



Home at Heart Care is excited to announce beginning July 1, 2017 we will be providing, Individual Community Living Support Services for Elderly Waiver participants.

## Northwest Minnesota's ICLS Provider

**218 776 3508**

**Home at Heart Care**

Authorized by the Minnesota Legislature in 2016 and approved by CMS in February of 2017, ICLS is a bundled service that supports EW participants who need reminders, cuing, intermittent or moderate supervision or physical assistance to remain in their home.

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Community  
Living  
Support



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# INDIVIDUAL COMMUNITY LIVING SUPPORT

## Background

Individual Community Living Support (ICLS) is an Elderly Waiver (EW) service authorized by the Minnesota legislature. ICLS is a bundled service by a single provider that supports EW participants who need reminders, cuing, intermittent or moderate supervision, or physical assistance to remain in their home.

The ICLS service was approved by the Centers for Medicare & Medicaid Services (CMS) in February 2017, and the Minnesota Department of Human Services (DHS) initiated the ICLS service on April 1, 2017.

ICLS is made up of the following six service categories:

### 1. Activities of daily living (ADL) supports

- Provide reminders or cuing systems to complete ADLs
- Cue and/or provide intermittent physical assistance with dressing, grooming, eating, toileting, mobility, transferring, and positioning
- Cue and/or provide continual supervision and physical assistance with bathing, as needed

### 2. Household management assistance

- Assist with cleaning, meal planning and preparation, and shopping for household or personal needs
- Assist with budgeting and money management
- Assist with communications (e.g., sorting mail, accessing email, dialing the telephone, and making appointments)
- Provide transportation when integral to ICLS household management goals and when community resources and/or informal supports are not available.

### 3. Health, safety, and wellness oversight

Support health and wellness as required under MN Stat. Chap. 245D, and as identified in the ICLS service plan. This support may include the following:

- Identify changes in health needs, with referrals to case manager and/or notification of informal caregivers
- Implement or assist with remediating environmental risks at home
- Provide reminders and assistance with exercises and other wellness and/or health maintenance or improvement activities
- Provide medication assistance (e.g., medication refills, medication reminders, medication administration, and medication setups)
- Monitor health conditions according to written instructions from a licensed health professional
- Use medical equipment devices, adaptive aides, or technology according to written instructions from a licensed health professional
- Implement abuse prevention strategies

### 4. Community living engagement

- Help participant access activities, services, and resources that facilitate community integration and meaningful participation in the community.
- Assist participant to develop and/or maintain the participant's informal support system
- Facilitate socially valued roles through engagement in relevant activities leading to desired outcomes
- Provide transportation when integral to ICLS community engagement goals and when community resources and/or informal supports are not available

### 5. Adaptive support

An adaptive support is one that assists the ICLS participant adopt ways to meet needs

that encourages self-sufficiency and reduces reliance on human assistance. This includes the following:

- Verbal, visual, and/or touch guidance to help a person complete a task
- Development and demonstration of cuing or reminder tools such as calendars and lists
- Show participants how to use assistive technology following written directions of health professionals or manufacturer's instructions to enable participants to function with greater independence
- Use practice strategies and similar support methods in the delivery of ICLS services that promote continued self-sufficiency

### 6. Active cognitive support provided face-to-face or remotely using real-time two-way communication

Active cognitive support is the only service component that may be offered both in person and remotely. Active cognitive supports are interventions intended to address cognitive issues and challenges important to the person. These may include the following:

- Provide cognitive support using accepted practices and/or strategies
- Provide in-person and/or remote check-ins to identify problems and resolve concerns
- Problem-solve concerns related to daily living
- Observe and redirect to address behavioral, orientation, or other cognitive concerns
- Provide assurance