



Preliminary Support Range Descriptions

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Background

The Human Services Research Institute (HSRI) is conducting a study to develop means to assign individual budgets to people receiving services in Minnesota. An individual budget is a way to calculate the funding made available to each individual so that they can obtain the supports and services that they need and desire. A person's support needs will be informed by their MnCHOICES assessment. Then each person will be assigned to a Support Range that indicates the range of needs they may have. The budgets, in part, will be based on the Support Ranges that people are assigned. That is, budgets will be similar for individuals in each Support Range.

This document contains background information about the Support Range framework, followed by information about the development of Support Range descriptions, including the Charting the LifeCourse (CtLC) Framework that we used to develop descriptions. Each section following this Background section contains the Support Range description for one of the Support Ranges.

Support Range Framework

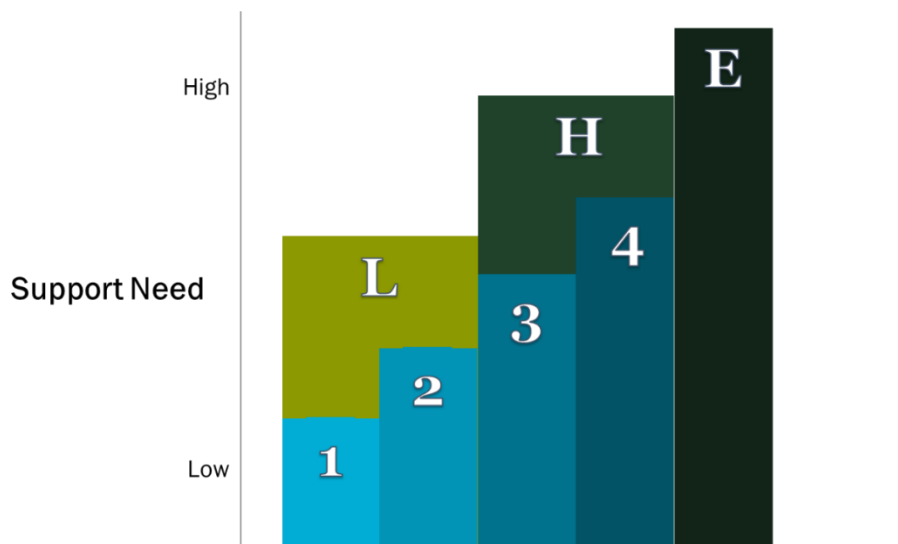
We developed a preliminary framework that has 7 distinct Support Ranges. The Support Ranges consider needs in the following areas:

- General Support Need – support that people need for activities of daily living and instrumental activities of daily living (e.g., eating, bathing, dressing, housework, shopping)
- Health Support Needs – support that people need to manage health conditions (e.g., cardiac conditions, therapies, diabetes)
- Psychosocial Support Needs – support that people need to manage psychosocial conditions (e.g., anxiety, verbal aggression, socially unacceptable behavior)

The Preliminary Support Range framework

1	Low general support need, typical health and psychosocial support needs
2	Moderate general support need, typical health and psychosocial support needs
3	High general support need, typical health and psychosocial support needs
4	Extensive general support need, typical health and psychosocial support needs
L	Low to moderate general support need, high health and/or high psychosocial support needs
H	High to extensive general support need, high health and/or high psychosocial support needs
E	Extraordinary health and/or psychosocial support needs as determined by an additional process

Below is a figure that shows the amount of support needed by individuals in each Support Range.



Support Range Descriptions Development

Support Range descriptions are essential to the framework because they help people understand the support needs of individuals in each Support Range, which relate to the types and amount of services they need.

Support Range Worksheet

We conducted an exercise with an expert panel to develop the Support Range descriptions in this document. This exercise involved the expertise of 16 stakeholders who used data from each Support Range to respond to questions on an online worksheet that probed at the kinds of support individuals in each Support Range may need. Below is a segment of the online worksheet to exemplify the content of the worksheet.

Think about the support needs of individuals in Support Range H. What support do people in this Support Range need in the following areas:

1. Meaningful day and employment -- what is done in everyday life – school, employment, volunteering, communication, routines, and life skills?

2. Community living - where and how they live - housing and living options, community access, transportation, and home modifications?

Support Range Worksheet Analysis

We qualitatively analyzed the worksheet responses by finding common themes, descriptors, and ideas across the expert panel within each Support Range. From these summaries we wrote the preliminary Support Range descriptions.

For the analysis, we first aggregated worksheet responses and used the findings to create the preliminary Support Range descriptions. To provide a meaningful structure and approach to the descriptions, we used the CtLC Framework, described below. We used the most common descriptors for each Support Range within each “Life Domain” in the CtLC Framework. We excluded any parts of worksheet responses that contradicted what most expert panelists said, or any parts that we could not interpret or that did not describe support need. Finally, we made the descriptions as concise as possible and used words that made descriptions more uniform and understandable across all Support Ranges.

In addition to the CtLC Framework domains, we added a section that summarizes the MnCHOICES data on ADLs, IADLs, Health, and Psychosocial items for each of the Support Ranges. We used the exact wording indicated in MnCHOICES. This “MnCHOICES” section of the description is a brief summary of the data the expert panelists used to write the remaining sections.

By involving the expert panelists, we wrote the Support Range descriptions with individuals that are a part of or very familiar with the population of individuals who receive waiver services. This process was intended to integrate their voices into the important steps of this study. Please note, however, that the Support Range descriptions are limited to the expert panel’s input about a select number of items from MnCHOICES that ask about support need. While we recognize the importance of goals and context in understanding support need on an individual level, these descriptions summarize the support needs that groups of individuals in each Support Range have in common. Goals, unique situations, and specialized supports will continue to be addressed in planning, as they always have.

Please also note that the description for Support Range E was not written in the same way as other Support Ranges which were informed by data. This Support Range will be assigned to individuals with extraordinary health or psychosocial support needs. The criteria for assigning this Support Range to individuals is still under development, as it may require some combination of MnCHOICES data and verifying extraordinary need with a supplemental process. Therefore, no data are available to describe the individuals who will be a part of this Support Range. Please note that with individuals assigned Support Range E—as with all Support Ranges—there will be an exceptions process in place if the budget associated with the assigned Support Range is not adequate to meet their needs.

Charting the LifeCourse Framework

The CtLC Framework is based on the core belief that all people have the right to live, love, work, play, and pursue their life aspirations just as others do in their community¹. In recognition that families have significant needs that often go unmet, this framework was designed to help individuals with IDD

¹ Curators of the University of Missouri UMKC Institute for Human Development, UCEDD (2017). Charting the LifeCourse. For more information, see lifecoursetools.org.
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and their families develop a vision for their life, and to plan to achieve that vision with the requisite information, skills, and supports that they need.

These fundamental principles apply to more populations than individuals with IDD. Specifically, the principles may apply to the populations receiving services in Minnesota via the Brain Injury (BI), Community Alternative Care (CAC), Community Access for Disability Inclusion (CADI), or Developmental Disabilities (DD) waivers. Therefore, we use CtLC to structure how we describe the support needs of individuals, as well as how such needs can be supported in the overarching service system in Minnesota.

The CtLC Framework centers on core principles that allow systems to think differently about how they approach supporting families. These core principles are detailed at lifecoursetools.org. For the purposes of Support Range descriptions, we focused on one core principle called “Life Domains.” This principle asserts that life is interconnected and multifaceted—each domain contributes to a full life and what happens in one domain affects the others.

There are six Life Domains in the CtLC Framework. The preliminary Support Range descriptions use these Life Domains to describe the support needs for each Support Range. Each Support Range description contains a section for each of the six domains, with a description of how individuals in that Support Range may need support to lead a full life within that domain.

Charting the LifeCourse Framework Life Domains

	Meaningful Day & Employment What you do as a part of everyday life – school, employment, volunteering, communication, routines, life skills
	Community Living Where and how you live - housing and living options, community access, transportation, home modifications
	Safety & Security Saying safe and secure – emergencies, well-being, guardianship options, legal rights and issues
	Healthy Living Managing and accessing health care and staying well– medical, mental health, behavior, developmental, wellness and nutrition
	Social & Spirituality Building friendships and relationships, leisure activities, personal networks, faith community
	Citizenship & Advocacy Building valued roles, making choices, setting goals, assuming responsibility, and driving how one's own life is lived

This document contains preliminary information only that was not intended for distribution. If you have any questions or need help understanding this document, please contact Jami Petner-Arrey at jpetnerarrey@hsri.org.

Support Range 1

Below is the preliminary Support Range 1 description.



In general, I need no support, minimal reminding, and/or supervision for most activities of daily living like eating, bathing, dressing, and toileting. I sometimes need assistance or supervision for instrumental activities of daily living like housework, shopping, or managing finances. I have no or few health support needs. I may need some support for challenging behaviors like verbal aggression, susceptibility to victimization, or impulsivity. I may need some support for managing emotional needs.



Meaningful Day & Employment

To engage in meaningful employment, I may need initial support to explore employment or education options and find a job, including filling out applications and securing transportation. On the job, I may need intermittent help to troubleshoot any problems I experience, to manage my relationship with co-workers, or tools to manage my anxiety.



Community Living

To live in and access the community, I may need help to explore living options and housing or to apply for housing benefits. I may need intermittent help to pay bills, to manage my money, to find transportation or maintain my car, and to keep up with housekeeping and maintenance. I may need technology support to live independently.



Safety & Security

To stay safe and secure, I may need a risk assessment and plans to mitigate vulnerabilities. I may need help setting up emergency contacts and identifying additional supports to keep me safe. I usually know what to do to stay safe and can advocate for myself and manage emergencies, and I may benefit from technology.



Health Living

To manage and access healthcare and stay well, I may need help setting up and attending medical appointments, finding and communicating with healthcare practitioners, or recognizing mental health care needs. I might manage my healthcare needs on my own but might need a healthcare plan to keep up with my medical needs.



Social & Spirituality

To build relationships and engage in leisure activities, I may need initial support to coordinate and attend activities that I am interested in. I may need minimal or intermittent support connecting with others or maintaining existing relationships, possibly for mental health or challenging behaviors.



Citizenship & Advocacy

To drive how my life is lived, I may need support in the form of supported decision-making or different levels of representation (e.g., representative payee or authorizations). I might need temporary support to prioritize or implement my goals and may need guidance to make major decisions.

Support Range 2

Below is the preliminary Support Range 2 description.



In general, I need minimal supervision or reminding for most activities of daily living like eating, bathing, dressing, and toileting. I often need assistance or constant supervision for instrumental activities of daily living like housework, shopping, or managing finances. I have no or few health support needs. I may need some support for challenging behaviors like verbal aggression, socially unacceptable behavior, susceptibility to victimization, or impulsivity. I may need some support for managing emotional needs.



Meaningful Day & Employment

To engage in meaningful employment, I may need help to determine my interests and to develop employment skills. I could use help getting and keeping employment, education, or volunteer opportunities. I may also need on-the-job support, including physical support. I might need education and/or supervision and cueing to use public transportation.



Community Living

To live in and access the community, I may need help to identify housing needs and/or to pay for my home. I may need direct family or staff support to complete homemaking activities such as planning and cooking meals, shopping, and paying bills, and may require 24-hour support. I might need technology, home modifications, and/or specialized transportation.



Safety & Security

To stay safe and secure, I may need education about emergencies, being home alone, identifying unsafe scenarios (e.g., strangers entering my home), or understanding the consequences of my actions. I may need access to 24-hour supports, or direct support to remain safe in my home or community. I may also need help to manage my emotions or behavior.



Health Living

To manage and access healthcare and stay well, I may need help to schedule and attend medical appointments, to take medication, including medication for mental health needs. I may need help shopping for and preparing healthy food and reminders to exercise. I may benefit from therapies, but I don't experience frequent hospitalization.



Social & Spirituality

To build relationships and engage in leisure activities, I may need help to attend events, including transportation. I may need help getting connected with a social group, including support for mental health or challenging behaviors. Education about healthy relationships, boundaries, and dealing with aggression might also help me to maintain my relationships.



Citizenship & Advocacy

To drive how my life is lived, I may need access to education about advocacy and advocacy opportunities, as well as support to set goals that I can achieve. I may identify people I trust to assist me in processing situations and making decisions about my life. I might need assistance setting up routines, and I may become more independent overtime.

Support Range 3

Below is the preliminary Support Range 3 description.



In general, I need some physical assistance for most activities of daily living like eating, bathing, dressing, and toileting. I always or nearly always need assistance for instrumental activities of daily living like housework, shopping, or managing finances. I may have a few health support needs that do not require extraordinary support. I may need some support for challenging behaviors like physical aggression, verbal aggression, socially unacceptable behavior, susceptibility to victimization, or impulsivity. I may need some support for managing emotional needs.



Meaningful Day & Employment

To engage in meaningful employment, I may need thoughtful planning, formal supports to find and keep a job, long-term transportation support, and help to complete activities that I am interested in. I may benefit from the assistance of a job coach or day programming. On-the-job, I may need prompting, direct support, constant monitoring, or physical assistance.



Community Living

To live in and access the community, I may need daily or 24-hour support for physical or emotional needs. I frequently need help to maintain my home. I may need home modifications, adaptive equipment, and/or assistive technology. I likely need support to access transportation. I may need frequent physical support, including people to lift and transfer me.



Safety & Security

To stay safe and secure, I may need the support of a representative or other people I identify to help me make decisions, including financial. I may need 24-hour supervision or access to 24-hour supports. I may need help to abstain from eloping or hurting myself. I need to have emergency plans ready to be sure that I can remain safe in emergencies.



Health Living

To manage and access healthcare and stay well, I may need a special diet, tube feeding, and/or interventions to prevent choking. I may need a home doctor, skilled nursing visits, and/or long-term supports. I may rely on others to set up appointments and to determine when I need medical care. I likely need assistance preparing healthy meals.



Social & Spirituality

To build relationships and engage in leisure activities, I may need family or staff support to access the things that I want to do. I may need people to facilitate activities and to help me engage in my interests. I might need support available in social situations. I might have heightened emotional needs or need support for challenging behaviors around new people.



Citizenship & Advocacy

To drive how my life is lived, I may need the help of a guardian or a supportive person that I can depend on to help me make decisions. An advocate might help to ensure that my choices aren't limited because of my needs. Just because I need help doesn't mean that I am not able to make decisions in my life.

Support Range 4

Below is the preliminary Support Range 4 description.



In general, I need full physical assistance for most activities of daily living like eating, bathing, dressing, and toileting. I always need assistance for instrumental activities of daily living like housework, shopping, or managing finances. I may have a few health support needs that do not require extraordinary support. I may need some support for challenging behaviors like injury to self, physical aggression, verbal aggression, or susceptibility to victimization. I may need some support for managing emotional needs and may need some support for managing manic or psychotic behaviors.



Meaningful Day & Employment

To engage in meaningful employment, I may need long-term support to find a job and physical support or hand-over-hand assistance to complete work tasks. I may need help to understand work tasks or to manage mental health/behavioral needs. I may require support from more than 1 person and may need assistive technology or communication devices.



Community Living

To live in and access the community, I may need complete around the clock hands-on help. My living setting may need to be modified to meet my mobility needs. I may need assistive technology or a communication device. I likely need considerable support with transportation and to access the community. I may need a 24-hour plan of care.



Safety & Security

To stay safe and secure, I may need a guardian, or other representatives, who help me make decisions. I likely need 24-hour access to care in case of emergencies. I may need a risk assessment and plan to mitigate risks. People who support me might need specialized training to keep me safe and secure.



Health Living

To manage and access healthcare and stay well, I may need extensive emergency planning, advocacy with medical practitioners, preventative care with social worker or RN, and transition planning after hospital stays. I may need significant support for managing health conditions, taking medication, participating in therapy, and promoting my overall wellness.



Social & Spirituality

To build relationships and engage in leisure activities, I may need help to find and maintain social groups, assistance communicating, hands-on assistance to participate in activities of interest, planning to attend activities due to my health/mobility needs, and/or help with personal care when I am engaged in activities that I enjoy.



Citizenship & Advocacy

To drive how my life is lived, I may need guardianship or other levels of representation to help make decisions and support to maximize my ability to make decisions. I may need encouragement and communication support to make decisions, as well as people to help advocate for the things that I want.

Support Range L

Below is the preliminary Support Range L description.



In general, I need no or little support, reminding, and/or supervision for most activities of daily living like eating, bathing, dressing, and toileting. I sometimes or often need assistance or supervision for instrumental activities of daily living like housework, shopping, or managing finances. I have high health support needs and/or high psychosocial needs that require some daily support. I may have support needs for challenging behaviors such as injury to self, physical aggression, verbal aggression, or socially unacceptable behavior. I need support for emotional needs such as difficulties regulating emotion, withdrawal, agitation, and anxiety, and may need some support for managing manic or psychotic behaviors.



Meaningful Day & Employment

To engage in meaningful employment, I might need help to find and keep a job. I may work independently or need support to work in the community, including prompts and/or physical assistance. I may need education to use transportation, and tools to help me manage challenging behaviors or emotional needs at my job. I may need specialized support such as nursing, behavioral, or communication help.



Community Living

To live in and access the community, I may need help to figure out the right living setting for me, including my own home, with family, or in a group home. I may need education about transportation and means to pay for it. I may need support such as assistive technology, PERS, and/or direct assistance to fill out forms, secure housing or other benefits, pay bills, maintain my home, and create emergency back up plans.



Safety & Security

To stay safe and secure, I may need supportive people around me, or other forms of representation to help make decisions and manage benefits. I may need education about how to respond in emergency situations. I may need emergency supports and protocols available at all times, a risk assessment to mitigate my vulnerabilities, assistive technology, and/or periodic check-ins.



Health Living

To manage and access healthcare and stay well, I may need support to schedule and attend medical appointments, follow medical routines, and recognize and understand medical/mental health needs. I may benefit from period check-ins and/or assistive technology. I may attend therapies, receive treatments, or need help to comply with medication schedules.



Social & Spirituality

To build relationships and engage in leisure activities, I may need help to be active in my community, including education about healthy relationships. I may also need support to express frustration in a positive way or manage other mental health or challenging behaviors so that I can maintain my relationships. I may need long-term supports to access my community, including transportation and means to pay for transportation.



Citizenship & Advocacy

To drive how my life is lived, I may need supports to express my dreams and to manage my meetings. I can usually advocate for myself and make my own decisions, but I may need formal plans to make sure that I can be independent and make as many choices as possible, including exert help to maintain my employment or living situation. I may need tools to help me manage my relationships with others.

Support Range H

Below is the preliminary Support Range H description.



In general, I need partial to full physical assistance for most activities of daily living like eating, bathing, dressing, and toileting. I always or nearly always need assistance for instrumental activities of daily living like housework, shopping, or managing finances. I have high health support needs and/or high psychosocial needs that require some daily support. I may have support needs for challenging behaviors such as injury to self, physical aggression, verbal aggression, socially unacceptable behavior, or property destruction. I need support for emotional needs such as difficulties regulating emotion, withdrawal, agitation, and anxiety, and I may need some support for managing manic or psychotic behaviors.



Meaningful Day & Employment

To engage in meaningful employment, I likely need a substantial amount of staff support. I may prefer a structured day programming or volunteer opportunities. I often need extensive support for day-to-day activities from skilled individuals and back up plans when support is unavailable. I likely need support to attend school or to engage in other daily activities.



Community Living

To live in and access the community, I need formal support to help secure appropriate housing, maintain and pay for housing, and pay bills. Home modification and assistive technology can help increase my independence. I likely need consistent 24-hour in home support and other services to live in and access my community including transportation.



Safety & Security

To stay safe and secure, I may need a risk assessment and planning to mitigate vulnerabilities. I might need supervision in my home and my community and 24-hour access to specialized supports, including nursing and behavioral. I likely need guardianship or other representation to help make decisions or provide oversight. I may need support to deal with legal proceedings, criminal charges, civil commitments, and emergencies.



Health Living

To manage and access healthcare and stay well, I may need constant help to schedule and attend medical appointments, and to coordinate health support. I may need monitoring for health conditions such as seizures. I may need help communicating with my providers, as well as support to secure reliable health and mental health supports. I experience health or mental health issues that require me to have an emergency plan.



Social & Spirituality

To build relationships and engage in leisure activities, I may need full support to find and participate in activities with others. I may need support to ensure that my physical, emotional, and medical needs are met, including when I am doing things with my friends and family. I may need long-term support to ensure that I can maintain relationships and manage behavioral or health needs.



Citizenship & Advocacy

To drive how my life is lived, I may need support to engage in opportunities to make decisions and advocate for myself. I may need formal planning to help me realize my goals and ongoing support to advocate for my needs. I may need help to ensure that even when I experience health or mental health issues, I am still able to make as choices for myself.

Support Range E

Below is the preliminary Support Range E description.



Criteria for assigning this Support Range to individuals is not yet determined. Therefore, no data from MnCHOICES are available to describe the individuals in this Support Range. This Support Range will be assigned to individuals with complex medical and/or psychosocial support needs.



Meaningful Day & Employment

To engage in meaningful employment, I may need fully customized employment or significant accommodations to work from home. I need at least 1:1 support the entire time that I am working. To access work or day programs, I need constant support and supervision, often from individuals with highly specialized skills. I may be at risk of hospitalization or institutionalization and need flexible options to fulfill a meaningful day.



Community Living

To live in and access the community, I may need significant home modifications including ceiling track lifts, a ventilator, 24-hour eyes on support, or specialized staff. I may require 2:1 support to help me manage my medical/mental health needs and/or to keep and others around me safe. I may be frequently hospitalized due to health or mental health needs. My housing options may be limited due to my needs, and/or I may have restrictions on my freedom related to legal involvement.



Safety & Security

To stay safe and secure, I may need specialized family or staff support (e.g., people trained to operate medical equipment and recognize health emergencies, people trained in crisis-prevention who are able to physically intervene if I am in danger or hurting myself or others). I may require 2:1 support to keep me from hurting myself or others. I likely need a guardian or other forms of representation to help me make decisions. I need emergency plans to deal with recurrent emergencies.



Health Living

To manage and access healthcare and stay well, I may need specialized daily physical assistance for nutrition needs, positioning, mobility, ventilation, and/or other extraordinary support needs. I need help to schedule and attend appointments and may need specialized transportation to get there. I may need in-home medical and behavioral consultation. I may require a specialized living setting to meet my unique needs and help to advocate and communicate my health needs to others.



Social & Spirituality

To build relationships and engage in leisure activities, I may need significant long-term support to help with communication and physical support to maintain my personal care or to secure my safety and the safety of others around me when I engage in community activities that I enjoy. I may have limits on my freedoms due to past criminal activity, and/or I may need planning and help to access my community in a way that suits my extensive support needs.



Citizenship & Advocacy

To drive how my life is lived, I need significant support to determine my interests and goals, make decisions, and/or to advocate for myself, including assistive technology. I may benefit from a strong advocate who knows me and my interests well. Though I have considerable support needs, a strong and well-coordinated team can help me have the stability required to make important decisions in my life.