



## **Wellness Coaching**

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### **Service Options Waiver Training**

#### **Applicable to:**

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

## DD Waiver Definition



**Wellness Coaching services include planning, directing, coaching, and mentoring individuals with disabilities in community based, inclusive exercise activities in accordance with the recommendations of a licensed recreational therapist or a certified personal trainer. This includes:**

- Specific goals outlined in the individual's service agreement which are developed by a Wellness Coach, including activities that are carried over into the individual's home and community.
- A demonstration by a Wellness Coach on exercise techniques and form, to include observation of individuals and explanation to them of corrective measures necessary to improve their skills.
- Collaboration between a Wellness Coach and the individual, their family and other caregivers, and with other health and wellness professionals as needed.

## How Does This Help Me Achieve My Goals?



**Wellness Coaching supports the planning, leading, and coaching of individuals with disabilities in inclusive community exercise activities, following the advice of a licensed recreational therapist or a certified personal trainer.**

# DD Waiver Services: Wellness Coaching

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## Wellness Coaching Services Scenario



### Background

Sarah lives independently in an apartment in a suburban area. She works part-time at a local café and enjoys attending community events. Sarah has a developmental disability that impacts her fine motor skills and social interactions, and she is committed to maintaining an active and healthy lifestyle.



### Accessing and Using the Service

Sarah discovered the Wellness Coaching service through her Service Coordinator and decided to explore it further. She scheduled an initial consultation with a Physical Therapist at her local Community Wellness Center. During the consultation, the therapist assessed Sarah's physical abilities, interests, and wellness goals. They discussed her desire to improve fitness, engage in social activities, and learn new skills. Based on the assessment, the therapist developed a wellness goal for Sarah, which detailed how she would improve flexibility and fine motor skills. Sarah then worked with her Service Coordinator to include the goal in her service agreement.



### Outcome of the Service

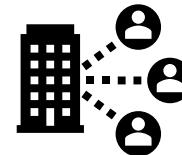
Sarah's fine motor skills improved a lot over time. She started doing daily stretching and hand exercises, which made her hands more flexible. Reaching her fitness goals made Sarah feel proud and increased her self-esteem. Regular exercise and socializing made her happier and healthier overall. With the help of wellness coaching, Sarah became more active and fulfilled, receiving the support she needed to thrive both physically and emotionally.

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

# Service Limits and ISA Requirements

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Service Limit	ISA Requirement(s)
<p><b>DD/ABD - \$5,000 per year</b> <b>IHS – 100 hours per calendar year</b></p> <ul style="list-style-type: none"><li>• <b>Available Remotely</b> – No</li><li>• <b>Acute Care</b> - Yes</li></ul>	<p><b>Identifies the desired wellness goals and outcomes for the individual over the coming year.</b></p>



## 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 waivered 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.