

News from the South Dakota Department of Human Services

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Greetings

Greetings! The South Dakota Department of Human Services understands how important it is for our stakeholders to have updates about our current and ongoing projects. A part of our mission is to make the public aware of the resources available to help people with disabilities live, love, work, play and pursue life's aspirations. We hope you will share the newsletters, which will be distributed monthly, with others you know. We also hope to engage with you by learning what is most useful to YOU. We want to share information that is timely, useful and will enhance our partnerships.

Sincerely,

Gloria Pearson

DHS Cabinet Secretary



What is Charting The Lifecourse Framework?

The Charting the LifeCourse Framework was created BY FAMILIES to help individuals and families of all abilities and all ages develop a vision for a good life, think about what they need to know and do, identify how to find or develop supports, and discover what it takes to live the lives they want to live. Even though it was originally created for people with disabilities, this universally-designed framework may be used by any person or family making a life plan, regardless of life circumstances. More information can be found by clicking on the following [link](#).



Person Centered Thinking (PCT) Tip of the Month

PCT is a guided process for learning how someone wants to live and developing a plan to help make it happen. The outcome is the life the person wants, not just the plan that describes it.

The "Important To" and "Important For" are considered a "Concept", not a "Tool", the "Concepts" are the result of our learning. Learning the fine details through "Tools", such as the Good Day/Bad Day, What is Working and What is not Working, Routines and Rituals leads to finding, "what is important to and for the person".

In The News & Upcoming Events

Links to some news articles and upcoming events at DHS:

- Sept. 9-15—[Direct Support Professionals Week](#)
- Sept 25.—[2018 Governor's Awards](#)
- Oct 1—Disability Employment Awareness Month
- Oct. 4-5—9th Annual South Dakota Gathering



What is the CHOICES Medicaid Waiver?

A Medicaid Waiver helps provide services to people who would otherwise be in an institution, nursing home, or hospital to receive long-term care in the community.

CHOICES is an array of services specifically for people with intellectual and developmental disabilities and funded by the Centers for Medicare and Medicaid Services (CMS). CMS requires the Division of Developmental Disabilities (DDD) to re-apply for this funding every 5 years or as changes are made to services or the way DDD monitors the quality of services and compliance.

Although many Community Support Providers (CSPs) were in operation prior to 1980, the federal Medicaid funding became available through this "waiver" application process in June of 1980 and continue to be available through DDD's re-application to and continued compliance with CMS regulations.

Effective June 1, 2018, CMS approved DDD's application, with notable changes including the addition of Shared Living services, Transition Case Management services and changes to Daily Life and Employment services. DDD also included changes to the Inventory For Client and Agency Planning (ICAP) process.

Shared Living (CHOICES Medicaid Waiver Services)

Shared Living is built on the foundation of life sharing, an innovative design which is extremely flexible and offers highly personalized supports. Developing natural supports, and being an active member of the community are also key components of Shared Living.

Shared Living can be provided in two ways, including the participant residing with a host home provider or a companion living in the participant's home in order to provide support. Host Home and Companion providers are very diverse and can include college students, families, single people, couples, and empty nesters.

The shared living provider can be anyone over the age of 18 who wants to share a life and provide supports to an individual with an intellectual or developmental disability. The host home provider/companion shall provide services, including assistance, support, and guidance in life domain areas such as daily living, safety and security, community living, healthy lifestyle, social interactions, spirituality, citizenship and advocacy. Learn more by [clicking here](#).

Daily Life & Employment (CHOICES Medicaid Waiver Services)

Effective June 1, 2018 the Division of Developmental Disabilities implemented changes to the array of services available to people supported by Community Support Providers (CSPs) to seek employment or other day-time activities.

The most significant change was the addition of a time-limit of up to 2 years for pre-vocational services, which impacts the length of time a person may work for less than minimum wage in a CSP segregated setting, such as a sheltered workshop. The time-limit was included as a result of a federal requirement from CMS and necessary for continued approval of the CHOICES waiver.

These services are now titled "Career Exploration" and are still available. The purpose of these supports is to help people with intellectual and developmental disabilities in South Dakota explore options and make informed decisions about what type of work they would like to pursue. Day Services are unpaid activities that promote learning new skills or retaining existing skills.

Individual Supported Employment is available for those who wish to work in a community setting for at least minimum wage, whereas Group Supported Employment is available for those working in groups of 2-8 and earning either above or below minimum wage, but working in a community setting.

Dakota at Home

A Column by Gov. Dennis Daugaard

Aging can be a difficult thing. Whether it's harder on the person or their loved ones, I'm not sure. When a spouse or a parent grows older and starts to need help with everyday tasks, there are many difficult decisions involved. You want them to be close, to have as much independence as possible and you want to be there as much as you can.

A lot of families are dealing with these types of decisions today. As the Baby Boomer generation has aged, we have experienced a growing need for services. That need is going to continue to grow: By 2035, it is estimated that within our state the number of elders (those 65 and older) will increase by 84 percent and the number of elders with disabilities is expected to be 71 percent higher than it is today.

Anticipating these changes, we are redoubling our efforts to ensure that South Dakotans can access a variety of long-term services and supports. Last year, I signed an executive order to establish the Division of Long-Term Services and Supports, moving these services to the Department of Human Services. The purpose of this reorganization was to create a more integrated approach to the delivery of long-term services in South Dakota and to ensure that people get the services they need within their own communities. The Division supports individuals 60 years and older as well as adults with disabilities.

Following the reorganization, we focused on program called "Dakota at Home" which assists elders, those with disabilities and caregivers by pairing them with services offered in their communities. These services are designed to help people stay in their homes as long as possible. For instance, those who qualify can receive homemaker assistance for help with the day-to-day household tasks like grocery shopping, meal preparation, laundry, vacuuming, sweeping and dusting. "Personal care" is available as well for individuals who need a hand with routine personal hygiene tasks. We also work with our local partners to offer "adult day services" which allow individuals to spend a part of their day outside of the home through structured activities. And Emergency Response Systems are available for those who may be at risk for falls.

Caregiving exacts a heavy emotional, physical and financial toll. It can be especially difficult for those who are juggling full-time work schedules and caring for other family members to serve as caregivers. They often feel torn between these responsibilities. To make their lives easier, we offer caregiver services throughout the state. "Respite Care" is available – which can provide some temporary relief for caregivers who need a break – and so are counseling and training. There is also a program which some caregivers may be eligible for which provides financial assistance for supporting everyday activities.

There's no need to navigate the system on your own. Because the process of aging is difficult enough as it is, we have people throughout the state who are ready to help. You can reach the Dakota at Home advocates by calling 1-833-663-9673 or visiting dakotaathome.org. Their day-to-day conversations are helping more South Dakotans live longer, healthier, more fulfilled lives at home in their communities.



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The South Department of Human Services would like to share our stories and experiences with as many people as possible. If you know an individual that would like to receive this newsletter, please direct them to the following link: <http://dhs.sd.gov/news.aspx>. If you choose not to receive this newsletter, please click here.