



Community Integration Services

Service Options Waiver Training

Applicable to:

- **Developmental Disability Waiver**
- **Acquired Brain Disorder Waiver**
- **In Home Supports Waiver**

DD/ABD/IHS Waiver Services: Community Integration Services (CIS)

2

Waiver Definition



Community Integration Services are designed to support, enhance, or enable an individual's level of functioning, independence, and life activities to promote health and wellness as well as reduce or eliminate the activity limitations and restrictions to participation in life situations caused by a disability.

How Does This Help Me Achieve My Goals?



Community Integration Services are designed to help individuals improve their daily life skills, independence, and overall well-being. It aims to promote health and wellness while reducing any limitations caused by a disability. Services include:

- Water safety training.
- Community-based camperships.
- Passes or memberships for community activities, provided they address specific assessed needs.

Community Integration Services Scenario



Background

Sally is a 40-year-old woman diagnosed with cerebral palsy. Her disability affects her muscle tone and core strength, making it difficult for her to perform daily activities and maintain balance. Sally lives with her family, who are very supportive and actively involved in her supports. After consulting with her support team, it was determined that Sally has a need for muscle tone development and core strength improvement. Sally and her family believe that therapeutic horseback riding would be an appropriate intervention to address these needs.



Accessing and Using the Service

Sally and her service coordinator researched various therapeutic programs and found a local center that offers therapeutic horseback riding specifically designed for individuals with physical disabilities. The program, led by a credentialed instructor specializing in activity-based programming to improve muscle tone and core strength, began with an initial assessment to evaluate Sally's physical abilities, discuss her goals, and develop a personalized riding plan. This plan included weekly sessions where Sally engaged in tailored exercises and activities while riding the horse. Starting with basic riding skills to help her get comfortable, the sessions progressively focused on improving her balance, posture, and muscle strength through various techniques, such as riding in different positions and incorporating therapeutic games to keep the sessions engaging and effective.



Outcome of the Service

After several months of participation in the therapeutic horseback riding program, Sally and her family noticed significant improvements. Her muscle tone had increased, and her core strength was much better, allowing her to perform daily activities with greater ease. Sally also experienced improved balance and coordination, which reduced her risk of falls. The therapeutic horseback riding sessions had a positive impact on Sally's mental health. The bond she developed with the horse and the supportive environment of the riding center contributed to her overall happiness and quality of life.

*All examples are illustrative and not based on individuals supported.

Service Limits and ISA Requirements

4

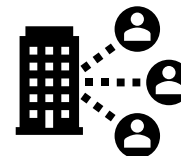
Service Limit

**Annual limit of \$8,000
Services over \$2,000 will
require a licensed health
practitioner
recommendation**

- **Available Remotely – Yes**
- **Acute Care - No**

ISA Requirement(s)

Individual service agreement (ISA) will specify the following:
1) The service; 2) The name of the healthcare practitioner recommending the item (for single services \$2,000 and over); 3) An evaluation or assessment regarding the appropriateness of the service; 4) A goal related to the use of the service; Community Based Campership is outlined in the Individualized Service Agreement and based on an assessed need as determined by the individual's disability.



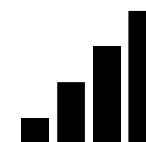
Remote Services

When a service can be offered **remotely**, it means you don't have to be **physically present** at a specific location to use it.



Acute Care

When services can be accessed in **acute care**, it means that individuals who are in a **hospital or another urgent care facility** can still **receive these important services**.



Service Limits

When waived services have limits, it means there are **specific restrictions or caps** on the types, amounts, or costs of services that can be provided under a waiver program.