

### Recommended Benefits to Support Individuals with Complex Health Needs

UnitedHealthcare Community and State, in partnership with its independent National Advisory Board (Board), has undertaken an initiative to research available data and develop recommendations for benefit design to support the following populations:

- Individuals with Alzheimer’s or related dementias
- Individuals with physical disabilities
- Individuals with intellectual disabilities and developmental disabilities (ID/DD)
- Individuals with behavioral disabilities (e.g. Serious Mental Illness)

While the initial undertaking was focused mainly on the four populations listed above, the conclusion has been reached that the following benefits and services should be available to all HCBS-waiver eligible individuals, regardless of diagnosis. These benefits enable persons with disabilities and the aging to live with dignity and independence in the community by expanding, strengthening, and integrating systems of community-based long-term supports that are person-centered and provide optimal choice.

- Adult Day Health
- Adult Day Social Health
- Assisted Living
- Assistive Technology
- Attendant Care
- Behavioral/Mental Care/Support
- Caregiver Services/Supports
- Caregiver Training on Person-Centered Care
- Case Management
- Community Transitional Services
- Congregate and Home Delivered Meals
- Consumer Directions
- Environmental and Home Accessibility Modifications
- Future Planning
- Home Health Aid/PCHA
- Hospice
- Housekeeping/Homemaker/Chores
- Housing
- Interpreter Services
- Meal preparation and delivery
- Medication Administration, Management, and Reminders
- Medical supplies and equipment
- Nutritional Counseling
- Oral Care
- Peer Supports
- Personal Emergency Response Systems (PERS)
- Pest Control
- Relationship Support
- Respite
- Supported Employment/Prevocational Services
- Telehealth and Teledentistry
- Tenancy Supports
- Transportation

### Additional Benefits to Support Individuals with Specific Diagnoses

In addition to the comprehensive benefits offered to most individuals who are eligible for HCBS waiver services, UnitedHealthcare Community and State, in collaboration with the Board, recommends that states offer additional benefits to individuals with certain functional diagnoses.

These populations and benefits are listed below.

#### **ID/DD**

- Day Supports
- Supported living/home care

#### **Alzheimer's**

- Future Planning (specific)

#### **Severe Mental Illness (SMI)**

- Assertive Community Treatment (ACT)
- Cognitive Behavioral Therapy (CBT)
- Coordinated Specialty Care (CSC)/ RAISE
- Dialectic Behavioral Therapy
- Integrated Dual Disorder Treatment (IDDT)
- Mobile Response Teams