

# Massachusetts Rehabilitation Commission

COMMUNITY LIVING PROGRAMS AND  
SERVICES

# MRC Mission

- The purpose of the Massachusetts Rehabilitation Commission is to provide comprehensive services to people with disabilities that will maximize their quality of life and economic self-sufficiency in the community.
- This is accomplished through multiple programs in the three service delivery areas:
  - Employment Services (Vocational Rehabilitation)
  - **Community Living Services (Independent Living)**
  - Disability Determination Services

# MRC Population

- MRC serves individuals with all types of disabilities.
- The services provided are based on the individual's needs rather than the disability.

# Community Living Division

- ▶ The MRC Community Living Division is comprised of a variety of programs, supports, and services that address the diverse needs of adults and transition age youth with disabilities to fulfill their desire/need for community integration, to gain maximum control of their destiny, and to participate fully in their community.

# Community Living: Programs

- ▶ **Independent Living & Assistive Technology**
- ▶ Transition Services
- ▶ Home Care Assistance Program
- ▶ Community Based Services
  - ❖ Statewide Head Injury Program
  - ❖ Acquired Brain Injury (ABI) & Moving Forward Plan Waiver Programs
- ▶ Protective Services
- ▶ Housing

# Independent Living & Assistive Technology Dept.

## ▶ Independent Living Centers

- ❖ The Massachusetts Rehabilitation Commission contracts with ten **Independent Living Centers (ILCs)** across the state, serving people with disabilities of all ages regardless of the type of disability. At least 51% of the board and staff of ILCs are persons with disabilities. **ILCs** provide Peer Counseling, Skills Training, Information and Referral, Advocacy, assist individuals transitioning to the community, community services and more.

**For further information call (617) 204-3851.**

# Independent Living & Assistive Technology Dept.

## ► Supported Living Program

- ❖ Supported Living provides case coordination services to individuals with a physical disability and an additional secondary disability
- ❖ Services assist individuals in managing and organizing their day-to-day life, including PCA management
- ❖ Services are available to adults as well as students transitioning from special education. The program works closely with staff of special education departments to coordinate services for graduating students who need MRC's supported living services

For more information call (617) 204-3851

# Independent Living & Assistive Technology Dept.

## ► Transition to Adulthood Program

- ❖ The Transition to Adulthood (TAP) program helps students with disabilities prepare for the transition from special education to adult community living.
- ❖ Services are provided by Independent Living Centers for students ages 14 - 21 regardless of their type of disability.
- ❖ Students attend public, private, and residential schools throughout Massachusetts.



# Independent Living & Assistive Technology Dept.

## Transition to Adulthood Program (continued)

- ▶ Experienced skills trainers, who themselves have a disability, provide advocacy, skills training, and peer counseling.
- ▶ Exposure to adult peer role models and skills training helps students develop the skills and self-confidence to take on the responsibilities of living independently in the community of their choice.

For more information call (617) 204-3851

# Independent Living & Assistive Technology Dept.

## ▶ Assistive Technology – Independent Living

- ▶ The AT-IL program provides Assistive Technology devices and services to individuals with severe disabilities so that they may maximize control over their environment and achieve self-determined independent living goals.
- ▶ The program provides assessments, purchase and set-up of equipment, training and follow-up.
- ▶ Individuals must meet financial eligibility requirements

For more information call (617) 204-3851

# Independent Living & Assistive Technology Dept.

## ► MassMATCH

The **MassMATCH** program helps individuals learn about and obtain AT services to enhance the independence of people with disabilities. This is done through Assistive Technology Regional Centers and other partners. The program provides:

- ❖ Device Demonstrations
- ❖ Short-term Device Loans
- ❖ Long-term Device Loans
- ❖ AT Loan Program (for financial loans) see [www.massATLoan.org](http://www.massATLoan.org)
- ❖ Device Exchange – see <https://getatstuff.massmatch.org>
- ❖ DME Reutilization programs – such as REquipment – see [www.dmerequipment.org](http://www.dmerequipment.org)

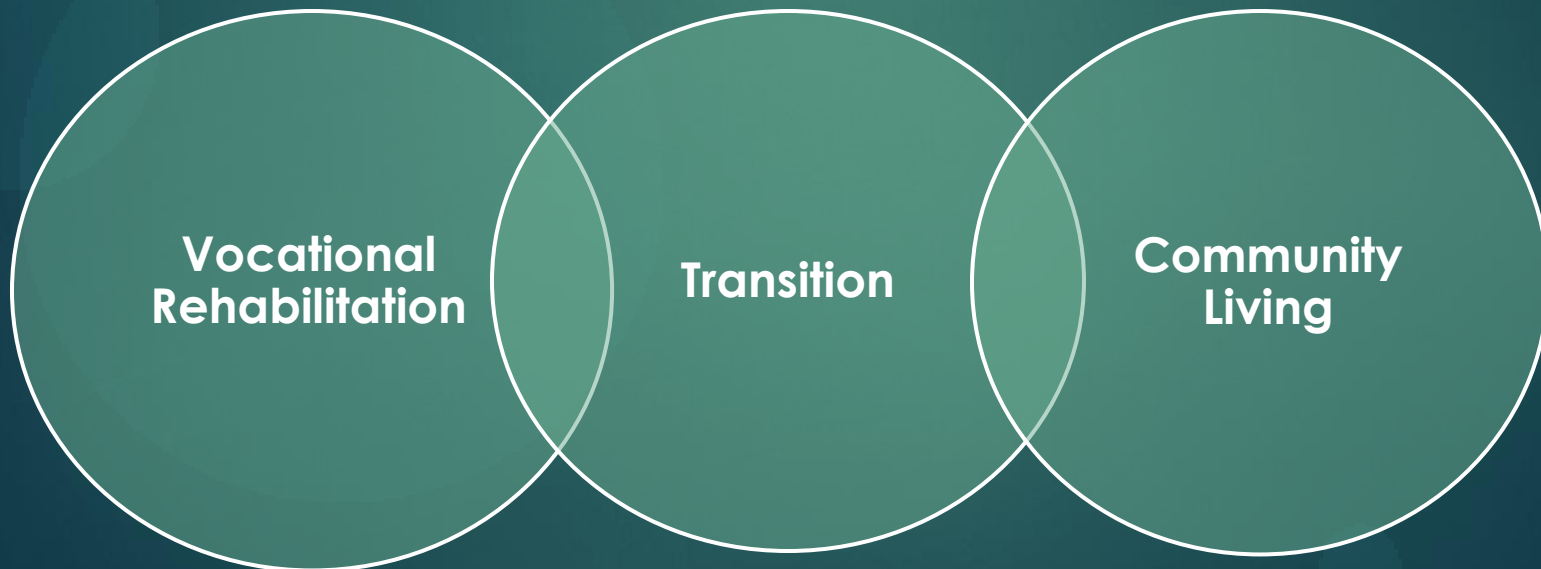
For more information see [www.massmatch.org](http://www.massmatch.org)

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- ▶ Housing

# Transition at MRC

- ▶ Statewide Transition Services helps to oversee the coordination and collaboration of services for students and youth across programs in VR and CL
- ▶ MRC works with students and youth:
  - ▶ Support for training, education, interagency collaboration and communication across the agency



# Transition Services for Students and Youth

## ▶ Vocational Rehabilitation

- ▶ Counseling, Supports and Services
- ▶ Employment Transition Services
- ▶ WIOA Family Support Project
- ▶ Youth Summer Internships
- ▶ Transition Internship Program (TIP)
- ▶ Student Benefits Counseling
- ▶ Transition Pathway Services Demonstration Project

## ▶ Community Living

- ▶ Supported Living Program
- ▶ Youth Leadership Forum/Youth Leadership Network
- ▶ Transition to Adulthood Program (TAP)
- ▶ Statewide Head Injury Program (SHIP)
- ▶ Chapter 688 Unit

# Transition Services for Students and Youth

- ▶ Chapter 688 Unit
  - ▶ Processes eligibility for and connects students with significant disabilities who are transitioning out of special education into the adult world of community life and employment.
  - ▶ Students are:
    - ▶ Receiving Special Education services (not an IEP) paid for by local school district
    - ▶ In need of continuing adult services upon graduation or upon turning 22 due to disability
    - ▶ Unable to work 20 hours/week or more in competitive, non-sheltered, non-supported employment at the time the referral is made

# Transition Services for Students and Youth

- ▶ For questions regarding MRC transition services, chapter 688, TPS grant, family and school relationships contact:
- ▶ **Jennifer Stewart, Statewide Transition Director**  
[Jennifer.stewart@massmail.state.ma.us](mailto:Jennifer.stewart@massmail.state.ma.us)



# Community Living: Programs

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# Home Care Assistance Program

- ▶ **The Home Care Assistance Program (HCAP)** provides homemaking services – assistance with grocery shopping, meal preparation, light housecleaning, and laundry – to adults with disabilities whose ability to continue living in the community is at risk without such assistance.

# Home Care Assistance Program

- ▶ To be eligible, individuals must be between the ages of 18 and 59, living alone (or, if with others, they are also unable to perform tasks), have a medically documented disability/functional limitations, and meet financial eligibility criteria.
- ▶ The application process, including collecting medical information and conducting an in-home assessment can take up to two months
- ▶ Due to funding limitations, there is often a waiting list for services. Individuals are placed on the wait list in order of the date they are determined eligible.

*For further information, call:*

**(617) 204-3853 OR (800) 223-2559.**

# Community Living: Programs

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# Community Based Services

CBS provides community support and services for individuals with brain injuries (BI) and a variety of disabilities who want to live in the community.

The Department Programs include:

## **Statewide Head Injury Program (SHIP)**

Nursing Home Initiative (NHI) (Rolland Services)

Traumatic Brain Injury in Elders (TBI) Grant

Traumatic Brain Injury Waiver

## **ABI/MFP Waiver Programs**

# What Does Community Based Services (CBS) Do?

- ▶ Help individuals transition out of nursing facilities
- ▶ Provide services to help people stay in the community (diversion)
- ▶ Support individuals to recover from devastating trauma or illness
- ▶ Provide home modifications
- ▶ Provide case management to help individuals and families negotiate the system
- ▶ Help individuals start to think about working and education
- ▶ Operate three Home and Community Based Services (HCBS) Waivers for MassHealth

# What Are HCBS Waivers?

- ▶ A HCBS (Home and Community Based Services) or 1915(c) waiver allows the State to waive (put aside) certain requirements that otherwise apply to the Medicaid program. This allows the state flexibility to move services to the community and to define:
  - ▶ The target group of Medicaid beneficiaries to serve
  - ▶ The services available to the target group, including any limits to those services
  - ▶ The maximum number of participants who will be served

# What Are HCBS Waivers?

## (continued)

- ▶ **Waiver services complement and supplement:**
  - ▶ Other services available through the Medicaid State plan
  - ▶ Other Federal, State and local programs
  - ▶ Informal care provided by families and friends
- ▶ Non-duplicative services can be “layered” to provide a full range of service options.
- ▶ MRC operates 3 HCBS Waivers, all in the Community Based Services Department:
  - ▶ **In SHIP:**
    - ▶ Traumatic Brain Injury (TBI) Waiver
  - ▶ **In ABI/MFP:**
    - ▶ Acquired Brain Injury Non-Residential (ABI-N) Waiver
    - ▶ Moving Forward Plan Community Living (MFP-CL) Waiver
- ▶ All three waivers bring revenue into the Commonwealth general fund.



# Community Living: Programs

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# STATEWIDE HEAD INJURY PROGRAM

- ▶ Established in 1985, SHIP supports individuals with traumatic brain injury and their families to access services in the community that maintain or enhance independence in the home, community or at work.
- ▶ SHIP serves individuals of ALL AGES
- ▶ Funds for SHIP services come from several different sources
  - ▶ State Appropriation for individuals with Traumatic Brain Injury
  - ▶ Trust Fund
    - ▶ DUI Surcharge
    - ▶ Speeding Ticket Surcharge
  - ▶ Traumatic Brain Injury Waiver
    - ▶ Provides primary funding for 100 individuals within SHIP who meet clinical and financial eligibility requirements, and who are at risk of institutionalization without funding

# Who is Eligible for SHIP Services?

- ▶ Eligibility Criteria:
- ▶ Residents of Massachusetts (regardless of age) with:
  - ▶ A documented externally caused traumatic brain injury (TBI) and
  - ▶ Significant impairments of behavioral, cognitive and/or physical functioning resulting primarily from the externally caused TBI and
  - ▶ The individual must be able to demonstrate their ability and willingness to participate in community based services.

**There is no financial eligibility criteria for SHIP**

# SHIP Application Process

Contact SHIP for an application:

(617) 204-3852 or (800) 223-2559 (toll free)

OR

(617) 204-3817 (TDD) or Email: [shipu@state.ma.us](mailto:shipu@state.ma.us)

- ▶ ***Submit Application***
- ▶ ***Gathering Medical Records:***
  - ▶ Upon receipt of signed releases, SHIP will collect medical and related records to document the occurrence of a TBI and/or treatment of a head injury
- ▶ ***Clinical Eligibility Determination:***
  - ▶ CBS Consulting Neuropsychologist reviews completed applications to determine eligibility
- ▶ ***Need Assessment Evaluation:***
  - ▶ Applicants that are found eligibility will be contacted by a SHIP Regional Coordinator to conduct an in-person Needs Assessment evaluation

# What Services are Available through SHIP?

## ▶ **Skills Training:**

- ▶ Needs assessment, service coordination, exploration of resources such as public benefits, and develop strategies for daily life and activities; help to use and maintain skills for daily life, such as shopping, cooking, banking, and housekeeping.

## ▶ **Residential Services:**

- ▶ Provided in a group home setting for more than one individual. Supervision and support is provided around the clock. Availability is very limited due to funding.

## ▶ **Shared Living:**

- ▶ A 24/7 residential model of supports provided in an identified caregiver's home. Availability is limited due to funding.

## ▶ **Regional Service Centers:**

- ▶ SHIP operates community-based service centers in the state to serve eligible consumers. These Centers provide support and opportunities for people with brain injury to enrich their lives, develop personal skills and competencies, and participate in their communities.

# SHIP Services (continued)

- ▶ **Worcester Community Center:**
  - ▶ A model program based on the clubhouse model, providing member-driven programming focused on employment/pre-employment, engagement and peer interaction
- ▶ **Other Social/Recreation Programs**
  - ▶ These offer a range of different activities for adults across the state
- ▶ **Adult Companion:**
  - ▶ Provides companionship and social activities. This service also allows a caregiving family breaks or “off-time”.
- ▶ **Respite Services**
  - ▶ Offers a break for family members or primary caregivers
- ▶ **Family Assistance Program**
  - ▶ Addresses the needs of the families and significant others who are living with individuals with traumatic brain injury.



- ▶ **Substance Abuse Services**

- ▶ SHIP can provide limited financial support for specialized residential substance abuse rehabilitation support.

- ▶ **Technical Assistance regarding TBI**

- ▶ Available to schools, other state agencies, private non-profit programs supporting individuals with head injuries.

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# Acquired Brain Injury and Moving Forward Plan Waivers

- ▶ The **ABI** and **MFP** Waiver programs include 2 sets of home and community-based waivers, designed to transition and support individuals with ABI from skilled nursing facilities (SNF) and other long-stay hospital settings into community placements.

# Acquired Brain Injury and Moving Forward Plan Waivers (continued)

- ▶ The two ABI waivers are:
  - ▶ Acquired Brain Injury Non-Residential Habilitation (ABI-N)
  - ▶ Acquired Brain Injury Residential Habilitation (ABI-RH)
- ▶ The two MFP waivers are:
  - ▶ Moving Forward Plan Community Living (MFP-CL)
  - ▶ Moving Forward Plan Residential Services (MFP-RS)
- ▶ ***MRC operates the two community waivers, one from each pair:***

**ABI-N and MFP-CL**

# Acquired Brain Injury (ABI) & Moving Forward Plan (MFP):

## Residential Waivers

- ▶ MFP Residential Supports (MFP-RS) Waiver – DDS
  - ▶ Participants require supervision and staffing 24/7 and receive services in provider-operated and staffed settings
  - ▶ DDS Service Coordinators coordinate waiver services
- ▶ ABI Residential Habilitation (ABI-RH) Waiver – DDS
  - ▶ Participants require supervision and staffing 24/7 and receive services in provider-operated and staffed settings
  - ▶ DDS Service Coordinators coordinate waiver services

# Acquired Brain Injury (ABI) & Moving Forward Plan (MFP):

## Community Waivers

### **MFP Community Living (MFP-CL) Waiver – MRC**

- ▶ Participants do not need 24 hour supports or supervision
- ▶ Includes a limit of 84 hours per week of in-home supports, e.g., personal care services, homemaking, etc.
- ▶ MRC Case Managers coordinate waiver services

### **Acquired Brain Injury Non-Residential Habilitation (ABI-N)**

- ▶ Participants do not need 24 hour supports or supervision
- ▶ Includes a limit of 84 hours per week of in-home supports, e.g., personal care services, homemaking, etc.
- ▶ MRC Case Managers coordinate waiver services

# Waiver Eligibility

To qualify for the waiver, an individual must.....	ABI	MFP
Have an ABI* that was sustained at age 22 or older	✓	
Be a disabled adult OR be age 65 or older	✓	✓
Have been living in a facility for at least 90 days	✓	✓
Meet clinical level of care requirements	✓	✓
Need available waiver services	✓	✓
Meet financial requirements to qualify for MassHealth Standard	✓	✓
Be able to be safely served in the community	✓	✓

\*Some examples of ABIs that qualify are brain injuries resulting from stroke, brain trauma, infection of the brain, brain tumor or anoxia. This list is not exhaustive. Dementia-type conditions do not qualify.

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# Protective Services

- ▶ Under the authority and oversight of the Disabled Persons Protection Commission and per M.G.L. chapter 19c, the **Massachusetts Rehabilitation Commission Protective Service Program** conducts civil investigations of allegations of abuse such as acts of physical, sexual, emotional, verbal abuse and omission by a caregiver of a person with a physical disability between the ages of 18 and 59.

# Protective Services

- ▶ Protective services are provided to prevent further injury when it is determined that the abused individual was seriously injured as a result of an act and/or omission by the caregiver.
- ▶ Protective Services offered to the abused individual are voluntary and short term, and are targeted to maintain the safety and independence of the individual.

To file a report of abuse to a person with a disability, the **Disabled Persons Protection Commission Hotline can be contacted, 24 hours a day, 7 days a week at (800) 426-9009.**



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# Housing

## ▶ Home Modification Loan Program

- ▶ This program provides loans to modify the primary, permanent residence of elders, adults with disabilities and families with children with disabilities to improve accessibility or to allow the beneficiary to live independently in the community.
- ▶ For more information, please visit <https://cedac.org/hmlp/>

# Housing

- ▶ The **Community Based Housing Program**
  - ▶ Provides capital funding for the development of integrated housing for people with disabilities, with priority for individuals who are in institutions or at risk of institutionalization. Units are subsidized for people with low incomes.
  - ▶ If you work with eligible tenants and would like to receive notification of these units, please email [Courtenay.Loiselle@state.ma.us](mailto:Courtenay.Loiselle@state.ma.us)