

Day Habilitation Program

Building Skills, Fostering Independence

What is the Day Habilitation Program?

The Day Habilitation (DH) program is a service designed for individuals with an intellectual disability (ID) or a developmental disability (DD). This program is guided by a day habilitation service plan of care, which establishes measurable, person-driven goals and objectives for the individual and prescribes an integrated program of activities and therapies necessary to help them reach those goals. Day Habilitation programs operate in a community setting. Their main goal is to support individuals in reaching their optimal level of physical, cognitive, psychosocial, occupational capabilities, and overall wellness.

Who is Eligible?

Adults who:

- have an intellectual disability (ID) or a developmental disability (DD), which must have been diagnosed before the age of 22
- are eligible for MassHealth Standard or CommonHealth
- need DH to gain, improve, or maintain their maximum skill level and independent functioning

This is a summary of the eligibility requirements. The full eligibility requirements can be found at 130 CMR 419.

Program Services

- **Nursing Services.** DH program nurses provide on-site coverage to meet each individual's needs. Nursing services include, but are not limited to administration of medications and treatments; oversight and coordination of care with support team and PCP; the service plan and other health care orders; and overall management of the member's health status.
- **Developmental Skills Training.** Such services include, but are not limited to, self-help skills, sensorimotor skills, communication skills, independent living skills, affective development skills, social development skills, behavioral skills, and wellness.
- **Therapeutic Services.** Onsite restorative therapies as recommended by clinicians for speech/language, occupational, physical, and behavioral support management.

- **Person-Centered Planning.** Individualized service plan tailored to each individual's goals and abilities.
- **Transportation.** The DH provider arranges for transportation to and from the Day Habilitation program.

Why Choose Day Habilitation?

- **Empowers Individuals.** DH promotes individualized skill development.
- **Encourages Inclusion.** DH supports interactions amongst peers and builds connections within the community.
- **Comprehensive Care.** DH delivers skilled nursing, therapeutic services, and skills training all in one place.

Get Involved!

If you or someone you know could benefit from the Day Habilitation program, reach out today to learn more.