

Glossary

DADS: Texas Department of Aging and Disability Services
TDFPS: Texas Department of Family and Protective Services
CMS: Centers for Medicare & Medicaid Services
HCS: Home & Community-based Services
ICF-MR: Intermediate Care Facility for Mental Retardation
TxHmL: Texas Home Living Waiver
DB-MD: Deaf-Blind/Multiple Disabilities Waiver
LAR: Legally Authorized Representative
MRA: Mental Retardation Authority
IDT: Inter-Disciplinary Team
PDP: Person-Directed Plan
IPC: Individual Plan of Care
LOC: Level of Care
LON: Level of Need
MARS: Medical Administration Record Sheet
CARE: Client Assignment & Registration System
MRRC: Mental Retardation Related Conditions
ICAP: Inventory for Client/Agency Planning
SSI: Social Supplementary Income
CS: Community Support
FC: Foster Care
SL: Supervised Living
RSS: Residential Service Support
SE: Supported Employment
OT: Occupational Therapy
PT: Physical Therapy
AA: Adaptive Aids

For additional information, please contact:

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1-800-299-5161
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Home & Community-based Services (HCS)

Explained



Daybreak Overview

Daybreak Community Services, Inc. was founded in 1997 to provide community-based services to individuals with developmental disabilities. Daybreak is contracted by the Texas Department of Aging and Disability Services (DADS) to provide services through the Home and Community-based and Texas Home Living programs. Additionally, Daybreak is a provider of the Deaf-Blind/Multiple Disabilities services with the DADS. Daybreak provides these Medicaid services in Burlison, Lubbock, Wichita Falls, Mexia, Fort Worth, Irving, Dallas, Abilene, San Angelo, Amarillo and surrounding areas.

Daybreak is committed to providing innovative supports and community services to people with disabilities. With a solid foundation, Daybreak is able to withstand changes, while continuing to provide environments in which each person may make and achieve goals. This allows each person to experience community life to the fullest.

Jeanne Page, Daybreak CEO, has an extensive history in the development and management of community-based services for individuals with mental retardation in both public and private settings. The management team has an average of over 20 years experience each and a combined 175 years of experience in developing and managing programs for people with disabilities.

Daybreak has developed this plain language handbook to share helpful information about the services we provide with the individuals we serve and their families.

What is the HCS Program?

HCS stands for Home and Community-based Services. HCS is a **Texas Medicaid program** that will help you live in the community by giving you certain services you may need to stay well and happy.

You must be eligible for ICF-MR services to get HCS services. If you are eligible, persons or companies called **HCS Providers** are available to provide the services to you in the town you choose. You can choose the provider you wish to give you the services you need. Daybreak is an HCS Provider and can give you the services you need.

These services can be provided in your own home, your family's home, a foster care home where you live with another family, or a home in the community where you live with two or three other people.

In the HCS program, you pay for your room and board with your SSI check and HCS pays for the other services that you need. HCS pays only for certain types of services depending on if you need them or not. The HCS services are listed below:

- Case Management
- Supported Home Living (SHL)
- Foster Care (FC)
- Supervised Living (SL)
- Residential Support Services (RSS)
- Psychology
- Occupational Therapy
- Physical Therapy
- Speech Therapy
- Social Work
- Nursing
- Audiology
- Dietary
- Dental
- Adaptive Aids
- Day Habilitation
- Supported Employment
- Minor Home Modifications
- Respite



HCS services can be provided for you as follows:

CASE MANAGEMENT is a service you get to help you decide your wants and needs. Your case manager meets with you at least once a month and helps you change your plan as your needs or wants change. Your plan will be monitored at least quarterly to make sure it is working for you and meeting your needs.

COMMUNITY LIVING SERVICES:

Supported Home Living (SHL) services that help you stay in your own home or family home. You or your family can choose when services are needed. Staff can take you places, help you learn new things and help you with medical issues.

Foster Care (FC) is a service where you live with a family or individual who will provide the services you need. A foster care provider will assist you with learning new things, medical issues and helping you go the places you want. You will need to be independent enough to be safe without constant supervision.

Supervised Living (SL) is where you live in a group home with 2 other people, however, the staff can be allowed to sleep during the night. Staff will support you in learning new things, taking you places and helping you with your medical needs.

Residential Support Services (RSS) are where you live in a group home with 3 other people and you need assistance 24 hours a day. Staff will support you in learning new things, taking you places and helping you with your medical needs.

SPECIALIZED SERVICES:

Psychology is provided when you need someone to talk to or help deal with emotions that you are unable to cope with yourself.

Occupational Therapy is provided for you when a doctor believes a therapist can help you with adaptive equipment or therapy.

Physical Therapy is provided when a doctor believes direct therapy or adaptive equipment is needed to help you with such things as walking.

Speech Therapy is provided when a doctor believes you need help letting others know what you need.

Social Work assists you in handling personal problems and relationships with other people.

HEALTH SERVICES:

Nursing is provided to help you stay healthy. Nurses will talk with doctors, help you understand your medical needs, and make sure all medical needs are met. Your health will be checked by a nurse, as needed.

Audiology is provided when a doctor believes you need specialized help with your hearing.

Dietary services are provided when you need/want some extra help with losing or gaining weight or need a specialized diet (such as diabetic diet) to help you stay healthy.

Dental services are provided so you can see a dentist as needed. This program provides for care costing up to \$1000.00 a year.

Adaptive Aids are provided when a therapist and/or doctor believes that you need a specific item to help you. These items could include multivitamins, gloves, glasses, etc.

OTHER SERVICES:

Day Habilitation provides activities for you during the day. Staff will help you in learning to make friends, assisting with therapies, going places you would like to go, etc.

Supported Employment can be provided by staff to help you keep your job.

Minor Home Modifications can be provided when you need a modification to your home to help you continue to live there. Modifications could include installing rails in a bathroom, widening a door for a wheelchair, etc. The modification must be approved by TDMHR and by a therapist and/or doctor before the work is done.

Respite is provided when you receive supported home living services. This service is provided for a short time in your home, a Daybreak group home, or a respite provider's home.

REFERENCES:

Daybreak Home Page
www.daybreak-hcs.com
1-800-299-5161

Texas Dept. of Aging & Disabilities Home Page
www.dads.state.tx.us
512-206-5700

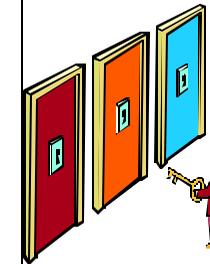
Home & Community Services Program Information Sheet
www.dads.state.tx.us/business/mental_retardation/txhtml/TxHmLdesc.pdf
1-800-252-8154

Private Providers of Texas (PPAT)
www.ppat.com
512-452-8188

Texas Association on Mental Retardation (TAMR)
www.tamr-web.com
512-349-7470

Your Enrollment In HCS

- ❑ **Once you become eligible** for the HCS program (this is called getting a slot), your local MHMR will call you or your family.
- ❑ **The Local MHMR Center** will give you a list of all the HCS providers in your area. You will be able to interview any of the providers you are interested in. You may change providers at anytime after enrollment.
- ❑ **When you call Daybreak**, you will be able to set up a meeting to discuss your needs. During the meeting, you and your family will have all your questions



- answered about being a part of the Daybreak family.
- ❑ **You will meet** with a Service Coordinator from the local MHMR Center to talk about your life, your wants and needs and to develop a plan to work toward your goals. The Service Coordinator helps you or your family set up a service planning team that will develop a service plan. The team is made up of you, your guardian or family members, and other people you choose. Together, the service planning team selects the HCS services that are needed and necessary to reach the outcomes or goals you or your representatives have identified. Your plan will identify services and supports you need from the HCS Program and those you may be getting from other people or programs.
- ❑ **A date will be set for you** to begin services with Daybreak.