include care or supervision. This service is available to people under the age of 21, because other DHHS services can meet this need for people age 21 and older. This service has a yearly limit of 520 hours.

Respite:
Respite is a short-term service you can use when you cannot care for yourself. Respite is temporary relief to the usual caregiver who lives with you. Your provider helps with activities of daily living, health maintenance, and supervision. This service has yearly limits of 240 hours on the DDAD waiver and 360 on the CDD waiver.

Transportation:
Transportation provides rides to and from waiver services, separate from transportation during services. Transportation should not replace other options available to you, such as rides from friends or family. Transportation cannot be used for rides to medical appointments because other DHHS services can meet this need.

Transitional:
Transitional pays the one-time expenses to help you move out of an ICF/DD, nursing home, or regional center. Transitional may include essential furniture, household supplies, security deposits, basic utility fees or deposits, or moving cost.

Assistive Technology:
Assistive Technology includes devices, equipment, and appliances to help you do things on your own so you need less help from other people.

Personal Emergency Response System (PERS):
PERS is an electronic device to help you contact someone in an emergency. The system is connected to your telephone and notifies a designated person or call center when you push a button.

Environmental Modification Assessment:
Environmental Modification Assessment is an evaluation to identify devices you need or changes that should be made to your home or vehicle. The assessment looks at your health and safety needs, how you access your community, and your independence. This service may be required before using Assistive Technology, Home Modifications, or Vehicle Modifications.

Home Modifications:
Home Modifications are changes to your home to make it easier and safer to get around and do things for yourself. Modifications should help you better access your home and need less help from other people.

Vehicle Modifications:
Vehicle Modifications are changes to your own vehicle to make it easier for you to travel without paid support. This service may be used for maintenance or repair of previous modifications. Changes must be needed so you can travel safely.
Choice! Flexibility! Control!

Now, you are ready to go! Your DD coordinator will help you create an Individual Support Plan (ISP) to meet your unique needs. A good plan will reflect choice, flexibility, and control. Make sure to consider all the possibilities!

**Choice!** Decide what supports you need. Select the individuals who support you. Choose with whom you spend your time.

**Flexibility!** Schedule your supports when and where you need them. Determine how much or how little support you receive. Design your plan based on your interests. Mix services and supports to meet your needs.

**Control!** Build upon your strengths and address your needs. Determine how your individual budget will be spent. Change your plan when needed.