**MEDICAID ALTERNATIVE PATHWAYS TO INDEPENDENCE (“MAPs”)**

**INDEPENDENCE COACHING SERVICE DEFINITION**

**Outcome Area:**

Home

**Service Area:**

Independence Coaching

**Description:**

Independence Coaching focuses on functional life skill development and is intended to teach and prepare a person for independent living. Supports provided by the Independence Coach may include teaching skills related to maintenance and organization of the home, personal hygiene, and self-care, and providing resources and training on enabling technologies and *smart home* products designed to accommodate needs and provide for greater efficiency and independence in the home. Additional areas of focus may include instruction on skills related to financial management, home safety, meal preparation, and more. The intended outcome is for each person to have the ability to manage his/her home environment, practice self-care, and self-direct their personal development following their expressed goals*.*

Independence Coaching is an in-home service and is designed for those who are engaged in or preparing for independent living. This service can be provided in a home where the member lives with their family, housemates, or by themselves. This service may also be provided virtually when agreed upon by the provider agency and person supported.

A central element of Independence Coaching is to help people achieve greater self-direction and independence in daily living by using person-centered enabling technologies and support systems that are already within the participants' network. This service will be delivered through a variation of supports to the participant with an ultimate goal of fading so that the participant may be able to complete necessary functional living skills within their home environment.

***Independence Coaching is designed to be temporary or intermittent, phasing out as the person demonstrates their desired level of independence and self-direction in completing daily living responsibilities, with or without the support of enabling technology.***

1. Independence Coaching assists with preparation for independent living. This coaching is provided in homes/virtually where the person supported lives with family who assists the person towards greater levels of independence OR in Independent Living arrangements.
   1. Dependent/Assisted Living Arrangements: This is an environment for people who reside with family members and are dependent on the management functions of the home to be completed by the homeowners/family members (I.e., paying the rent, securing applicable insurances, home management and maintenance, utility payment, etc.).
   2. Independent Living Arrangements: This is an environment for people who wish to live on their own, or with others of their choosing, in a home under their control. Within this arrangement, people may still identify Independence Coaching milestones to assist with increased independence at home.
2. Independence Coaching provides life skills training, modeling, and demonstration, with the expectation of fading direct support over time.
3. Independence Coaching emphasizes enabling technology options for the person, followed by teaching all members of the household how to best utilize and benefit from the selected enabling technologies. Examples of enabling technologies typically used in homes include, but are not limited to:
   1. Motion sensors
   2. Smoke and carbon monoxide alarms
   3. Bed and/or chair sensors
   4. Live or on-demand audio and/or video technologies
   5. Stove guards
   6. Live web-based remote supports
   7. Automated medication dispenser systems
   8. Mobile software applications using digital pictures, audio, and video to guide, teach or remind
   9. Wearable and virtual technologies
   10. Software to operate devices for environmental control or to communicate with other smart devices, paid or natural supports at home, at work, or any other place of personal import.
4. Independence Coaching services are to be phased out – the service is intended to help a person reach a specific, targeted, and attainable outcome(s), including helping a person to build skills and natural supports which help a person maintain that outcome as independently as possible.
5. Consultations with family members and other natural supports are part of the service and are intended to promote continuity in the absence of the Independence Coaching supports.

**Independence Coaching outcomes include, but are not limited to:**

1. Acquisition and development of the skills needed for self-direction in the home environment, which include but are not limited to:
   1. Home Safety
   2. Personal Hygiene and Self-care
   3. Health Management
   4. Financial Management
   5. Independent Living Transition
   6. Utilizing Enabling Technology in the home
2. Acquisition and development of the skills necessary to live in the person’s chosen home setting.

**Independence Coaching outcomes will be achieved by:**

1. Teaching, demonstrating, and modeling the life skills necessary for successful independent living. Greater independence will be achieved by realizing the reliability on person-based support has decreased.
2. Providing exposure to different enabling technology options in the home, helping the person get set up with their chosen enabling technologies and, ultimately, training the person on using the selected enabling technologies independently.
3. Providing information about and connecting the person to available community resources to support life skill development and helping the person to add and access information about community resources within their Virtual Community Resource Map (“VCRM”).
4. Providing support with accessing financial resources to achieve personal finance goal.
5. Providing written, audio and/or video guidance for the person to practice and maintain the life skills taught by the Independence Coach once fading is achieved.
6. Advocating on behalf of the individual and/or their family.

**Milestones:**

All milestones may be achieved with the assistance of enabling technology, as outlined in the person’s Virtual Community Resource Map. Innovation Coordinators will validate the achievement of these milestones in the person’s home environment. The achievement of milestones is person-centered. Some people may already be proficient in the milestones listed below, in which case no additional training or instruction would be required. Other people may require additional training or instruction related to the milestones to achieve their personal independent living goals.

* **Home Safety:**

Person demonstrates home safety skills that are necessary to spend time alone at home, including but not limited to, showing discretion when opening the door for visitors, understanding how to cook safely, understanding how to recognize and respond to home emergencies, and how to communicate these issues to the appropriate community responders (police, fire department, caregivers, natural supports, etc.).  
  
**Home Safety Validation Requirements**  
  
A MAPs provider agency may submit documentation or additional verification that Milestone Requirements have been achieved. NOTE, the following are necessary for Home Safety Milestone Validation:

* 1. Person supported shows discretion when opening doors to visitors *(Required for Validation).*
  2. Person supported understands how to cook safely *(Required for Validation).*
  3. Person supported confirms understanding of how to respond in emergencies (including how/when to communicate with appropriate community responders) *(Required for Validation)*
* **Personal Hygiene and Self-Care (Health & Hygiene):**

People demonstrate the ability to plan for and prepare meals per their dietary goals/preferences. People maintain their hygiene and appearance in a manner which is both preferred and appropriate for their goals, including how to dress for weather and temperature, as well as their desired career or educational path.

**Health & Hygiene Validation Requirements**

1. Person supported demonstrates the ability to plan for and prepare meals in accordance with dietary goals/preferences (Required for Validation).   
  
2. Person supported demonstrates the ability to maintain personal hygiene and appearance in a manner that is preferred and appropriate, including how to dress for weather/temperature and desired educational or career path (Required for Validation).

* **Health Management (Medical Management):**

People demonstrate the ability to manage their health, which includes but is not limited to, taking medications, knowing when to see a doctor, how to schedule appointments with a doctor, how to ask for medical help or advice, and how to apply their medical insurance coverage for any needed appointments or procedures.

**Health Management (Medical Management) Validation Requirements**  
  
1. Person supported demonstrates the ability to manage their health by taking medications *(if applicable).*   
  
2. Person supported demonstrates knowledge of when to visit their medical professionals/doctors *(Required for Validation).*   
  
3. Person supported demonstrates the ability to schedule medical appointments and how to ask for medical help *(Required for Validation).*   
  
4. Person supported knows how to apply their medical insurance coverage for the medical appointment *(Required for Validation).*

* **Financial Management:**

Person demonstrate the ability to maintain personal finances, which may include but is not limited to, having a personal checking and/or savings account, responsibly for maintaining a line of credit, paying bills on time, developing, and maintaining a monthly budget, and understanding financial exploitation and how to avoid it.

**Financial Management Validation Requirements**

1. Person supported demonstrates the ability to maintain personal finances by establishing a personal checking/savings account (if applicable).
2. Person supported understands responsibility to maintaining a line of credit (*Required for Validation)*.
3. Person supported understands the responsibility to pay bills on time (*Required for Validation).*
4. Person supported has developed a monthly budget (*Required for Validation)*.
5. Person supported has been informed on financial exploitation and how to avoid it (*Required for Validation).*
6. Person supported has reviewed the necessary information for understanding “What is an ABLE account?”. Ideally, this information and confirmation will be accessible via the VCRM (*Required for Validation*).