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Veteran's Directed Home and Community Based Services (VD-HCBS)

This Veteran's Directed Home and Community Based Services (VD-HCBS) educational and informational brochure has been prepared for you by the Southwestern Center for Independent Living (SWCIL). It is meant to provide you with the basics, review options available to you and to start to gather information needed to use VD-HCBS. You may wish to review this with those who will be involved in your planning.

You have already been determined eligible for the VD-HCBS program by the Sioux Falls VA Medical Center (SFVAMC). This program serves veterans of any age (and their families) who are at risk of Nursing Home or Skilled Nursing Facility Placement. VD-HCBS provides Veterans the opportunity to receive home and community based services that allow them to continue to live in their homes and communities.

The Veterans Directed Home & Community Based Service (VD-HCBS) is a Consumer Directed Program

What does a Consumer Directed Program mean?

You are the Consumer and YOU:

- Have **choice** and **control** over your services
- Decide **when** and **where** to receive services

YOU

- Choose **WHO** should provide your services (you may even choose a family member or friend).
- Decide **HOW** your needs can be met in different ways than they currently are being met.

YOU DECIDE:

- How and where to live
- Who to live with

You can be a part of your community.

You can assert your rights.

The Veterans Directed Home & Community Based Service Program includes:

- Your Plan
- Your Budget
- How you direct your services
- A team of people that you choose to assist you as needed.

Your Plan:

- Includes your strengths, favorite things, needs, abilities, and goals.
- Addresses you as a whole person.
- Focuses on making your life better and providing the supports you need.
- Identifies paid and unpaid supports.

Your Budget:

- You and your Case Manager (as well as anyone else of your choice) create your budget together.
- The budget explains how money will be spent on services, supplies, equipment, and other things you need in your plan.
- The budget must be approved to make sure it follows the rules of the grant.
- The Fiscal Support Entity will actually manage and monitor your expenses for you.

You Direct Your Services:

Following certain rules and within your budget, you decide...

- Who to hire to work with you. (If you choose, you may even hire a family member or a friend.)
- How, when, and where you receive your supports.
- What equipment, home modifications, and supplies to buy.
- Where to buy some items.

Who is on my Team?

The Veterans Directed Home & Community Support team includes:

- You
- Your Case Manager (See below)
- Your Fiscal Support Entity (FSE) (See below)
- Direct support workers. These would be people you hire to help you meet your needs.
- Family and friends you choose to participate with you.

You make decisions about:

- What people you need to support you
- How much time you need help
- What services you need
- What supplies, modifications, and equipment you need

You may choose a family member or a trusted friend to serve as your designated representative.

A designated representative:

- Makes all or part of the decisions, depending on how much help you need.

***You may not need a Designated Representative

Your Case Manager:

- Assesses your needs
- Develops an individual Veteran Service Plan with you based on your needs
- Assists in the development of your budget and spending plan
- Provides counseling services and supports
- Provides monthly phone monitoring and support to you, the enrolled Veteran

Fiscal Support Entity (FSE):

Helps you to be an employer by:

- ✓ Paying the bills
- ✓ Keeping track of the money
- ✓ Telling you how much money you have spent
- ✓ Filing tax forms for your workers
- ✓ Reporting on your budget/spending plan
- ✓ Following federal and state rules about money

What Happens Now?

Visit One:

Once you choose to go forward with VD-HCBS your Case Manager will set up a time to come to your home to meet with you, and any of your family members that you choose, to conduct an assessment of your needs. They will complete the Long Term Care Consultation. This assessment tool will be used to determine how much your VD-HCBS budget will be for services. Your Case Manager will consult with the VA Community Health Nurse at the VA

Medical Center in Sioux Falls and based on your needs in your assessment a dollar amount per month will be set for your budget. Your Case Manager will share this amount with you.

*Between Visit One and Visit Two you and your family will be responsible to develop a list of services and what equipment, home modifications, goods or supplies you may wish to buy to keep you safely at home. These items must be able to meet identified needs and outcomes in the Community Support Plan, must provide a feasible alternative to an institution, be the least costly alternative that reasonably meets your needs and be for the sole benefit of you, the Veteran. You will need to do some checking regarding how much any service you wish to purchase will cost (what do you want to pay your staff?) and how much any equipment, supplies or home modifications may cost. Any supports must be non-medical supports and any equipment must be equipment that cannot be provided by the Sioux Falls VA Hospital.

* You will also need to choose a Fiscal Support Entity to assist you in paying your staff and paying for your equipment.

What are some examples of things that can be paid for by VDHCBs? (these are just examples and are not to be considered all of the items)

- Personal Assistance or "Staff Support": People to help you meet your daily cares like bathing, dressing, toileting if you need this type of help.
- Caregiver Relief: Someone to help you when the person who is your primary caregiver needs a break.
- Home maker services: Someone to help with light housekeeping, laundry, meal preparation as well as well as some shopping.
- Chore services: Basic home maintenance, heavy cleaning, snow removal or lawn mowing.
- Supplies/Goods: Items that the VA or Medicare do not cover such as lift chair or Life Line services.
- Treatment or Training: Specialized training or education that may help you meet your specialized needs.
- Specialized diets

Visit Two:

Your Case Manager will assist you in completing the Community Support Plan and Budget. This plan and budget will be reviewed by the Sioux Falls VA Medical Center and Minnesota River Area Agency on Aging. When approved, you are then ready to get started!

Your Fiscal Support Entity will help you in getting the right paperwork completed by your staff and will meet with you about how their paperwork needs to be completed.

Follow up:

Your Case Manager will call you monthly to follow up and see how things are going. Quarterly your case manager will complete a Live Well at Home Assessment with you by phone or emails to just make sure your needs are being met. Every 6 months your Case Manager will make a home visit to review the Long Term Care Consultation to make sure the program is meeting your needs.

- If at any point in time there is a significant change in your functioning you will need to contact your Case Manager! Your Case Manager will then determine if your needs should be reassessed and if you need increased services. Our goal is to keep you safe with your needs met in your home as long as you wish.
- If you are hospitalized or admitted to a nursing home or skilled nursing facility, you will need to contact your Case Manager as soon as possible.

What if I decide I do not wish to continue with VD-HCBS?

If at any point in time you choose to not continue with VD-HCBS, you can choose to return to the program and services you were receiving before enrolling in VD-HCBS.