

Introduction to Survey on CBDS Services

In March, 2014, the Centers for Medicare and Medicaid Services (CMS) published its Final Community Rule. The Rule governs requirements for settings in which Home and Community Based Services (HCBS) are provided. The Rule, which was several years in the making, sets out CMS' expectations for settings in which HCBS services are provided. Up until the promulgation of the Community Rule, CMS defined "community" by what it was not. The purpose of the regulations was to clearly define what does constitute a community setting under the Waiver Programs and to ensure that individuals receive HCBS Waiver services in settings that are integrated in and support full access to the greater community. This includes opportunities to seek employment and work in competitive integrated settings, engage in community life, control personal resources, and receive services in the community to the same degree of access as individuals not receiving Medicaid Home and Community Based Services.

In order to assure that States are complying with the requirements of the Rule, States are required to prepare transition plans which detail how they plan to come into compliance with the Rule for both residential and non-residential supports. The transition plan for residential services was the subject of public forums and the final plan was submitted to CMS for review and approval on March 2, 2015

DDS is currently working on preparing a transition plan for non-residential supports, specifically employment and community based day services. Much work has been done in the area of integrated employment as evidenced by the "Blueprint for Employment." DDS and its provider community continue to make substantial progress towards transforming our segregated sheltered workshop settings. Our progress in this area will form a large portion of DDS' transition plan to CMS. The Employment Workgroup continues to work on this area, and has also begun to strategize about how to define quality standards and expectations for Community Based Day Services and what constitutes a meaningful day for individuals for whom work is not a primary goal. DDS will need to include a section in the transition plan that speaks to efforts in this area. Since there is a shared consensus regarding the need to define clear standards and enhance CBDS statewide, the DDS approach in its transition plan will be a systemic one. For this to happen, we need your assistance.

The survey attached is being sent to all providers of CBDS. The purpose of the survey is to gather data regarding program demographics, best practices, challenges, and qualitative and quantitative measures for CBDS. The survey also seeks to determine where on the continuum of quality you consider your services to be relative to compliance with CMS' expectations for community settings.

We are asking that you complete this online survey for each separate location so that we can aggregate the results and use them to inform both the content of our transition plan as well as the on-going work of the Employment Work Group. The survey is an anonymous one and so we encourage you to be very frank and honest in your responses. Thank you for taking the time to respond. We look forward to getting your feedback.

Instructions for completing the survey

1. Click on the following link: (link redacted)
2. Complete the survey by (date TBD)
3. Complete one survey for each of your sites. The survey link above will take you to a new survey each time you click it.
4. If you'd like more information about the CMS Community Rule, please see the following websites:
 - <http://hcbsadvocacy.org/>
 - <http://www.medicaid.gov/medicaid-chip-program-information/by-topics/long-term-services-and-supports/home-and-community-based-services/downloads/exploratory-questions-non-residential.pdf>

DEMOGRAPHICS

- 1) How many individuals are served in your CBDS program?
- 2) Please describe the different populations served in your CBDS program (check all that apply).
 - Individuals on a pathway to employment
 - Individuals working but spending non-work hours at CBDS
 - Individuals of retirement age
 - Individuals who are working on skill development
 - Individuals for whom work is not a goal
- 3) Is your CBDS program co-located (in the same building) with other services/ supports?
 - YES
 - NO
- 4) If you answered yes, what other programs are located with it?
 - Employment supports
 - Day habilitation
 - Residential
 - Other _____
- 5) If you answered yes, are individuals allowed to move about inside and outside of their specific service setting as opposed to one restricted room or area?
 - YES, individuals can go anywhere in the setting (i.e., can go to all different services' settings)
 - Somewhat, individuals can go to some but not all other places in the setting (i.e., can go to Day Hab but not to residential)
 - NO, individuals cannot go anywhere other than their specific service setting
- 6) Is your CBDS program co-located or adjacent to the following sites?

Site	Co-located (Yes; No)
Medical Facility/Hospital	
ICF	
Nursing Facility	

- 7) Please describe the physical setting of your CBDS program
 - Residential neighborhood
 - Industrial area
 - Retail/commercial area
 - Other _____

8) How frequently are most individuals provided the supports that the CBDS program offers?

- Most individuals are full time participants
- Most individuals receive an average of up to 10 hours a week of this support
- Most individuals receive an average of 11-20 hours a week of this support
- Most individuals receive an average of 21 or more hours a week of support

8) In addition to the CBDS hours, what other services/supports do individuals participate in (check all that apply)?

- Integrated individual employment
- Individual supported employment
- Group supported employment
- Day habilitation
- Other _____

9) CBDS may offer a variety of different services and supports. What types of services and supports does the CBDS offer?

Services and Supports	CBDS offers? (Yes; No)
work preparation	
ADL/IADL skill development	
skill building in other areas such as social or financial	
activities to cover non-work hours	
leisure/recreation	
Access to post-secondary and adult education course(s)	
other, list:	

10) CBDS programs provide or arrange a variety of activities. For each activity the CBDS provides or arranges, please tell us whether the activity is typically CBDS-specific or inclusive of community members, whether it is typically an individual or group activity and whether it occurs onsite or offsite typically. Choose the answer that best characterizes how the CBDS usually or most often arranges or provides the activity.

Activity	CBDS offers? (Yes; No; N/A)	For or with whom?		How?		Where?	
		Disability specific (CBDS-specific)	General Community	Individual	Group	Onsite	Offsite
General exercise							
Adult education (enrichment lectures, classes)							
Arts/crafts (i.e., painting)							
Singing/choir							
Sewing/knitting							
Drama							
Specific sports							
Activism/advocacy							
Cultural/diversity events							
Religious events/activities							
Theatre/ entertainment events/ activities							
Job skills development							
Daily living skills development							
Volunteering							
Going to out to eat							
Completing bank transactions							
Shopping and commercial transactions							
Post office/community offices							
Public transportation							

11) Please describe any other services, supports or activities that the CBDS offers.

Activity	CBDS offers? (Yes; No; N/A)	For or with whom?		How?		Where?	
		Disability specific (CBDS-specific)	General Community	Individual	Group	Onsite	Offsite

Measuring Compliance with the Community Rule

The CMS Community Rule focuses on the following domains: community integration and access, individualized services, choice and control, and rights and dignity. One of the State's tasks is to determine current compliance and to assure ongoing compliance. We would like your input on what qualitative and quantitative measures would be useful to evaluate these domains.

An example of a qualitative measure might be: Individuals participate in integrated community activities on a frequent basis

An example of a quantitative measure might be: Individuals participate in community activity activities at least 2 times a week.

12) What specific qualitative and quantitative measures would you use to evaluate the quality of community integration and access in CBDS?

13) What specific qualitative and quantitative measures would you use to evaluate the quality of individualized services in CBDS?

14) What specific qualitative and quantitative measures would you use to evaluate the quality choice and control afforded to individuals in CBDS?

15) What specific qualitative and quantitative measures would you use to evaluate the quality of respect and dignity afforded to individuals in CBDS?

16) Where would you place your CBDS program on the continuum of quality relative to compliance with the CMS expectations for community settings? (CMS guidelines call for assuring access to and integration in the community, individualized approaches based on a person's interests, and choice and control over all aspects of a person's day.)

- In the early stages of development and planning strategies to comply with CMS expectations
- Have developed some successful strategies but will be implementing major programmatic changes in the future to comply with CMS expectations
- Have implemented several successful strategies and with minor changes will be in line with CMS expectations
- Are implementing a variety of successful strategies that fully support CMS expectations

Overarching Challenges Faced

17) What are challenges and issues your CBDS program faces in implementing practices (such as those noted above) to comply with the CMS Community Rule and its focus on community integration and access, individualized services, choice and control, and rights and dignity?

- Unclear goals for CBDS programs
- Unclear standards/definitions/criteria
- Staff ratios that are not sufficient to facilitate individualized activities
- Insufficient funding to enable individualization, access and integration
- Staff resistance
- Staff lack of knowledge/training
- Family/guardian resistance
- Community attitudes
- Lack of accessible public transportation
- Lack of accessible provider transportation
- Physical setting limitations
- Individuals in the service part-time for varying hours
- Individuals from different populations with varying needs
- Other _____

18) Please describe what you consider to be a meaningful day for individuals in CBDS services.

19) Please provide any additional thoughts or comments about CBDS and any of the domains listed above.