



University of Iowa Health Care

WAIVER: \_\_\_\_\_  
APPLIED: \_\_\_\_\_

Contact Continuity of Care  
Program with Questions 319-356-4107

### RESOURCE FOR FORMULA

Children under five who are at any step of the Medicaid Home and Community Based Waiver process (including the waiting list) can receive WIC (Women, Infants and Children) services for reimbursement of supplemental foods such as formula, milk, etc. Income does not count when pertaining to these waiver children and WIC services. If your local WIC office has questions, please ask them to call the Continuity of Care Program 319-356-4107.

You may have heard of WIC as a program meeting the nutritional needs of children and pregnant and breastfeeding women with lower incomes.

For more information about the WIC program, contact your local WIC office by looking in the Government Section of your phone book under your county listing (could be under Public Health) or call the State WIC office at 1-800-532-1579. A listing of WIC county phone numbers can also be found on the Internet at <http://www.idph.state.ia.us/fch/wicphones.htm>. You will need to provide a copy of the waiver letter or this handout, to assure WIC that your child is involved with the Waiver program.

If your child requires more formula than WIC provides, Medicaid should cover the remaining costs. Your WIC office should complete the "Special Formula Form" and refer you to a Medicaid Vendor. This may be different from the grocery store you currently use for WIC checks. Contact your local Department of Human Services (DHS) office if you have questions.

**PARENT RESOURCES**  
**Information & Referral Resources**

- UIHC: The Parent Connection: Parents who have had babies in the UIHC Neonatal Intensive Care Nurseries; provide support, information, and good company. Watch for fun activities. Call The Parent Connection: 353-7997 for more information – or the Family Centered Care Coordinator 353-7870. For emergency support, contact UIHC for assistance.
- Heart Friends: A support group for families of children with Congenital Heart Defects; contact 515-253-2368; meets in Iowa City the 3<sup>rd</sup> Thursday of the month at 7 pm in the Pediatric Cardiology Office; or in Des Moines on the 3<sup>rd</sup> Tuesday of the month at 7 pm at Mercy Medical Center.
- National Parent Network on Disabilities: National voice for parents of children, youth, and adults with special needs. Share information and resources in order to promote and support the power of parents to influence and affect policy issues concerning the needs of people with disabilities and their families. 703-684-6763
- Iowa COMPASS: Information and referral for Iowans with Disabilities and their families. 1-800-779-2001. See handouts in Family Waiting Room.
- National Information Clearinghouse for Infants with Disabilities and Life Threatening Conditions: 803-777-4435 or 1-800-922-9234.
- National Zero to Three: Information and referral; assistance with identifying service system resources for special needs. 202-638-1144.
- Iowa Federation of Families for Children's Mental Health: Autism, behavior disorders, learning disabilities, attention deficit disorders, mental retardation, fetal alcohol syndrome, crack/cocaine exposure and other disabilities. Toll Free 888-400-6302.
- Parent Training and Information Center: 800-450-8667 or 515-243-1713. Support for families with children with disabilities. Provide referral resources for medical care, support services, daycare, etc.

## OTHER RESOURCES

American Cancer Society Iowa Chapter: 515-253-0147  
American Diabetes Association: 1-800-678-4232  
American Heart Association: 515-244-3278  
American Lung Association: 515-278-5864  
The ARC of Iowa: 1-800-362-2927  
Commission of Persons with Disabilities: 515-242-6334/888-219-0471  
Community Health Charities of Iowa: 515-243-7207  
Community Pastoral Counseling: 319-337-2519  
Cystic Fibrosis Foundation: 1-800-798-515  
Deaf Services Commission of Iowa: 515-281-3164  
Easter Seal Society of Iowa: 515-289-1933  
Exceptional Persons: 319-232-6671  
Iowa City Crisis Center: 319-351-0140  
Iowa Speech-Language-Hearing Association: 515-282-8192  
Iowa Child Health Specialty Clinics: 319-356-1469  
Iowa Department for the Blind: 1-800-362-2587  
Iowa Family Support Initiative: 515-280-6558  
MECCA Substance Abuse Services: 319-351-4357  
Mental Health Centers Association of Iowa: 515-278-8448  
National Kidney Foundation of Iowa: 1-800-369-3619  
Spina Bifida Association of Iowa: 515-964-8810  
United Cerebral Palsy Iowa Chapter: 1-800-872-5827

Other Resources: Eagles, Jaycee's, Kiwanis, Lions, March of Dimes, Masons, Rotary Club, Shriners Hospitals, Sororities and fraternities, United Way, Variety Club, VFW, etc. Check phone book for phone numbers and addresses.

## **CONTINUITY OF CARE PROGRAM WAIVER INFORMATION**

### **Home & Community Based Services (HCBS) Waivers**

HCBS Waivers provide a variety of services in consumer's homes that are not available through regular Medicaid. The total cost of these services and regular Medicaid cannot exceed the total cost of care and services provided in a medical institution. There are six categories of waivers: AIDS/HIV, Brain Injury, Elderly, Ill & Handicapped, Mental Retardation, and Physical Disability. Application for any of these waivers can be made through the Continuity of Care nurse at University of Iowa Children's Hospital or at the local Department of Human Services (DHS).

Each person who applies for waiver services must meet a level of care determination. A level of care determination covers one year from the date the determination is made, unless the Iowa Foundation for Medical Care makes a new determination. Additionally, the services needed by the consumer must be available from a Medicaid provider in the area. Insurance and Medicaid will be billed before waiver funds.

**AIDS/HIV** – pay for services for people with acquired immunodeficiency syndrome (AIDS) or human immunodeficiency virus (HIV) infection who would otherwise require care in a medical institution.

**Brain Injury Waiver** – pays for services for people with specific brain injury diagnosis to allow them to return to the community from a medical institution. . This is for persons aged 1 month – 64 years old.

**Elderly Waiver** – pays for services to lowans age 65 or older so they can stay in the home instead of entering a nursing facility.

**Ill & Handicapped Waiver** – pays for services to blind or disabled people who would otherwise need care in a nursing facility, skilled nursing facility or an intermediate care facility.

**Mental Retardation Waiver** – pays for services to people with a primary diagnosis of mental retardation who would otherwise require care in a medical institution.

**Physical Disability Waiver** – pays for services for people with physical disability. To be eligible for this waiver, the consumer must be between the ages of 18–64.

## SUMMARY OF WAIVER SERVICES

The following comparison chart identifies the services available from the various HCBS waivers:

| Waiver Services                                | BI | IH | MR | PD |
|--|----|----|----|----|
| Adult day care                                 | X  | X  | X  |    |
| Behavioral programming                         | X  |    |    |    |
| Case Management                                | X  |    |    |    |
| Consumer-directed attendant care               | X  | X  | X  | X  |
| Counseling                                     |    | X  |    |    |
| Family counseling and training                 | X  |    |    |    |
| Home and vehicle modification                  | X  | X  | X  | X  |
| Home delivered meals                           |    | X  |    |    |
| Home health aide                               |    | X  | X  |    |
| Homemaker                                      |    | X  |    |    |
| Interim medical monitoring and treatment       | X  | X  | X  |    |
| Nursing  |    | X  | X  |    |
| Nutritional counseling                         |    | X  |    |    |
| Personal emergency response                    | X  | X  | X  | X  |
| Prevocational services                         | X  |    | X  |    |
| Respite care                                   | X  | X  | X  |    |
| Specialized medical equipment                  | X  |    |    | X  |
| Supported community living                     | X  |    | X  |    |
| Supported Community living (residential based) |    |    | X  |    |
| Supported employment                           | X  |    | X  |    |
| Transportation                                 | X  |    | X  | X  |
|  |    |    |    |    |

## **MEDICAID BENEFITS**

### **(Medicaid is the same as Title XIX)**

When your child receives HCBS Waiver services, he/she is entitled to Medicaid benefits. These Benefits cover such items as doctors visits, prescription drugs, physical therapy, transportation to therapy visits, some medical equipment, diapers (age 4 years and above), etc. It is important for you to ask if your child's provider(s) accept Medicaid for payment.

Intermittent Medicaid (regular Medicaid) may be used to provide nursing/and or home health aid services **provided only** in your home.

Early and Periodic Screening, Diagnosis and Treatment (EPSDT) Also called Care for Kids (expanded Medicaid) can be used if more hours are necessary for private duty nursing and personal care for your child. These services are provided in your home and community.

### **Waiver Services**

- Adult Day Care services are available for young adults age 18 or older.
- Behavioral Programming is individually designed strategies to increase the consumer's appropriate behaviors and decrease any maladaptive behaviors which interfere with the consumer's ability to remain in the community.
- Case Management is to enhance the consumer's ability to exercise choices, make decisions, and take risks that are typical of life, and fully participate in the community. This can include coordination of service delivery, assistance in obtaining and then ongoing monitoring of appropriate services and living arrangements.
- Consumer-Directed Attendant Care (CDAC) services are activities where a person helps the consumer with self-care tasks, which he/she would typically be doing independently. CDAC is not a substitute for respite care. The consumer (or parents/guardians) selects and supervises the CDAC employee
- Counseling services are available for a short duration to help your child and caregiver(s) learn coping skills.
- Family Counseling and Training is face to face mental health services that help the consumer, the consumer's family members or friends with crisis coping strategies, stress reduction, management of depression, alleviation of psychosocial isolation and support in coping with effects of brain injury.
- Home and vehicle Modification is physical modifications to the home or vehicle to assist with the health, welfare and safety of the consumer and to increase or maintain independence.
- Home Delivered Meals are prepared outside the consumer's home and delivered to the consumer.

- Home Health Aide provide direct care for your child. Some examples include bathing, developmental activities specified in your child's education or therapy plan, accompaniment to medical appointments or school.
- Homemaker services are tasks such a shopping for basic items, limited house cleaning, laundry and meal preparation for your child to aid the usual caregiver.
- IMMT (Interim Medical Monitoring & Treatment) is monitoring and treatment of a medical nature requiring specially trained caregivers. This service may be used when the usual care giver is employed, hospitalized for a short time, looking for employment or in school. Your child must have regular or expanded Medicaid services before using IMMT.
- Nursing services are provided by a nurse. Examples include giving medication, tube feedings, etc.
- Nutrition Counseling is provided for a nutritional problem that requires on going management by a nutritionist.
- Personal Emergency Response System is an electronic device which allows the consumer to get assistance twenty-four hours a day in the event of any emergency.
- Prevocational Services prepare a consumer for paid or unpaid employment. It includes teaching the consumer job readiness skills that may include the following: Following directions, attending to tasks, task completion, problem solving, safety and mobility training.
- Respite is temporary care to your child to provide relief for the usual caregiver. This can **NOT** be used while a parent works. A home health agency, and accredited camp, a licensed foster care provider or other enrolled providers may provide respite care.
- Specialized Medical Equipment is medically necessary equipment as determined by a medical professional (i.e. physical therapist (PT), occupational therapist (OT), nurse, licensed psychologist, speech therapist). Specialized medical equipment is not normally funded by Medicaid, the educational system or vocational rehabilitation programs and are not provided by voluntary means.
- Supported Community Living is designed to assist the consumer with daily living needs. Assistance may include, but, but is not limited to: personal and home skills, community skills, personal needs, transportation, and treatment services.
- Supported Employment is individualized services associated with obtaining and maintaining competitive paid employment for individuals because of disability. The consumer requires intense and ongoing support to perform in a work setting.
- Transportation are services for consumers to conduct business errands, essential shopping, receive medical services, go to and from work or day programs, and to reduce social isolation.

**Other**

Health Insurance Premium Payment (HIPP) program is for Iowa Medicaid recipients. If determined cost effective, it will pay for private health premium, co-insurance and deductibles for your child on Medicaid. As your DHS worker for details and a brochure.