

How People With Special Health Care Needs Can Benefit From Iowa Waiver Services

Angeleah Whitlatch, LMSW

Iowa now has seven Home and Community Based Service (HCBS) Waivers. Waivers are entitlement programs which fund medical care and services for adults and children with special health care needs. The seven waivers include:

- **Health and Disability (HD)**
- **Intellectual Disability (ID)**
- **Brain Injury (BI)**
- **Children's Mental Health (CMH)**
- **Physical Disability (PD)**
- **AIDS/HIV (AH)**
- **Elderly (E)**

Someone qualifies for a particular waiver depending on which disability or chronic health problem he or she has. Family income does not affect waiver eligibility. Iowa waiver services are for Iowa residents. Each state has different versions of waivers. No two states services are exactly the same.

Waivers give families access to in-home supports such as respite and nursing care; the financial help afforded by the waivers may be used by families for things such as private therapy or home adaptations. As people age, waivers give support they may need in their home or supports while they are working. Waivers are meant to help people with special health care needs be as independent as possible.



Angeleah Whitlatch (right), is one of the social workers at CDD who is available to help families with the waiver process.

Most often people seen at the Center for Disabilities and Development are covered by one of these waivers:

- **Health and Disability (HD)**
Covers diagnoses such as, but are not limited to: Autism spectrum disorder, some types of cerebral palsy, and some genetic disorders
- **Intellectual Disability (ID)**
People must have the diagnosis of intellectual disability, but they can have other diagnoses as well.
- **Brain Injury (BI)**
Covers brain injuries and things that most often show "abnormal" on a MRI (picture of the brain)
- **Children's Mental Health (CMH)**
Covers diagnoses such as, but are not limited to: oppositional

defiance disorder, conduct disorder, depression and anxiety.

People can have more than one waiver, but must choose what waiver they would like to be on long term.

Waiver Services Wait Lists

There is a wait list for waiver services in Iowa. This is because the Iowa government only funds a certain number of slots for each waiver.

Once a slot becomes open on a waiver, a person is taken off the wait list and given a waiver slot. Each waiver's wait list has a different number of people on it and has a different wait time. It is hard to give a time line for how long a person will be on a wait list. Some people are on a waiver wait list for 6 months and

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others are on a waiver wait list for 2 years. Each person has a different experience with waiver wait lists.

One major benefit of waiver services is Medicaid insurance coverage. Any person who is eligible for Iowa waiver services is automatically eligible for Iowa Medicaid. This means people can be covered twice with private insurance and Iowa Medicaid.

Applying for Waiver Services

To get waiver services, you must fill out the full Medicaid Insurance application and send it to your county Department of Human Service (DHS) office. If you already have Medicaid insurance you can just ask to be added to a waiver wait list. You can apply for waiver services by yourself, but most people have help from a Social Worker or other health care professional.

While on the wait list there is a program called Medicaid for Kids with Special Needs (MKS N). This is a program that may give access to Medicaid insurance while your child is on a waiver wait list. It is based on the number of people who live in your home and your monthly income.

To qualify for MKSN your child must be:

- Under the age of 19
- Disabled. The disability must meet the standards of the Social Security Administration.
- Income eligible. Your family income must be no more than 300% of the federal poverty level for your family size.
- A U.S. citizen.

Medicaid for Kids with Special Needs (MKS N) gives the same Medicaid insurance coverage you will have while on a waiver. You can apply at your local DHS office or by calling (877) 937-3663.

There is also a program for Iowans called Health Insurance Premium Payment (HIPP) to double cover a person with both Medicaid and private health insurance. HIPP helps people get or keep health insurance through their employer by paying the cost of the health insurance premium. The HIPP program is a way for the state of Iowa to save money. It costs the state less to pay back all or a part of your health insurance premium to help pay your health care bills than for Medicaid to pay the full cost of the health care bills.

To fill out an application over the phone or for questions call:

Toll-Free: (888) 346-9562

For a paper application go to: dhs.iowa.gov/ime/members/medicaid-a-to-z/hipp

Fax: 1-515-725-0725

Email address: hipp@dhs.state.ia.us

If you would like help getting waiver services, have questions about eligibility or other concerns, please call The Center for Disabilities and Development and ask for a visit with a social worker.

You can get more information on the above services at these links:

Waivers: dhs.iowa.gov/ime/members/medicaid-a-to-z/hcbs/waivers

Medicaid for Kids with Special Needs: dhs.iowa.gov/ime/members/medicaid-a-to-z/MKS N

Health Insurance Premium Payment: dhs.iowa.gov/ime/members/medicaid-a-to-z/hipp

Medicaid for Kids with Special Needs (MKS N) family income guidelines

Household Size	Monthly Income Limits
1	\$2,970
2	\$4,005
3	\$5,040
4	\$6,075
5	\$7,110
6	\$8,145
7	\$9,183
8	\$10,223

**\$1040 for each extra person in the home



Every family wants to be able to respond to an emergency or disaster.

The **PrepKids** program will help families who have children with special health care needs take the time before an emergency occurs to plan for survival at home, in a shelter, or elsewhere.

Prepkids



7 Steps to personal and family emergency preparedness

FEMA recommends that everyone be prepared to be on their own for three days.

- ✓ Be informed
- ✓ Make a Plan
- ✓ Build a Kit

- 1 Know the types of emergencies that could happen and what to do.
- 2 Complete a personal and family assessment.
- 3 Develop a personal support network.
- 4 Gather emergency papers and medical information.
- 5 Keep a 3-5 day supply of medications and medical supplies on hand.
- 6 Make an emergency supply kit.
- 7 Make your home, daycare, school and work safer.

Preparing for an emergency or disaster can seem overwhelming, but not everything needs to be done at once. You may want to begin with the tasks that will be most important to you and your family for any emergency.

Some plan is better than no plan. You can do it!

For further information visit: <http://www.uihealthcare.org/ucedd/self-advocacy/emergency-preparedness/> and click on the link under **PrepKids**: Prepkids Booklet Fill-in 2015

PrepKids is a collaboration of the University of Iowa Injury Prevention Research Center, the University of Iowa Stead Family Children’s Hospital, Center for Disabilities and Development, and the Iowa Child Health Specialty Clinics.



Provider Highlight

Anne Tabor

Nutrition
Iowa State University
University of Minnesota School of Public Health

What is a Registered Dietitian?

A RDN is a food and nutrition expert who has met academic and professional requirements. Many people think nutritionists and RDNs are the same, but a nutritionist is not licensed and is not regulated by the government. An RDN is a nutritionist but a nutritionist is not always an RDN.

How many years have you been practicing?

More than 30.

What areas interest you in your field?

The field of nutrition, which is the study of how the body uses food, has grown in many ways over the years and my interests along with it. My special interests are in public policy, school nutrition, gardening, local food access and improving health through healthy food choices.

What does your department offer to patients that other programs don't?

We offer nutritional assessment and intervention as part of a full view of the child and family.

Who benefits from seeing a nutritionist?

Anyone can benefit from seeing a nutritionist and at any age. You can see a nutritionist for preventive health care or to have personalized medical nutrition therapy for chronic health or acute disease conditions.

How do these services help people live independent lives?

Eating, accessing food, and preparing food that meets a person's needs are basic elements everyone needs to be independent. A nutritionist is a good person to work with to achieve this.

Why did you choose CDD?

CDD offers a mixture of public health and clinical work.

What you would say to a patient and family coming to the CDD for the first time to see you?

I am so happy you have chosen CDD. I want to be sure that you ask all the questions you have and to share thoughts about your child today. Be sure to speak up or stop me if you have any concerns.

Easy, Healthy Recipes To Make With Your Kids

Cooking with your children can be a fun learning experience. Preparing food together can encourage your kids to try new foods and learn about nutrition. Measuring ingredients and following recipe directions can help develop math and reading skills.

The following recipes include utensils and equipment you will need. Depending on the age of your child some items may need to be used by, or with the help of, an adult.



Benefits of cooking with children:

- It's fun
- Builds math and reading skills
- Encourages healthy eating habits
- Helps them explore with their senses
- Boosts confidence



Black Bean & Corn Quesadillas

Adam Ried, cooking columnist for the Boston Globe Magazine

It's a Mexican grilled cheese sandwich—with tortillas instead of bread. We like whole-grain or corn tortillas better than white flour tortillas because they have lots of flavor and more nutrients! (Corn tortillas are smaller: if you use them here, use 2 per quesadilla, sandwiching the cheese in the middle between them instead of folding them.)

MAKES: 2 SERVINGS PREPARATION TIME: 15 MINUTES

KITCHEN GEAR

Cutting board	Sharp knife (adult needed)
Measuring cup	Large nonstick skillet
Colander or strainer	Spatula
Small mixing bowl	Large plate, for serving
Wooden spoon	

INGREDIENTS

- 2 8-inch whole-grain tortillas
- 1/4 cup canned or cooked black beans, drained and rinsed
- 1/4 cup canned or frozen corn, drained or thawed as needed
- 1/2 cup grated Monterey Jack or cheddar cheese
- 2 scallions, thinly sliced
- Salsa for serving (if you like)

INSTRUCTIONS

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

Put the tortillas on the cutting board and sprinkle half the cheese over half of each one.

Put the beans, corn and scallions in the mixing bowl, and mix well with the spoon.

Sprinkle half the bean and corn mixture over the cheese on each tortilla, then fold the tortilla to make a half-moon shape.

With the help of your adult, put the skillet on the stove and turn the heat to medium-low. Add the quesadillas. Use the spatula to press down gently. Cook the quesadillas, flipping halfway through, until they are spotty brown and crisp on both sides. The cheese inside should be melted.

Take the quesadillas out of the skillet and let them cool about 2 minutes on the serving plate.

With the help of your adult, cut the quesadillas into wedges and serve with salsa (if you like salsa).

Strawberry Banana Smoothie

Bill Yosses, former White House Executive Pastry Chef

Put a cool, fruity smoothie in your thermos, and if you don't drink it up for breakfast, you'll be psyched for it at snack or lunchtime. Just give it a shake before drinking, to make sure all the ingredients are blended.

MAKES: 2 SERVINGS PREPARATION TIME: 15 MINUTES

KITCHEN GEAR

Blender (adult needed) Knife (adult needed)
Cutting board

INGREDIENTS

- 1 cup plain low-fat yogurt
- 1 overripe banana, sliced (if you plan ahead, freeze the peeled banana before making the smoothie!)
- 6 strawberries, hulled
- 1 Tablespoon orange juice concentrate (from a frozen can)
- 3 Tablespoons water
- 2 Teaspoons honey

INSTRUCTIONS

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

Put the yogurt, banana, strawberries, orange juice concentrate, water and honey in the blender.

Put the top on tightly. With the help of your adult, turn the blender to medium and blend until the mixture is very smooth.

Serve right away or store in a thermos or covered in the fridge for up to 4 hours.

NOTES

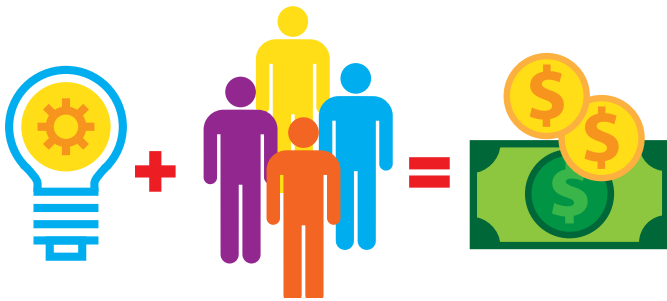
"Hulled" means to remove the stem and core of a fruit.

How to use crowdfunding to buy assistive technology

What is crowdfunding?

Crowd-sourced funding, best known as crowdfunding, is a new method of raising funds to support a cause or meet a need. This includes fundraising for personal causes or medical needs, such as buying assistive technology devices.

Crowdfunding requires access to the Internet, using a computer or a smartphone. It relies on peer-to-peer networking on social media platforms, most often Facebook and Twitter. Successful crowdfunding also may include reaching out to local newspapers, or radio and TV stations.



How does crowdfunding work?

People or groups use fundraising websites to set up crowdfunding accounts to ask for donations. First, fundraisers write a statement that tells their story. They describe what they need and ask others for a donation. Next they make a plan to spread the word about their campaign. Then they share their news and updates on social media.

What does it cost to use a crowdfunding website?

Many crowdfunding sources charge a fee to raise money on their websites. Fees range from 3% to 15% of the donation total. In other words, based on a 5% fee, the site would charge \$5.00 on a donation of \$100.

Crowdfunding uses a third party to collect the funds. Most often, the third party is a credit card company or PayPal. The companies charge for each donation made. The usual charge for this is 2.9% of the amount donated, plus a \$.30 charge for each donation. In other words, the third party would charge \$3.20 for a donation of \$100.

Crowdfunding sites work on a “keep it all” or “all or nothing” model. Some sites offer both models. The keep

it all model allows fundraisers to access funds right away, and keep all donations. The all or nothing model requires fundraisers to set goals. If the goal is not met, all funds are returned to those who made donations.

How do I start a crowdfunding campaign?

Follow the steps below to get started. If you don’t use social media, reach out to family and friends for help.

- 1) Set up Facebook and/or Twitter accounts if you don’t have them. Reach out to family and friends to let them know about your campaign.
- 2) Research crowdfunding websites. Look at the most successful fundraisers on the sites. Check out site reviews. Read their rules, including tax information. Study funding models and figure out the cost to use each site. Some sites offer tips to help promote your fundraising.
- 3) Take time to write your statement. Your story should be brief and clear. Most important, your story should inspire people to give to your cause. Adding high-quality photos will help tell your story. Some sites allow you to submit videos.
- 4) Describe the assistive technology device you want to buy. Tell people what you need, and why you need it. Include a photo of the device or an online link, if you have one.
- 5) Create an outreach plan. Use the social media on the crowdfunding sites to get word out to family and friends. Ask them to share your story. Most fundraising sites are connected to Facebook and Twitter. Sites that include videos are connected to YouTube.
- 6) Be patient and don’t give up! Ask twice. Share personal and campaign updates on the site and on social media. And thank your donors!
- 7) Consider holding an event to kick-off your campaign. Share news about the event and your campaign with local media outlets.

Iowa Compass created these steps with information from Ability Tools of California. We have shared it with their permission.

To check out some of the crowdfunding sites and for more information and support, visit: iowacompass.org/crowdfunding.htm

Cub Scouts help Jayden join their pack events

This story came from Wheel:Life. It is a story about a wheelchair ready for the woods and a creative funding strategy, funding strategy, but most importantly a story about what REAL inclusion looks and feels like.

When Cub Scout Pack 42 in Slidell, LA realized that one of their members, Jayden, wasn't able to join his troop on their weekend camping trips because his regular wheelchair wasn't up to the task, they knew that they had to do something. They created a [GoFundMe](#) page to raise the funds to purchase Jayden a GRIT Freedom Chair. Seventy-seven people pitched in and soon Jayden had his new, tough wheelchair and was ready for his first camping trip with his Pack!

Read about Jayden joining his Cub Scout Pack and see the video: <http://bit.ly/2kGBLoN>

Assistive Technology Legal Project (ATLP)

ATLP has provided legal advocacy to more than 400 Iowans since the project started in 1993 as part of the Iowa Program For Assistive Technology. This includes free legal help for Iowans with adaptive equipment legal problems, such as:

- Denials of equipment claims by Medicare Part B, Medicaid or private insurance
- Getting devices for K-12
- Dual eligibility problems—these are complications that can occur for people who have both Medicare and Medicaid
- Getting equipment for nursing home residents
- Problems with devices that would be considered “lemons” or with repairs

People who have, or think they may have, a legal question about AT should call Disability Rights Iowa at 800-779-2502.

Building new or remodeling your home?

“Universal design” or UD is a way to make a home comfortable and easy to use for different people at different stages of their lives. Many of the Home and Community Waivers available in Iowa will pay for home modifications. The Iowa Program for Assistive Technology (IPAT) has an on-line guide on UD for homes. Use the guide to work with a contractor to build a new house or remodel your home.

The booklet shows ways to adapt your home with limited resources. Most of these features are low cost and do not require changes to the structure of your home. The guide also includes ways to modify each room to make it even more livable. You can download or print the booklet at iowaat.org/udbooklet.



We have many ways you can stay connected

CenterLines–News you can use from Center for Disabilities and Development Newsletter is going electronic! Would you like to get the newsletter by email? If so, email us at:

CenterLines@uiowa.edu

Please give your name and all email addresses where you wish to have the newsletter sent. We will still mail copies to those who want them.



Have you been looking for us on Facebook? Look no further! The Center for Disabilities and Development will be sharing stories, photos and information on child and adult development. Make sure to “Like” University of Iowa Children’s Hospital Facebook page.

Would you like to share your story? Please email: heather-roman@uiowa.edu.

CenterLines

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CenterLines is published quarterly. We encourage subscribers to also read our partner newsletter *Possibilities in Education and Training*. You can find that newsletter and others at disabilitytraining.org.

CenterLines, the newsletter of the Center for Disabilities and Development at University of Iowa Stead Family Children's Hospital, is published four times a year. It provides families with current information on child and adult development, issues affecting

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people with disabilities, and resources available to them and their families. The newsletter is available in print, in Spanish, and also by email.

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The role of the information in this newsletter is not to provide diagnosis or treatment of any illness or condition. We strongly encourage you to discuss the information you find here with your health care and other service providers.