

Intellectual and/or Developmental Disabilities (IDD) Informational Guide

Welcome and thank you for taking the time to explore IDD services! IDD services, also known as Rule 185 Case Management, support to help you identify and achieve the things you want to do. Rule 185 Case Management is specialized to support people with intellectual or developmental disabilities and/or related conditions in gaining access to needed social, medical, educational and other supports and services. The case manager works on your behalf to identify your outcomes, dreams, and needs by assuring the continuity of services and supports.

Included below is:

- Information about eligibility criteria
- Process for applying for Rule 185 Case Management
- Information about IDD Services
- Additional Resources

ELIGIBILITY CRITERIA

The Minnesota Department of Human Services (DHS) requires Washington County to follow certain policies when determining eligibility for Rule 185 Case Management. To be eligible for Rule 185 case management, a comprehensive diagnostic evaluation must indicate that you have a diagnosis of an intellectual or developmental disability, or a related condition.

What is an intellectual or developmental disability?

“Substantial functional limitations and significantly sub-average intellectual functioning...”

- “Substantial functional limitations: long term inability to significantly perform an activity or task”
- “Significantly sub-average intellectual functioning: **full scale IQ score of 70 or less**, based on assessment that includes 1 or more individually administered standardized intelligence tests developed for the purpose of assessing intellectual functioning.”

“... exists concurrently with demonstrated deficits in adaptive behavior.”

- “Deficits in adaptive behavior: significant limitation in a person’s effectiveness in meeting the standards of maturation, personal independence and social responsibility expected for the person’s age level and cultural group, as determined by clinical assessment and, generally, standardized scales”
- “All conditions are manifested before the person’s 22nd birthday.”

People that meet this criteria have a diagnosis of *Mild, Moderate, Severe, or Profound Intellectual or Developmental Disability*.

Questions we ask when we are determining if someone is eligible for IDD Services:

- Is the IQ score 70 or below?
- Was the condition present prior to the person's 22nd birthday? If no...
- Is there another condition is present? If so, we then determine if there is a "related condition"...

What is a related condition?

If you have an IQ that is greater than 70, you may still be eligible for IDD services with a related condition. A related condition "is a diagnosis of severe, chronic disability that meets all of the following conditions":

1. "Is found to be closely related to developmental disability because the condition results in impairment of general intellectual functioning or adaptive behavior similar to that of a person with IDD and requires treatment or services similar to those required for persons with IDD"
2. "Is manifested before the person reaches 22 years of age"
3. "Is likely to continue indefinitely"
4. "Results in substantial functional limitations in three or more of the following areas of major life activity:
 - a. Self-care
 - b. Understanding and use of language
 - c. Learning
 - d. Mobility
 - e. Self-direction
 - f. Capacity for Independent Living"

Common related conditions diagnoses include, but are not limited to: Autism Spectrum Disorder, Cerebral Palsy, Seizure Disorder, Prader-Willi Syndrome, Pervasive Developmental Disorder (PDD), or Fetal Alcohol Spectrum Disorder (FASD).

Assessment Requirements for IDD Eligibility

A formal assessment is reviewed to determine IDD eligibility. These are often referred to as diagnostic assessments, psychological evaluations, or neuropsychological evaluations. Formal assessments must be administered by a licensed psychologist or psychiatrist, certified school psychologist, licensed neuropsychologist, or certified psychometrist. We are happy to provide you with some resources on where to find this required assessment! Some resources are provided at the end of this guide.

Please note, a diagnosis made by a family physician or medical doctor (MD) will not be accepted; we are required to review formal diagnostic assessments. Additionally, assessment or IDD service requirements in other states may differ from the requirements in Minnesota! We will review any testing you already have, but you may need have to pursue additional testing in order to meet IDD service eligibility requirements in Minnesota.

Eligibility for Children under the Age of 5

There are three ways that children under the age of five may be determined to be eligible for IDD services. The formal assessment must have been completed in the past 12 months.

1. Has formal assessment scores that are at least two standard deviations below the mean in two areas of global functioning. One area must be “cognitive” or a “mental” score and must be at risk of intellectual and/or developmental disabilities.
2. Has been assessed and diagnosed as having *Global Developmental Delays*
3. The child has a *Related Condition* and treatment is required similar to that of a child with IDD.

Eligibility for Children over the age of 5

1. The formal assessment indicates a full scale IQ of 70 or lower OR a diagnosis of a *Related Condition*. The formal assessment must have been completed in the last 12 months.
2. The *Related Condition* must have adaptive skills testing that indicates significant deficits, as well as requires active treatment and services similar to that of a child with IDD. Many times this looks like an adaptive composite score of 70 or below. (Please note: A teacher interview may be required if the person is currently enrolled in school.)
3. A diagnosis of *Autism Spectrum Disorder (ASD)* must be diagnosed and documented in a formal assessment completed by a licensed psychologist or psychiatrist, licensed neuropsychologist, or certified psychometrist. **An educational diagnosis of ASD alone will not be accepted.** This means you may have to make arrangements for additional testing outside of the educational setting. We can provide you potential resources of where to get accepted testing.

Adults over the age of 18

1. Adults who have a diagnosis of IDD (full scale IQ of 70 or less) or a *Related Condition* (see above).
2. The diagnosis must be manifested, or believed to have started, before the age of 22.
3. Formal assessments must be current, but we are willing to review any assessments you have. If a formal assessment has never been completed, testing must be attempted and document either an IDD diagnosis or a Related Condition.

APPLICATION PROCESS

If you are interested in applying for IDD services, here are the steps to start and complete the process:

1. Call Washington County Adult & Disability Services Intake at 651-430-6422. Tell the social worker you are interested in applying for IDD services. You will be asked for some basic information over the phone to determine if you may meet the eligibility criteria.
2. An application to determine eligibility for IDD services/Rule 185 Case Management will be mailed to you. At this time, Washington County is only able to offer paper applications.

3. At the same time the application is mailed to you, a referral will be made to the Washington County MnCHOICES Assessment Team. An assessor will meet with you to complete a MnCHOICES Assessment, which helps us to determine if you are eligible for Rule 185 Case Management, as well as other possible services, programs and/or supports. Please note that our assessors are working hard to meet with many people! It can take a few weeks before an assessor is able to schedule a time to meet with you. You can still work on completing the IDD/Rule 185 Case Management application and submit it at any time during the MnCHOICES assessment process.

If you are already receiving services or programming, a request for an IDD application can be made by a MnCHOICES Assessor, Personal Care Assistance (PCA) or Consumer Support Grant (CSG) Assessor, a waiver or mental health case manager.

4. Complete the application thoroughly and return in the provided envelope. **To reduce the time of the eligibility review process, please be sure to include the required assessment(s) (as indicated above) with the signed application!**

Please note, we are required to hold your request open to apply for IDD services for 90 days. If a completed application is not received within this timeframe, your request will be closed. However, we understand that it can take time to coordinate all of the requirements for the application and we try to be flexible with this timeframe to help ensure you are able to complete the process.

5. The Washington County IDD Intake Social Worker will review the application and may contact you for more information or to follow up on missing items. The application and required diagnostic assessments are reviewed to determine if you meet eligibility for Rule 185 Case Management. During this review, it may be identified that additional testing or more information is needed to make a determination for eligibility.
6. Following review of the application, the IDD Intake Social Worker will contact you to tell you if you are eligible for IDD services.

If you are eligible for IDD services, you will be assigned an IDD Case Manager who will meet with you to discuss support options and develop a plan.

If you are not eligible for IDD services, you will be mailed a Notice of Action (NOA) that outlines the reason you are not eligible and your appeal rights. We will also be sure to include additional programs or services that may be helpful to support you.

We ask for your patience during this application process. It can take up to several months for all required assessments and applications to be completed, compiled, submitted and reviewed. If at any time you have questions about the process or where your application is at during the process, do not hesitate to call. If you have questions about the IDD Intake Process please call 651-430-6422. If you have questions about the status of an application that has already been submitted, please contact 651-430-6422 and request to be transferred to the IDD Intake Social Worker.

RESOURCES, PROGRAMS, & SERVICES

RESOURCES TO OBTAIN DIAGNOSTIC TESTING

Below are some providers that may be able to assist you with completing diagnostic testing for the purpose of applying for IDD case management. **When coordinating this evaluation, please request IQ AND Adaptive Testing, as well as notify the provider the person receiving the evaluation does not communicate with words (if applicable).** Your insurance will need to be billed; please discuss all billing questions with the provider completing the evaluation.

Washington County does not endorse the providers listed below. This list is not conclusive of all resources that may be available to complete diagnostic testing for the purpose of applying for IDD case management.

***Indicates able to complete testing for those that do not communicate with words**

- Canvas Health: 651-777-5222
Dr. Andrew Ballew* (*other evaluators available*)
(*Note: Referral must come from Washington County*)
- Diverse Assessments & Treatments*: 651-481-0664
Dr. Todd Sigler, PsyD, Licensed Psychologist
- Family Psychological Services*, West St. Paul: 651-688-2335
Dr. Stephen Antonello, Clinical Psychologist
- Nystrom & Associates*, Eden Prairie or Woodbury: 651-714-9646

For those already established with a provider:

- Children's Minnesota, Minneapolis: 612-813-8455
- Children's Minnesota, St. Paul: 651-220-6753
- Minnesota Epilepsy Group: 651-241-5290

IDD SERVICES

If you are eligible for IDD Services, you may be eligible for services (within IDD services or potentially through other avenues) that are specifically designed to support people with IDD or Related Conditions. Everyone who is eligible for IDD services will receive a Rule 185 or IDD case manager.

- **Developmental Disabilities (DD) Waiver:** The DD Waiver provides a variety of services including, but not limited to: respite, assistive technology, caregiver training, in-home family support, adaptive equipment, and the Consumer Directed Community Supports (CDCS) Program. You must meet certain eligibility criteria to be approved for the DD waiver. Please note that being determined eligible for IDD services does not mean you will automatically receive the DD waiver!

- **Employment Services & Supports:** Washington County is able to provide funding to support people with exploring and developing employment opportunities, as well as support with finding and keeping jobs. Funding is authorized to allow a provider to help you with job-related goals. Employment could be in the community or within an agency, and could also include daily social or recreational programming.
- **Family Support Grant (FSG):** FSG provides a small cash grant to families of eligible children, with a goal of preventing or delaying a child of having to move out of the home to receive necessary support, promoting family health and well-being, and supporting transition-related needs. There is an annually adjusted income ceiling to qualify. You must be certified disabled for FSG and being determined for IDD services meets this requirement.
- **Respite Care:** This is a service for adults and children designed to give caregivers a break, and can be provided in or out of the home. Out-of-home respite that is arranged through Washington County Community Services is usually in a licensed foster home setting. There is flexibility under some plans for families to arrange respite care informally. Respite is limited, not guaranteed, and there may be a fee.
- **Rule 185 Case Management:** Your case manager will provide you with person-centered support, which includes: identifying possible programs and services, consultation, information about resources, and referrals to services and programs. Your case manager can discuss with you which programs you may be eligible for and help you develop a support plan. This support plan is called the Coordinated Services and Supports plan (or CSSP). This is developed in following the completion of with the Community Support Plan (or CSP) that was developed during the MnCHOICES Assessment process. If you have not gone through the MnCHOICES process, your case manager will help you complete an Individualized Support Plan (ISP) or Person-Centered Support Plan with you.

OTHER FUNDING & PROGRAMS

There are other programs and services that may be available to you that do not require you to be eligible for IDD Services. These potential resources are discussed with you during the MnCHOICES Assessment process. These include, but are not limited to:

- **Children's Mental Health Case Management:** Children's Mental Health Case Management in Washington County is provided by Canvas Health. These services are intended to assist children and youth (to age 18 and in some circumstances to age 21) with a severe emotional disturbance. Canvas Health can be reached at 651-777-5222.
- **Consumer Support Grant Program (CSG):** This is a consumer-directed monthly grant that gives you more control and flexibility to hire staff and purchase services or equipment. Parents of minors may also pay themselves on this program. The CSG program is an alternative way to use PCA hours you may be eligible for. It is the state portion of the authorized PCA or nursing hours.

- **Medical Assistance (MA):** Program to pay for medical care and some support services for low-income families or people over the age of 18. Medical Assistance funds many social services, including the DD waiver and PCA services. There are several ways to apply for MA. For information about applying for benefits, call the Washington County Economic Support at 651-430-6455 or visit: www.co.washington.mn.us/2382/Applying-for-a-Health-Care-Program. If you are applying on behalf of someone with a disability, you are encouraged to consult with a navigator. Some available in or near Washington County may be:

 - The Arc - Greater Twin Cities, St. Paul: 952-920-0855
 - Canvas Health, Forest Lake: 651-251-5223)
 - Portico, St. Paul: 651-489-2273
 - Somali Health Solutions, Minneapolis: 1-855-566-7873
- **MnCHOICES Assessment & Long-Term Care Services and Supports:** Long-term care services and supports are available to people who meet certain eligibility criteria. The first step in determining if these supports are an option for you, including IDD Case Management, is to request a MnCHOICES assessment. This request can be made by calling 651-430-6422.
- **Personal Care Assistance (PCA):** PCA services are funded by Medical Assistance (MA) and all waiver programs. A MnCHOICES or PCA assessment determines the number of hours of PCA per day you may be eligible for. PCA services are designed to provide support with personal care areas, as well as complex-medical needs and emotional or behavioral needs. PCAs can be hired from a private agency or you can choose PCA CHOICE and hire your own staff.
- **Supplemental Security Income (SSI) or Retirement and Survivors Disability Insurance (RSDI):** These are cash benefits payable to children with qualifying disabilities whose families have very limited income. At age 18, family income is no longer a factor for eligibility. Call Social Security at 1-800-772-1213.
- **TEFRA:** This is MA for children with qualifying disabilities who live with their families and do not qualify for MA because family income is too high. Only the child's income and disability are used to determine eligibility. There is a state parental fee for TEFRA, based on family income and family size. More detailed information is available at: www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSlectionMethod=LatestReleased&dDocName=id_007117.
- **Washington County Economic Support Department:** In partnership with the Minnesota Department of Human Services (DHS), the Washington County Community Services Department administers programs that provide support to low income residents of Washington County, such as cash support, medical programs, food support, and child care assistance. Eligibility Specialists (often referred to as financial workers) can assist you with exploring possible benefits. For more information about applying for benefits call 651-430-6455.

- **Washington County Public Health Services:** The Department of Public Health and Environment provides public health services to individuals, families, and communities. The goals of these services are to prevent the spread of infectious diseases, promote healthy lifestyles and build healthy communities. For more information about potential resources through Public Health call 651-430-6655.