

AACOG

Board of Directors Training



FEBRUARY 2016

**REQUIRED FOR ALL MEMBERS OF
AACOG'S BOARD OF DIRECTORS**

**(PER ATTACHMENT X OF
DADS CONTRACT WITH ALA
FOR FY 2016-2017)**

RELEVANT ACRONYMS



- **ALA:** Alamo Local Authority (for Individuals with IDD)
- **CDC:** Centers for Disease Control
- **CMS:** Center for Medicare & Medicaid Services
- **DADS:** Department of Aging and Disability Services
- **DSM-5:** Diagnostic and Statistical Manual, 5th edition
- **HHSC:** Health & Human Services Commission
- **IDD:** Intellectual and Developmental Disabilities
- **IPC:** Individual Plan of Care
- **LIDDA:** Local Intellectual & Developmental Disability Authority (previously known as the MRA or LA)
- **PNAC:** Planning Network Advisory Council

Intellectual Disabilities



* **Intellectual Disability: DSM-5 Definition**

An Intellectual Disability involves impairments of general mental abilities that impact adaptive functioning in three domains, or areas. These domains determine how well an individual copes with everyday tasks:

- The conceptual domain includes skills in language, reading, writing, math, reasoning, knowledge, and memory.
- The social domain refers to empathy, social judgment, interpersonal communication skills, the ability to make and retain friendships, and similar capacities.
- The practical domain centers on self-management in areas such as personal care, job responsibilities, money management, recreation, and organizing school and work tasks.

Intellectual Disabilities



- The disorder is considered chronic and often co-occurs with other mental conditions like depression, attention-deficit/hyperactivity disorder, and autism spectrum disorder.
- Traditionally, there are several more specific ID diagnoses based on IQ scores, including:
 - Mild ID: IQ score of 55-70
 - Moderate ID: IQ score of 35-54
 - Severe ID: IQ score of 20-34
 - Profound ID: IQ score below 20

Developmental Disabilities



- **Developmental Disabilities (DD's):** Per the CDC, DD's are a diverse group of severe chronic conditions that are due to mental and/or physical impairments.
- People with developmental disabilities have problems with major life activities such as communication/language, mobility, learning, self-help, and independent living skills.
- DD's begin anytime during development up to 22 years of age and usually last throughout a person's lifetime.
- DD's are more common now than ever before: About 1 in 6 children in the U.S. had a DD in 2006–2008. Over the last 12 years, the prevalence of DD's has increased 17.1%, with Autism diagnoses increasing by 289.5%.

Developmental Disabilities



- In the DSM-5, Autism Spectrum Disorder (ASD) is now used as the diagnosis to replace what was previously 4 different diagnoses: Autistic Disorder, Asperger's Disorder, Childhood Disintegrative disorder, or the "catch-all diagnosis" of Pervasive Developmental Disorder (not otherwise specified).
- People with ASD tend to have communication deficits, such as responding inappropriately in conversations, misreading nonverbal interactions, or having difficulty building friendships appropriate to their age.
- In addition, people with ASD may be overly dependent on routines, highly sensitive to changes in their environment, or intensely focused on inappropriate items.

Related Conditions



- In addition to a diagnosis of an Intellectual and/or a Developmental Disability, there is an extensive list of Related Conditions that can qualify a person to be eligible to receive services through the ALA.
- This list includes diagnoses such as Epilepsy, Cerebral Palsy, Down Syndrome, Multiple Sclerosis, Tourettes disorder, Huntingtons disease, Muscular Dystrophy and many others.
- For some programs, the individual must also have an IQ score of 75 or lower, coupled with a related condition, in order to be considered eligible.

Involved Governmental Agencies



- Federal Level: US Department of Health and Human Services; Center for Medicaid Services
- State Level: Texas HHSC; Department of Aging and Disability Services
- Local Level: LIDDA
 - * Bexar County: Alamo Local Authority for IDD
 - * Surrounding counties served by other LIDDAS, including Camino Real, Hill Country & Bluebonnet Trails
- Community Resources involved as well often include PNAC's; Advocacy groups (such as Disability Rights Texas & SALSA); Community Transit (ART & VIA Trans); Family Support groups; Charitable organizations; Food banks, etc.

Historical Context regarding supporting people with IDD's in Bexar County



- **1963:** Congress enacted the Community Mental Health and Mental Retardation Facilities Act
- **1966:** Bexar County Board of Trustees for Mental Health & Mental Retardation Services formed
- **1972:** MHMR began providing in-house IDD services
- **1997:** Texas recognized the MHMR's excellence by granting it Local Authority status
- **2002:** Texas designated the Center for Healthcare Services as the Mental Retardation Local Authority (MRLA) entrusting it with oversight of all state funded IDD community activities
- **2006:** AACOG was certified as the Bexar County Local Authority (ALA)

ALA's Role in Services



On September 1, 2006, AACOG was designated by the Texas Department of Aging and Disability Services (DADS) as the local mental retardation authority (MRA, which is now referred to as the LIDDA) for Bexar County.

The Alamo Local Authority for Intellectual & Developmental Disabilities, in accordance with the Texas Health and Safety Code (THSC), § 533.035 (a), to which the Health and Human Services Commission (HHSC) executive commissioner, delegated the state's authority and responsibility within a specified region for planning, policy development, coordination, resource development and allocation and for supervising and ensuring the provision of mental retardation (ID) services to persons with mental retardation (ID) or a related condition.

Current Philosophy towards supporting Individuals with IDD's



- Focus is now on “Person Centered Thinking and Planning” in which the individual (or legal guardian if applicable) is the key decision maker regarding the services and supports the individual wishes to receive in order to reach their desired goals
- Ensuring people are living in the least restrictive environment possible (while still maintaining their health and safety) and the corresponding push towards deinstitutionalization have been the driving forces behind the expanded options available today for individuals with IDD's.

Current Philosophy towards supporting Individuals with IDD's



- Increased community involvement and opportunities to contribute to society in ways such as voting, competitive employment, volunteerism and self-advocacy are also key in today's philosophy.
- Recent legislative changes went in effect 9/1/2015 regarding legal status/ guardianship and include the option of “supported decision-making” & a “Bill of Rights for the Ward”.
- These changes make guardianships harder and more expensive to obtain. They are intended to ensure all other possible alternatives have been explored before legal guardianship is granted, in an effort to ensure only those individuals that truly need a legal guardian receive one.

Cost Effectiveness regarding supporting Individuals with IDD's



- The cost per person to support an individual residing in the community is significantly lower than the cost to support that same person in an institutional setting.
- In 2009 (the most recent year that data's available), the average annual expenditure/person in TX for:
 - State institutions was \$145, 270
 - Medicaid-funded home and community-based services was \$39,125(An average difference of \$106, 145 per person)

Alamo Local Authority Services

- **Determination of an Intellectual Disability (DID)**
 - Psychological Evaluation and Testing
- **Consumer Benefits**
- **Home and Community Based Services Interest List**
- **Texas Home Living Interest List**
- **Community Living Options Information Process (CLOIP)**
- **Permanency Planning (those under age 22 and residing in institution/ group home)**
- **Preadmission Screening and Resident Review (PASRR)**
- **Outreach to educate residents about ALA services**
- **Program enrollment**
 - Intermediate Care Facilities (ICF/IID)
 - State Supported Living Center
 - General Revenue
 - Texas Home Living (TxHmL)
 - Home and Community Based Services (HCS)
- **Service Coordination (Targeted Case Management)**
 - General Revenue
 - Community First Choice
 - Texas Home Living (TxHmL)
 - Home and Community-Based Services (HCS)

ALA's Mission & Principles



Mission: The mission of the Alamo Local Authority is to ensure individuals with intellectual and developmental disabilities who live in Bexar County receive necessary quality services. Our core values include individual worth, quality, integrity, dedication, innovation, teamwork, education, and family.

Principles:

Consumer Choice: The development of a provider network will provide consumers with choice and access to services. The ALA will ensure choice, access, and best value.

Consumer Input: With input from consumers, families and other stakeholders in the community, the ALA will continue with the development of a network of providers.

Consumer Access: The ALA will provide consumers with convenient access to services.

Consumer Driven: Consumers are to be active partners with the ALA in treatment planning, policy-making, and local planning.

ALA and Eligibility



The ALA is one of 39 LIDDA's located throughout Texas. The ALA is located in San Antonio, Texas, and serves residents of Bexar County. San Antonio is the largest city within Bexar County and also the third largest city in Texas. According to current estimated census figures, the population of Bexar County is approximately 1.7 million.

Any resident (child or adult) of Bexar County, who is believed to have one or more of the following disabilities, may be eligible for services through the ALA:

- Intellectual and/or Developmental Disabilities
- Pervasive Developmental Disorder (i.e., Autism, Asperger's Syndrome)
- Persons with related conditions who are eligible for services in Medicaid programs operated by DADS
- Nursing facility residents who are eligible for specialized services due to intellectual and developmental disabilities or a related condition
- Children who are eligible for services from the Early Childhood Intervention Interagency Council (ECI)

General Revenue Program



- * The **adult** personal budget/IPC is capped at **\$4,000 per fiscal year**
- * The **child** (under age 18) budget/IPC is capped at **\$2,000 per fiscal year**
- * A family's "Monthly Ability to Pay", or their ability to contribute to the funding of the requested services, is taken into consideration for individuals in the GR program.
- * Individuals in the GR program may or may not have Medicaid.

General Revenue (GR) Services



- **Service Coordination** - linking consumer and/or family to needed resources and authorizing services and supports chosen by the consumer.
- **Community Support** - provides one-on-one skills development training for consumers in a community setting.
- **Respite** - providing a temporary break for unpaid caregivers & consumer
**In home, as well as out of home, including CAMP and Serenity House*
- **Employment Assistance** - providing supports and training to find a job in the community.
- **Day Habilitation** - provides skills development training in a group setting.
- **Behavioral Support** - provides specialized interventions by professionals with required credentials to assist a consumer to increase adaptive behaviors and to replace or modify maladaptive behavior.
- **Specialized Therapies** - provides assessment and treatment by licensed or certified professionals. (Physical Therapy, Occupational Therapy, Speech Therapy, Applied Behavior Analysis)

Texas Home Living (TxHmL) Program



- * The Texas Home Living program is a Medicaid waiver program which provides essential services and supports to people with IDD's who live either in their family homes or their own homes.**
- * The TxHmL Individual Plan of Care (IPC) cost cap is \$17,000 per year and the individual gets to choose which services they would like their funds to provide for them.**
- * All Individuals in the TxHmL program have Medicaid & reside in an Own Home/ Family Home setting.**

TxHmL Services

- Service Coordination
- Respite
- CFC Personal Assistance Services/ Habilitation
- Day habilitation
- Behavioral support
- Employment assistance
- Supported employment
- Nursing
- Adaptive aids
- Minor home modifications
- Dental treatment
- Specialized therapies
 - Audiology
 - Dietary
 - Speech/language Therapy
 - Occupational Therapy (OT)
 - Physical Therapy (PT)

Home and Community-Based Services (HCS) Program



The HCS program is a Medicaid waiver program that provides individualized services and supports to persons with intellectual and developmental disabilities who are living with their family, in their own home or in other community settings, such as small group homes or in a host home/ companion care setting.

The Individual Plan of Care (IPC) for the HCS program commonly reach \$40,000-\$60,000 per year, but can go well over \$100,000 annually depending on the level of care an individual needs.

***All Individuals in the HCS program have Medicaid and have 4 different residential options available to them.**

HCS Services

- Service Coordination
- Adaptive aids
- Dental treatment
- Minor home modifications
- Specialized therapies
 - Audiology
 - Cognitive Rehabilitation Therapy
 - Dietary
 - Speech/language Therapy
 - Occupational Therapy
 - Physical Therapy
 - Social work
- Nursing
- Respite
- Behavioral Supports
- Day habilitation
- Employment Assistance
- Supported Employment
- Residential assistance
 - CFC Personal Assistance Services/Habilitation
 - Host Home/Companion Care
 - Supervised Living
 - Residential Support Services

Pre-Admission Screening and Resident Review (PASRR)



PASRR is a federally mandated program that is applied to all individuals seeking admission to a Medicaid-certified nursing facility to identify:

- Individuals who have one of the following:
 - Mental illness (MI)
 - Intellectual Disability (ID)
 - Development Disability (DD)
- Appropriateness of placement
- Eligibility for specialized services

Range of Environments in which IDD services may be delivered



Depending on the program that the individual is enrolled in, they may reside in one of the following settings:

- **Group Home (with no more than 4 residents)**
- **Host Home/ Companion Care Home**
- **Their Own Home**
- **Family's Home**
- **Nursing Facilities**
- **Intermediate Care Facilities, such as the State Supported Living Center (San Antonio SSLC is 1 of 13 SSLC's in TX)**
- **Respite Care, as needed**

Range of Environments in which IDD services may be delivered



During the day, these individuals may choose to participate in various activities in settings such as:

- Public/ Private schools
- Day Habilitation Programs
- Day Activity and Health Services
- Volunteering
- Paid Employment
- Camp (most often during the summer months)
- May also choose not to participate in any of the above

2015 was a very busy year...



In 2015, the ALA provided services as follows:

- Over 2100 individuals supported in the Home & Community- based Services program
- Over 500 individuals in the Texas Home Living program
- Over 470 individuals in the General Revenue program
- Over 300 individuals in other ALA programs, such as PASRR, CFC, CLOIP and COS
- Psych staff has completed/endorsed a large volume of DID's (Determination of Intellectual Disability reports)
- Intake and Eligibility Department has assisted nearly 1300 individuals in the last 3 months of 2015 alone

2016 is expected to be just as busy as we carry on with our mission!

Expectations for 2016...



- We anticipate **2016 will be even busier** than last year due to several factors, such as:
 - a. Continued growth & expansion in San Antonio area
 - b. Increased community awareness of ALA services
 - c. Changing climate of social services at the state level
 - d. Momentum building behind movement towards deinstitutionalization
 - e. Ongoing HHSC Consolidation
 - f. Expanding role of Managed Care Organizations

Resources/ Works Cited



RESOURCES:

- Alamo Local Authority (ALA): www.aacog.com/ala
- Department of Aging and Disabilities Services (DADS): www.dads.state.tx.us
- Health and Human Services Commission(HHSC): www.hhsc.state.tx.us
- Center for Medicare & Medicaid Services (CMS): www.cms.gov

WORKS CITED:

- <http://www.dsm5.org>
- <http://www.cdc.gov/ncbddd/developmentaldisabilities/index.html>
- <http://www.aacog.com/index.aspx?nid=310>
- APA_DSM-5-Autism-Spectrum-Disorder.pdf
- <https://www.ncd.gov/publications/2012/DIToolkit/Costs/inDetail>