



RULE-MAKING ORDER PERMANENT RULE ONLY

CR-103P (December 2017) (Implements RCW 34.05.360)

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FILED

DATE: July 28, 2023

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WSR 23-16-085

Agency: Department of Social and Health Services, Aging and Long-Term Support Administration, HCS

Effective date of rule:

Permanent Rules

- 31 days after filing.
- Other (specify) (If less than 31 days after filing, a specific finding under RCW 34.05.380(3) is required and should be stated below)

Any other findings required by other provisions of law as precondition to adoption or effectiveness of rule?

- Yes No If Yes, explain:

Purpose: The department amended sections WAC 388-106-0010 What definitions apply to this chapter? and WAC 388-106-0130 “How does the department determine the number of hours I may receive for in-home care? Most changes are a result of the department’s efforts to modernize the Comprehensive Assessment and Reporting Evaluation (CARE) assessment tool. The amendments are consistent with updates made to the CARE tool. The changes were intended to be a part of WSR 20-23-124 and went through the majority of the rule-making review process, but had to be withdrawn in order to prioritize other rule-making priorities. There have been no changes that affect how the department determines eligibility or benefit level using the CARE tool.

In addition, in WAC 388-106-0010, “Turning and repositioning program”, “Passive range of motion”, “Active range of motion”, and “Bowel program” definitions are being added. A couple of definitions that are no longer relevant are being removed.

In WAC 388-106-0130, section (6)(d) indicating “home health aide” is being removed because it has not been a service available in the COPES waiver since 2017 (Public notice filed as WSR 16-15-065). Section (6)(c) is being removed because it is being added to 388-106-0010, “Informal support” (3) definition in this rule-making effort. Other updates to terminology were made due to CARE Modernization.

Citation of rules affected by this order:

- New:
- Repealed: None
- Amended: WAC 388-106-0010; WAC 388-106-0130
- Suspended: None

Statutory authority for adoption: RCW 74.08.090, RCW 74.09.520

Other authority:

PERMANENT RULE (Including Expedited Rule Making)

Adopted under notice filed as WSR 23-08-041 on March 29, 2023 (date).
Describe any changes other than editing from proposed to adopted version: N/A

If a preliminary cost-benefit analysis was prepared under RCW 34.05.328, a final cost-benefit analysis is available by contacting:

- Name:
- Address:
- Phone:
- Fax:
- TTY:
- Email:
- Web site:
- Other:

**Note: If any category is left blank, it will be calculated as zero.
No descriptive text.**

**Count by whole WAC sections only, from the WAC number through the history note.
A section may be counted in more than one category.**

The number of sections adopted in order to comply with:

| | | | | | | |
|----------------------------------|-----|-----|---------|-----|----------|-----|
| Federal statute: | New | ___ | Amended | ___ | Repealed | ___ |
| Federal rules or standards: | New | ___ | Amended | ___ | Repealed | ___ |
| Recently enacted state statutes: | New | ___ | Amended | ___ | Repealed | ___ |

The number of sections adopted at the request of a nongovernmental entity:

| | | | | | |
|-----|-----|---------|-----|----------|-----|
| New | ___ | Amended | ___ | Repealed | ___ |
|-----|-----|---------|-----|----------|-----|

The number of sections adopted on the agency's own initiative:

| | | | | | |
|-----|-----|---------|----------|----------|-----|
| New | ___ | Amended | <u>2</u> | Repealed | ___ |
|-----|-----|---------|----------|----------|-----|

The number of sections adopted in order to clarify, streamline, or reform agency procedures:

| | | | | | |
|-----|-----|---------|----------|----------|-----|
| New | ___ | Amended | <u>2</u> | Repealed | ___ |
|-----|-----|---------|----------|----------|-----|

The number of sections adopted using:

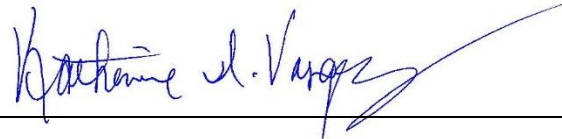
| | | | | | | |
|--------------------------------|-----|-----|---------|----------|----------|-----|
| Negotiated rule making: | New | ___ | Amended | ___ | Repealed | ___ |
| Pilot rule making: | New | ___ | Amended | ___ | Repealed | ___ |
| Other alternative rule making: | New | ___ | Amended | <u>2</u> | Repealed | ___ |

Date Adopted: July 28, 2023

Name: Katherine I. Vasquez

Title: DSHS Rules Coordinator

Signature:



WAC 388-106-0010 What definitions apply to this chapter? "Ability to make self understood" means how you made yourself understood to those closest to you in the last seven days before the assessment; expressed or communicated requests, needs, opinions, urgent problems and social conversations, whether in speech, writing, sign language, symbols, or a combination of these including use of an alternative communication method:

- (1) Understood: You expressed ideas clearly;
- (2) Usually understood: You had difficulty finding the right words or finishing thoughts, resulting in delayed responses, or you required some prompting to make self understood;
- (3) Sometimes understood: You had limited ability, but were able to express concrete requests regarding at least basic needs (((e.g.)) such as food, drink, sleep, toilet);
- (4) Rarely/never understood: At best, understanding was limited to caregiver's interpretation of client specific sounds or body language (((e.g.)) such as indicated presence of pain or need to toilet);
- (5) Child under three: Proficiency is not expected of a child under three and a child under three would require assistance with communication with or without a functional disability. Refer to the developmental milestones table in WAC 388-106-0130.

"Active range of motion" means exercises performed by the client to maintain their joint function to the joint's optimal range. Exercises may be performed with the assistance of cueing or reminders by caregivers. A formal, active range of motion program needs to be first established by a qualified registered nurse or therapist. Range of motion may be self-directed based upon an occupational or physical therapist assessment and continued without occupational or physical therapist supervision.

"Activities of daily living (ADL)" means the following:

- (1) Bathing: How you took a full-body bath/shower, sponge bath, and transferred in/out of tub/shower.
- (2) Bed mobility: How you moved to and from a lying position, turned side to side, and positioned your body while in bed, in a recliner, or other type of furniture you slept in.
- (3) Dressing: How you put on, fastened, and took off all items of clothing, including donning/removing prosthesis, splints, either braces or orthotics, or both.
- (4) Eating: How you ate and drank, regardless of skill. Eating includes any method of receiving nutrition, (((e.g.)) such as, by mouth, tube, or through a vein. Eating does not include any set up help you received, (((e.g.)) such as bringing food to you or cutting it up in smaller pieces.
- (5) Locomotion in room and immediate living environment: How you moved between locations in your room and immediate living environment. If you are in a wheelchair, locomotion includes how self-sufficient you were once in your wheelchair.
- (6) Locomotion outside room: How you moved to and returned from your immediate living environment, outdoors, and more distant areas. If you are living in a contracted assisted living, enhanced services facility, adult residential care, enhanced adult residential care, enhanced adult residential care-specialized dementia care facility, or nursing facility (NF), this includes areas set aside for dining, ac-

tivities, etc. If you are living in your own home or in an adult family home, locomotion outside immediate living environment including outdoors, includes how you moved to and returned from a patio or porch, backyard, to the mailbox, to see the next-door neighbor, or when accessing your community.

(7) Walk in room, hallway and rest of immediate living environment: How you walked between locations in your room and immediate living environment.

(8) Medication management: Describes the amount of assistance, if any, required to receive prescription medications, over the counter medications, or herbal supplements.

(9) Toilet use: How you eliminated or toileted, used a commode, bedpan, or urinal, transferred on/off toilet, cleansed, changed pads, managed ostomy or catheter, and adjusted clothes. Toilet use does not include emptying a bedpan, commode, ostomy, or catheter bag. This type of set up assistance is considered under the definition of support provided.

(10) Transfer: How you moved between surfaces, ((e.g.)) such as, to/from bed, chair, wheelchair, standing position. Transfer does not include how you moved to/from the bath, toilet, or got in/out of a vehicle.

(11) Personal hygiene: How you ((maintain)) maintained personal hygiene tasks, such as combing hair, brushing teeth, shaving, applying makeup, washing/drying face, hands (including nail care), and perineum, including menses care. Personal hygiene does not include hygiene tasks completed in baths and showers.

"Age appropriate" proficiency in the identified task is not expected of a child that age and a child that age would require assistance with the task with or without a functional disability. Refer to the developmental milestones table in WAC 388-106-0130 for the specific ages.

"Aged person" means a person ((~~sixty-five~~)) 65 years of age or older.

"Agency provider" means a licensed home care agency or a licensed home health agency having a contract to provide long-term care personal care services to you in your own home.

"Alternative benefit plan" means the scope of services described in WAC 182-501-0060 available to persons eligible to receive health care coverage under the Washington apple health modified adjusted gross income (MAGI)-based adult coverage described in WAC 182-505-0250.

"Application" means a written request for medical assistance or long-term care services submitted to the department by the applicant, the applicant's authorized representative, or, if the applicant is incompetent or incapacitated, someone acting responsibly for the applicant. The applicant must submit the request on a form prescribed by the department.

"Assessment details" means a printed record of information that the department entered into the CARE assessment describing the assistance you may need.

"Assessment or reassessment" means an inventory and evaluation of strengths and limitations based on an in-person interview in your own home or another location that is convenient to you, using the department's comprehensive assessment reporting evaluation (CARE) tool.

"Assistance available" means the amount of assistance that will be available for a task if status is coded:

Partially met due to availability of other informal support. The department determines the amount of the assistance available using one of four categories:

- (1) Less than one-fourth of the time;
- (2) One-fourth to one-half of the time;
- (3) Over one-half of the time to three-fourths of the time; or
- (4) Over three-fourths but not all of the time.

"Assistance with body care" means you received or need assistance with:

- (1) Application of ointment or lotions;
- (2) Trimming of toenails;
- (3) Dry bandage changes; or
- (4) Passive range of motion treatment.

"Authorization" means an official approval of a departmental action, for example, a determination of client eligibility for service or payment for a client's long-term care services.

"Blind person" means a person determined blind as described under WAC 182-500-0015 by the division of disability determination services of the ~~((medical assistance administration))~~ health care authority.

"Body care" means how you perform with passive range of motion, applications of dressings and ointments or lotions to the body, and pedicure to trim toenails and apply lotion to feet. In adult family homes, enhanced services facilities, contracted assisted living, enhanced adult residential care, and enhanced adult residential care-specialized dementia care facilities, dressing changes using clean technique and topical ointments must be performed by a licensed nurse or through nurse delegation in accordance with chapter 246-840 WAC. Body care excludes:

- (1) Foot care if you are diabetic or have poor circulation; or
- (2) Changing bandages or dressings when sterile procedures are required.

"Bowel program" means a regular, ongoing program, other than oral medications, that must include interventions such as rectal stimulation using the finger, over the counter suppositories, or enemas to facilitate evacuation of your bowels. Regimens only promoting bowel regularity, including oral medications or supplements, nutrition, hydration, or positioning are not considered in this definition.

"Categorically needy" means the status of a person who is eligible for medical care under Title XIX of the Social Security Act. See WAC 182-512-0010 and chapter 182-513 WAC.

"Child" means an individual less than ~~((eighteen))~~ 18 years of age.

~~((("Health action plan")) ((means an individual plan, which identifies health-related problems, interventions and goals.))~~

"Client" means an applicant for service or a person currently receiving services from the department.

"Current behavior" means a behavior occurred within seven days of the CARE assessment date, including the day of the assessment. Behaviors that the department designates as current must include information about:

- (1) Whether the behavior is easily altered or not easily altered; and
- (2) The frequency of the behavior.

"Decisions" ((making)) means your ability (verbally or nonverbally) to make, and actual performance in making, everyday decisions about tasks ~~((of activities))~~ of daily living in the last seven days

before the assessment. The department codes your ability to make decisions as one of the following:

(1) Independent: Decisions about your daily routine were consistent and organized; reflecting your lifestyle, choices, culture, and values((-));

(2) Difficulty in new situations: You had an organized daily routine, were able to make decisions in familiar situations, but experienced some difficulty in decision making when faced with new tasks or situations((-));

(3) Poor decisions; unaware of consequences: Your decisions were poor and you required reminders, cues, and supervision in planning, organizing, and correcting daily routines. You attempted to make decisions, although poorly.

(4) No or few decisions: Decision making was severely impaired; you never/rarely made decisions((-));

(5) Child under ((twelve)) 12: Proficiency in decision making is not expected of a child under ((twelve)) 12 and a child under ((twelve)) 12 would require assistance with decision making with or without a functional disability. Refer to the developmental milestones table in WAC 388-106-0130.

"Department" means the state department of social and health services, aging and long-term support administration, developmental disabilities administration, or its designee.

"Designee" means area agency on aging.

"Developmental milestones table" is a chart showing the age range for which proficiency in the identified task is not expected of a child and assistance with the task would be required whether or not the child has a functional disability.

~~(("Difficulty" means how difficult it is or would be for you to perform an instrumental activity of daily living (IADL). This is assessed as:~~

~~(1) No difficulty in performing the IADL;~~

~~(2) Some difficulty in performing the IADL (e.g., you need some help, are very slow, or fatigue easily); or~~

~~(3) Great difficulty in performing the IADL (e.g., little or no involvement in the IADL is possible).)~~

"Disability" is described under WAC 182-500-0025.

"Disabling condition" means you have a medical condition which prevents you from self-performance of personal care tasks without assistance.

"Estate recovery" means the department's process of recouping the cost of medicaid and long-term care benefit payments from the estate of the deceased client. See chapter 182-527 WAC.

"Health action plan" means an individual plan, which identifies health-related problems, interventions, and goals.

"Home health agency" means a licensed:

(1) Agency or organization certified under medicare to provide comprehensive health care on a part-time or intermittent basis to a patient in the patient's place of residence and reimbursed through the use of the client's medical identification card; or

(2) Home health agency, certified or not certified under medicare, contracted and authorized to provide:

(a) Private duty nursing; or

(b) Skilled nursing services under an approved medicaid waiver program.

"Income" means income as defined under WAC 182-509-0001.

"Individual provider" under RCW 74.39A.240 means a person (~~con-~~
~~tracted with the department to provide personal care or respite serv-~~
~~ices)~~ , including a personal aide, who, under an individual provider
contract with the department, or as an employee of a consumer directed
employer, provides personal care or respite care services to persons
who are functionally disabled or otherwise eligible under programs au-
thorized and funded by the medicaid state plan, medicaid waiver pro-
grams, or similar state-funded in-home care programs.

"Informal support" means:

(1) Assistance that will be provided with the client's agreement as expressed in the assessment process without home and community-based services funding, except as allowed in subsection (3) of this definition. The person providing the informal support must be age 18 or older. Sources of informal support include but are not limited to: Family members, friends, housemates/roommates, neighbors, school, childcare, after school activities, church, and community programs.

(2) The department will not consider an individual provider to be a source of informal support unless:

(a) The individual provider is also a family member or a household member who had a relationship with the client that existed before the individual provider entered into a contract with the department; and

(b) The individual provider signs a written agreement that states:

(i) The individual provider understands that the provision of unpaid informal support is voluntary;

(ii) The individual provider understands that if they decline to provide unpaid informal support that the client's benefit could increase and that the client could choose to assign those increased hours to the individual provider;

(iii) If there is a collective bargaining representative that represents the individual provider for the purposes of collective bargaining, the individual provider is informed as to the collective bargaining representative's opinion, if any, about whether the individual provider should agree to provide unpaid informal supports;

(iv) The individual provider understands that the individual provider may stop providing unpaid informal support at any time by informing the case manager that the individual provider wishes to stop providing unpaid informal support; and

(v) The individual provider understands that if the individual provider is a family member or had a household relationship with the client prior to becoming the client's individual provider that they may provide unpaid care to a client above and beyond the individual provider authorization regardless of whether they are providing informal support.

(3) Adult day health and adult day care is coded in the assessment as a source of informal support, regardless of funding source;

(4) Informal support does not include age appropriate functioning.

"Institution" means medical facilities, nursing facilities, and institutions for the intellectually disabled. It does not include correctional institutions. See medical institutions in WAC 182-500-0050.

"Instrumental activities of daily living (IADL)" means routine activities performed around the home or in the community in (~~thirty~~) 30 days prior to the assessment and includes the following:

(1) Meal preparation: How meals were prepared (~~(e.g.)~~) such as, planning meals, cooking, assembling ingredients, setting out food,

utensils, and cleaning up after meals). NOTE: The department will not authorize this IADL to only plan meals or clean up after meals. You must need assistance with other tasks of meal preparation.

(2) Ordinary housework: How ordinary work around the house was performed (~~((e.g.))~~) such as, doing dishes, dusting, making bed, cleaning the bathroom, tidying up, laundry).

(3) Essential shopping: How shopping was completed to meet your health and nutritional needs (~~((e.g.))~~) such as, selecting items). Shopping is limited to brief, occasional trips in the local area to shop for food, medical necessities, and household items required specifically for your health, maintenance, or well-being. This includes shopping with or for you.

(4) Wood supply: How wood or pellets were supplied (~~((e.g.))~~) such as, splitting, stacking, or carrying wood or pellets) when you use wood, pellets, or a combination of both, as the only source of fuel for heating (~~and/~~) or cooking.

(5) Travel to medical services: How you traveled by vehicle to a physician's office or clinic in the local area to obtain medical diagnosis or treatment. This travel includes driving a vehicle yourself or traveling as a passenger in a car, bus, or taxi.

~~((6) Managing finances: How bills were paid, checkbook is balanced, household expenses are managed. The department cannot pay for any assistance with managing finances.~~

~~(7) Telephone use: How telephone calls were made or received on your behalf (with assistive devices such as large numbers on telephone, amplification as needed).)~~

"Long-term care services" means the services administered directly or through contract by the department and identified in WAC 388-106-0015.

"MAGI" means modified adjusted gross income. It is a methodology used to determine eligibility for Washington apple health (medicaid), and is defined in WAC 182-500-0070.

"Medicaid" is defined under WAC 182-500-0070.

"Medically necessary" is defined under WAC 182-500-0070.

"Medically needy (MN)" or "medically needy program (MNP)" means the ~~((status of a person who is eligible for a federally matched medical program under Title XIX of the Social Security Act, who, but for income above the categorically needy level, would be eligible as categorically needy. Effective January 1, 1996, an AFDC-related adult is not eligible for MN.))~~ state and federally funded health care program available to specific groups of people who would be eligible as categorically needy (CN), except their monthly income is above the CN standard. Some long-term care clients with income or resources above the CN standard may also qualify for MN.

"New Freedom consumer directed services (NFCDS)" means a mix of services and supports to meet needs identified in your assessment and identified in a New Freedom spending plan, within the limits of the individual budget, that provide you with flexibility to plan, select, and direct the purchase of goods and services to meet identified needs. Participants have a meaningful leadership role in:

- (1) The design, delivery, and evaluation of services and supports;
- (2) Exercising control of decisions and resources, and making their own decisions about health and well-being;
- (3) Determining how to meet their own needs;
- (4) Determining how and by whom these needs should be met; and
- (5) Monitoring the quality of services received.

"New Freedom consumer directed services (NFCDS) participant" means a participant who is an applicant for or currently receiving services under the NFCDS waiver.

"New Freedom spending plan (NFSP)" means the plan developed by you, as a New Freedom participant, within the limits of an individual budget, that details your choices to purchase specific NFCDS and provides required federal medicaid documentation.

"Own home" means your present or intended place of residence:

(1) In a building that you rent and the rental is not contingent upon the purchase of personal care services as defined in this section;

(2) In a building that you own;

(3) In a relative's established residence; or

(4) In the home of another where rent is not charged and residence is not contingent upon the purchase of personal care services as defined in this section.

"Passive range of motion" means a maintenance movement exercise of each joint only to the extent the joint can move. Passive range of motion is performed by a caregiver because the client is unable to move the joint without assistance. A formal passive range of motion program needs to be first established by a qualified registered nurse or therapist. Passive range of motion may be self-directed based upon an occupational or physical therapist assessment and continue without occupational or physical therapist supervision.

"Past behavior" means the behavior (~~occurred from eight days to five years of the assessment date~~) did not occur in the last seven days, but did occur more than seven days from the assessment date. For behaviors indicated as past behaviors, the department (~~determines~~) documents the month and year the behavior last occurred and whether the behavior is addressed with current interventions or whether no interventions are in place.

"Personal aide" is defined in RCW 74.39.007.

"Personal care services" means physical or verbal assistance with activities of daily living (ADL) and instrumental activities of daily living (IADL) due to your functional limitations. Assistance is evaluated with the use of assistive devices.

"Physician" is defined under WAC 182-500-0085.

"Plan of care" means assessment details and service summary generated by CARE.

"Provider or provider of service" means an institution, agency, or person:

(1) Having a signed department contract to provide long-term care client services; and

(2) Qualified and eligible to receive department payment.

"Reasonable cost" means a cost for a service or item that is consistent with the market standards for comparable services or items.

"Representative" means a person who you have chosen, or has been appointed by a court, whose primary duty is to act on your behalf to direct your service budget to meet your identified health, safety, and welfare needs.

"Residential facility" means a licensed adult family home under department contract; a licensed enhanced services facility under department contract; or licensed assisted living facility under department contract to provide assisted living, adult residential care, or enhanced adult residential care.

"Self-performance for ADLs" means a code based on what you actually did for yourself and how much help you received with ADLs, with

the exception of bathing, in the last seven days before your assessment, not what you might be capable of doing. For codes of supervision, limited assistance, and extensive assistance, self-performance for ADLs is based on your level of performance that occurred three or more times in the seven-day period. Scoring of self-performance for ADL codes of supervision, limited assistance, and extensive assistance, does not include physical assistance that occurred less than three times in the seven-day look back period, or set-up help for any self-performance ADL code. (Your self performance level is scored as:)

(1) Based on information provided during your assessment, the CARE tool assigns a self-performance code to each ADL. When you received the same type of help (such as oversight, nonweight bearing, or weight bearing help) with an ADL at least three times, CARE assigns the self-performance code associated with the most dependent type of help you received at least three times. Your self-performance level code is:

((1)) (a) Independent, if you received:

(i) no help, including oversight, encouragement, or cueing, or;

(ii) help including oversight, encouragement, or cueing only once or twice in the seven-day period; (or oversight, or if you needed help or oversight only once or twice;)

((2)) (b) Supervision, if you received oversight (monitoring or standby), encouragement, or cueing three or more times;

((3)) (c) Limited assistance, if you were highly involved in the ADL and received assistance that involved physical, nonweight bearing contact between you and your caregiver, or guided maneuvering of limbs ((n)) three or more ((occasions)) times.

((4)) (d) Extensive assistance, if you performed part of the ADL, but on three or more occasions, you needed weight bearing ((support)) help or you ((received full performance of a)) did not participate in a subtask of the ADL, but ((not all,)) did participate in other subtasks of the ADL.

((5)) (e) Total dependence, if you did not participate at all in the completion of the ADL. Every time the ADL was completed during the entire seven-day period, you received ((full caregiver performance every time the ADL and)) complete assistance of all subtasks ((are)) completed during the entire seven-day period ((from)) by others. ((Total dependence means complete nonparticipation by you in all aspects of the ADL)); or

((6)) (f) ((ADL)) Did not occur, if you or others did not perform ((an)) the ADL over the last seven days before your assessment. This means the activity did not happen. For example, for "walk in room" to have a code of "did not occur" it means in the last seven days before your assessment, you did not walk even one time. The ADL may not have occurred because:

((a)) (i) You were not able ((e.g., walking)) such as, you were not able to walk because you are ((if)) paralyzed;

((b)) (ii) No provider was available to assist; or

((c)) (iii) You declined ((assistance)) help with the task.

(2) When your self-performance code is not independent, extensive assistance, total dependence, or did not occur, and you received help with the ADL at least three times, but not three times of the same type of help, the CARE tool determines a self-performance code by:

(a) Selecting the three times where you received the most help; and

(b) Assigning a self-performance code based on the least dependent type of help of those three times.

(3) CARE assigns a self-performance code of:

(a) Supervision, if oversight, encouragement, or cueing was the least dependent type of help you received of the three times; or

(b) Limited assistance, if nonweight bearing help or guided maneuvering of your limbs was the least dependent type of help you received out of the three times.

(c) For example, if you received oversight help twice, nonweight bearing help twice, and weight bearing help twice, CARE:

(i) Selects two times of weight bearing help and one time of nonweight bearing help because these were the three times where you received the most help; and

(ii) Assigns a self-performance code of limited assistance because nonweight bearing help was the least dependent type of help you received out of the three times where you received the most help.

"Self-administration of medication" means your ability to manage your prescribed and over the counter medications. Your level of ability is coded for the highest level of need and scored as:

(1) Independent, if you remember to take medications as prescribed and manage your medications without assistance.

(2) Assistance required, if you need assistance from a nonlicensed provider to facilitate your self-administration of a prescribed, over the counter, or herbal medication, as defined in chapter 246-888 WAC. Assistance required includes reminding or coaching you, handing you the medication container, opening the container, using an enabler to assist you in getting the medication into your mouth, alteration of a medication for self-administration, and placing the medication in your hand. This does not include assistance with intravenous or injectable medications. You must be aware that you are taking medications.

(3) Self-directed medication assistance/administration, if you are an adult with a functional disability who is capable of and who chooses to self-direct your medication assistance/administration as prescribed by your medical professional.

(4) Must be administered, if you must have prescription or over the counter medications placed in your mouth or applied or instilled to your skin or mucus membrane. Administration must either be performed by a licensed professional or delegated by a registered nurse to a qualified caregiver (per chapter 246-840 WAC). Administration may also be performed by a family member or unpaid caregiver in in-home settings or in residential settings if facility licensing regulations allow. Intravenous or injectable medications may never be delegated except for insulin injections.

"Self-performance for bathing" means what you actually did in the last seven days before your assessment, not what you might be capable of doing or how well you performed the ADL of bathing. Self-performance for bathing is based on your level of performance that occurred on at least one or more occasions in the seven-day period. Scoring of self-performance for bathing does not include physical assistance that did not occur in the seven-day look back period, or set-up help. Your self-performance level is scored as:

(1) Independent, if you received no help or oversight to complete the ADL of bathing.

(2) Supervision, if in order to bathe you received oversight (monitoring or standby), encouragement, or cueing.

(3) Physical help transfer only, if in order to bathe you had help to transfer only.

(4) Physical help, if in order to bathe you had hands on assistance with bathing, but you did not receive full caregiver performance of the ADL of bathing.

(5) Total dependence, if in order to bathe you received full caregiver performance of the ADL of bathing every time. Total dependence means complete physical nonparticipation by you in all aspects of bathing; or the ADL:

(6) Did not occur, if you or others did not perform the ADL of bathing over the last seven days before your assessment. The ADL of bathing may not have occurred because:

(a) You were not able ((e.g.)) for example, you may be paralyzed);

(b) No provider was available to assist; or

(c) You declined because you chose not to perform the ADL.

"Self-performance for IADLs" means what you actually did in the last ((thirty)) 30 days before the assessment, not what you might be capable of doing or how well you performed the IADL. Scoring is based on the level of performance that occurred at least one time in the ((thirty)) 30-day period. Your self-performance is scored as:

(1) Independent, if you received no help, set-up help, or supervision;

(2) Assistance, if you received any type of help with the ((task)) activity, including setup, cueing, or monitoring, or the activity was fully performed by others in the last ((thirty)) 30 days;

(3) Total assistance, if you are a child and needed the IADL fully performed by others and you are functioning outside of typical developmental milestones; or

(4) IADL did not occur, if you or others did not perform the IADL in the last ((thirty)) 30 days before the assessment.

"Service summary" is CARE information which includes: Contacts ((e.g.)) such as, emergency contacts, services the client is eligible for, number of hours or residential rates, personal care tasks, the list of formal and informal providers and what tasks they will provide, a ((provider)) preferred schedule if identified by the client, identified referrals((/information)), and dates and agreement to the outlined services.

"SSI-related" is defined under WAC 182-512-0050.

"Status" means the level of assistance:

(1) That will be provided by informal supports; or

(2) That will be provided to a child primarily due to his or her age.

(3) The department determines the status of each ADL or IADL and codes the status as follows:

(a) Met, which means the ADL or IADL will be fully provided by an informal support;

(b) Unmet, which means an informal support will not be available to provide assistance with the identified ADL or IADL;

(c) Partially met, which means an informal support will be available to provide some assistance, but not all, with the identified ADL or IADL;

(d) Age appropriate or child under (age), means proficiency in the identified task is not expected of a child that age and a child that age would require assistance with the task with or without a functional disability. The department presumes children have a responsible adult(s) in their life to provide assistance with personal care

tasks. Refer to the developmental milestones table in WAC 388-106-0130; or

(e) Client declines, which means you will not want assistance with the task.

"Supplemental security income (SSI)" means the federal program as described under WAC 182-500-0100.

"Support provided" means the highest level of support provided (to you) by others in the last seven days before the assessment, even if that level of support occurred only once. The department determines support provided as follows:

(1) No set-up or physical help provided by others;

(2) Set-up help only provided, which is the type of help characterized by providing you with articles, devices, or preparation necessary for greater independence in performance of the ADL. (For example, set-up help includes but is not limited to giving or holding out an item or cutting up prepared food);

(3) One-person physical assist provided;

(4) Two- or more person physical assist provided; or

(5) ADL did not occur during entire seven-day period.

"Task" means a component of an activity of daily living. Several tasks may be associated to a single activity of daily living.

"Turning and repositioning program" is a consistent and organized method in which your caregiver must position and realign your body to prevent or treat skin breakdown. This program is needed because you are physically unable to reposition yourself while sitting or lying down.

"You/your" means the client.

AMENDATORY SECTION (Amending WSR 21-04-037, filed 1/26/21, effective 3/1/21)

WAC 388-106-0130 How does the department determine the number of hours I may receive for in-home care? (1) The department assigns a base number of hours to each classification group as described in WAC 388-106-0125.

(2) The department will adjust base hours to account for informal supports and age appropriate functioning (as those terms are defined in WAC 388-106-0010), and other paid services that meet some of an individual's need for personal care services:

(a) The CARE tool determines the adjustment for informal supports and age appropriate functioning. A numeric value is assigned to the status and ~~((/or))~~ assistance available coding for ADLs and IADLs based on the table below. The base hours assigned to each classification group are adjusted by the numeric value in subsection (b) ~~((below))~~ of this section.

| Meds | Status | Assistance Available | Numeric Value |
|--|--|-----------------------------|----------------------|
| Medication <u>management</u> The rules to the right apply for all ((Self Performance)) self-performance codes except independent which is not counted as a qualifying ADL | Unmet | N/A | 1 |
| | Met | N/A | 0 |
| | Decline | N/A | 0 |
| | Age appropriate functioning | N/A | 0 |
| | Partially met | <1/4 time | .9 |
| | | 1/4 to 1/2 time | .7 |
| | | 1/2 to 3/4 time | .5 |
| >3/4 time | | .3 | |
| Unscheduled ADLs | Status | Assistance Available | Value |
| Bed mobility, transfer, walk in room, eating, toilet use The rules to the right apply for all ((Self Performance)) self-performance codes except: Did not occur/client not able and Did not occur/no provider = 1; Did not occur/client declined and independent are not counted as qualifying ADLs | Unmet | N/A | 1 |
| | Met | N/A | 0 |
| | Decline | N/A | 0 |
| | Age appropriate functioning | N/A | 0 |
| | Partially met | <1/4 time | .9 |
| | | 1/4 to 1/2 time | .7 |
| | | 1/2 to 3/4 time | .5 |
| >3/4 time | | .3 | |
| Scheduled ADLs | Status | Assistance Available | Value |
| Dressing, personal hygiene, bathing The rules to the right apply for all ((Self Performance)) self-performance codes except: Did not occur/client not able and Did not occur/no provider = 1; Did not occur/client declined and independent which are not counted as qualifying ADLs | Unmet | N/A | 1 |
| | Met | N/A | 0 |
| | Decline | N/A | 0 |
| | Age appropriate functioning | N/A | 0 |
| | Partially met | <1/4 time | .75 |
| | | 1/4 to 1/2 time | .55 |
| | | 1/2 to 3/4 time | .35 |
| >3/4 time | | .15 | |
| IADLs | Status | Assistance Available | Value |
| Meal preparation, ordinary housework, essential shopping The rules to the right apply for all ((Self Performance)) self-performance codes except independent is not counted as a qualifying IADL | Unmet | N/A | 1 |
| | Met | N/A | 0 |
| | Decline | N/A | 0 |
| | Child under (age) (see subsection (7)) | N/A | 0 |
| | Partially met | <1/4 time | .3 |
| | | 1/4 to 1/2 time | .2 |
| | | 1/2 to 3/4 time | .1 |
| >3/4 time | | .05 | |

| IADLs | Status | Assistance Available | Value |
|--|--|----------------------|-------|
| Travel to medical The rules to the right apply for all ((Self Performance)) self-performance codes except independent which is not counted as a qualifying IADL | Unmet | N/A | 1 |
| | Met | N/A | 0 |
| | Decline | N/A | 0 |
| | Child under (age) (see subsection (7)) | N/A | 0 |
| | Partially met | <1/4 time | .9 |
| | | 1/4 to 1/2 time | .7 |
| | | 1/2 to 3/4 time | .5 |
| >3/4 time | | .3 | |

Key: > means greater than; < means less than

(b) To determine the amount adjusted for informal support or age appropriate functioning, the numeric values are totaled and divided by the number of qualifying ADLs and IADLs needs. The result is value A. Value A is then subtracted from one. This is value B. Value B is divided by three. This is value C. Value A and Value C are summed. This is value D. Value D is multiplied by the "base hours" assigned to your classification group and the result is the number of adjusted in-home hours. Values are rounded to the nearest hundredths ((e.g.)) for example, .862 is rounded to .86.

(3) Effective July 1, 2012, after adjustments are made to your base hours, as described in subsection (2) of this section, the department may add on hours based on off-site laundry, living more than ((~~forty-five~~)) 45 minutes from essential services, and wood supply, as follows:

| Condition | Status | Assistance Available | Add On Hours |
|---|--|-------------------------|--------------|
| Offsite laundry facilities, which means the client does not have facilities in own home and the caregiver is not available to perform any other personal or household tasks while laundry is done. The status used for the rules to the right is for housekeeping. | Unmet | N/A | 8 |
| | Met | N/A | 0 |
| | Declines | N/A | 0 |
| | Child under (age) (see subsection (7)) | N/A | 0 |
| | Partially met: | <1/4 time | 8 |
| | | between 1/4 to 1/2 time | 6 |
| | | between 1/2 to 3/4 time | 4 |
| >3/4 time | | 2 | |
| Client is >45 minutes from essential services (which means ((he/she)) <u>the client</u> lives more than 45 minutes one-way from a full-service market). The status used for the rules to the right is essential shopping. | Unmet | N/A | 5 |
| | Met | N/A | 0 |
| | Declines | N/A | 0 |
| | Child under (age) (see subsection (7)) | N/A | 0 |
| | Partially met | <1/4 time | 5 |
| | | between 1/4 to 1/2 time | 4 |
| | | between 1/2 to 3/4 time | 3 |
| >3/4 time | | 2 | |

| Condition | Status | Assistance Available | Add On Hours | |
|--|--|-------------------------|--------------|---|
| Wood supply used as sole source of heat. | Unmet | N/A | 8 | |
| | Met | N/A | 0 | |
| | Declines | N/A | 0 | |
| | Child under (age) (see subsection (7)) | N/A | 0 | |
| | Partially met | <1/4 time | | 8 |
| | | between 1/4 to 1/2 time | | 6 |
| | | between 1/2 to 3/4 time | | 4 |
| | | >3/4 time | | 2 |

(4) In the case of New Freedom consumer directed services (NFCDS), the department determines the monthly budget available as described in WAC 388-106-1445.

(5) The result of adjustments under subsections (2) and (3) of this section is the maximum number of hours that can be used to develop your plan of care. The department must take into account cost effectiveness, client health and safety, and program limits in determining how hours can be used to address your identified needs. In the case of New Freedom consumer directed services (NFCDS), a New Freedom spending plan (NFSP) is developed in place of a plan of care.

(6) If you are eligible, your hours may be used to authorize the following services:

(a) Personal care services from a home care agency provider ~~((and/or))~~ an individual provider, or both.

(b) Home delivered meals ~~((i.e.))~~ a half hour from the available hours for each meal authorized) per WAC 388-106-0805.

~~((c))~~ Adult day care (i.e. a half hour from the available hours for each hour of day care authorized) per WAC 388-106-0805.

~~((d))~~ A home health aide (i.e., one hour from the available hours for each hour of home health aide authorized) per WAC 388-106-0300.

~~((e))~~ (c) A private duty nurse (PDN) if you are eligible per WAC 388-106-1010 or 182-551-3000 ~~((i.e.))~~ one hour from the available hours for each hour of PDN authorized).

~~((f))~~ (d) The purchase of New Freedom consumer directed services (NFCDS).

(7) If you are a child applying for personal care services:

(a) The department presumes that children have legally responsible parents or other responsible adults who provide informal support for the child's ADLs, IADLs, and other needs. The department will not provide services or supports that are within the range of activities that a legally responsible parent or other responsible adult would ordinarily perform on behalf of a child of the same age who does not have a disability or chronic illness.

(b) The department will complete a CARE assessment and use the developmental milestones tables ~~((below))~~ in this section when assessing your ability to perform personal care tasks.

(c) Your status will be coded as age appropriate for ADLs when your self-performance is at a level expected for persons in your assessed age range, as indicated by the developmental milestones table in subpart (e) of this section, unless the circumstances in subpart (d) ~~((below))~~ of this section apply.

(d) The department will code status as other than age appropriate for an ADL, despite your self-performance falling within the developmental age range for the ADL on the developmental milestones table in subpart (e) ~~((below))~~ of this section, if the department determines

during your assessment that your level of functioning is related to your disability and not primarily due to your age and the frequency ((and/)) or the duration of assistance required for a personal care task is not typical for a person of your age.

(e)

| Developmental Milestones for Activities of Daily Living (ADLs) | | |
|---|---|--------------------------------|
| ADL | Self-Performance | Developmental Age Range |
| Medication management | Independent Self-directed Assistance required | Child under 18 years of age |
| | Must Be administered | Child under 12 years of age |
| Locomotion in room | Independent Supervision Limited Extensive | Child under 4 years of age |
| | Total | Child under 13 months of age |
| Locomotion outside room | Independent Supervision | Child under 6 years of age |
| | Limited Extensive | Child under 4 years of age |
| | Total | Child under 25 months of age |
| Walk in room | Independent Supervision Limited Extensive | Child under 4 years of age |
| | Total | Child under 19 months of age |
| Bed mobility | Independent Supervision Limited | Child under 37 months of age |
| | Extensive | Child under 25 months of age |
| | Total | Child under 19 months of age |
| Transfers | Independent Supervision Limited Extensive | Child under 3 years of age |
| | Total | Child under 19 months of age |
| Toilet use | Independent Supervision Limited Extensive | Child under 7 years of age |
| | Total | Child under 37 months of age |
| Eating | Independent Supervision Limited Extensive | Child under 3 years of age |
| | Total | Child under 13 months of age |
| Bathing | Independent Supervision | Child under 12 years of age |
| | Physical help/ Transfer only | Child under 5 years of age |
| | Physical help/part of bathing | Child under 6 years of age |
| | Total | Child under 37 months of age |
| Dressing | Independent Supervision | Child under 12 years of age |
| | Limited | Child under 8 years of age |
| | Extensive | Child under 7 years of age |
| | Total | Child under 25 months of age |
| Personal hygiene | Independent Supervision | Child under 12 years of age |
| | Limited Extensive | Child under 7 years of age |
| | Total | Child under 37 months of age |

(f) For IADLs, the department presumes that children typically have legally responsible parents or other responsible adults to assist with IADLs. Status will be coded as "child under (age)" the age indicated by the developmental milestones table for IADLs in subpart (h) of this section unless the circumstances in subpart (g) of this section apply. (For example, a 16-year-old child coded as supervision in self-performance for wood supply would be coded "child under 18.")

(g) If the department determines during your assessment that the frequency of or the duration of assistance required is not typical for a person of your age due to your disability or your level of functioning, the department will code status as other than described in subpart (h) of this section for an IADL.

(h)

| Developmental Milestones for Instrumental Activities of Daily Living | | |
|---|---|--------------------------------|
| IADL | Self-Performance | Developmental Age Range |
| ((Finances Telephone)) Wood supply | Independent ((Supervision Limited Extensive)) Assistance ((Total)) Activity did not occur | Child under 18 |
| Transportation | Independent ((Supervision Limited Extensive)) Assistance Activity did not occur | Child under 18 |
| | Total | Child under 16 |
| Essential shopping, housework, meal ((Prep)) preparation | Independent ((Supervision Limited Extensive)) Assistance Activity did not occur | Child under 18 |
| | Total | Child under 12 |

(i) The department presumes that children have legally responsible parents or other responsible adults who provide support for comprehension, decision-making, memory, and continence issues. These items will be coded as indicated by the additional developmental milestones table in subpart (k) of this section unless the circumstances in subpart (j) of this section apply.

(j) If the department determines during your assessment that due to your disability, the support you are provided for comprehension, decision making, memory, and continence issues is substantially greater than is typical for a person of your age, the department will code status as other than described in subpart (k) of this section.

(k)

| Additional Developmental Milestones coding within CARE | | | |
|--|---|---|--------------------------------|
| Name of CARE panel | Question in CARE Panel | Developmental Milestone coding selection | Developmental Age Range |
| ((Speech/Hearing)) Behavioral Health: Cognitive Performance-Comprehension | "By others, client is" / "By client, others are" | Child under 3 | Child under 3 |
| ((Psych-Social)) Behavioral Health: MMSE | "Can MMSE be administered?" | = No | Child under 18 |
| ((Psych-Social)) Behavioral Health: Memory((Short Term)) | (("Recent memory")) "Is there evidence of short term memory loss?" | Child under 12 | Child under 12 |
| ((Psych-Social: Memory/Long Term)) | (("Long Term memory")) "Is there evidence of long term memory loss?" | Child under 12 | Child under 12 |
| ((Psych-Social)) Behavioral Health: Depression | "Interview" | Unable to obtain | Child under ((+2)) 9 |
| ((Psych-Social)) Behavioral Health: Cognitive Performance-Decision Making | "Rate how client makes decision" | Child under 12 | Child under 12 |
| Bladder/Bowel: | "Bladder/Bowel Control" is which of the following: | | |
| | Continent Usually Continent Occasionally Incontinent | Age appropriate | Child under 12 |
| | Frequently Incontinent | Age appropriate | Child under 9 |
| | Incontinent all or most of the time | Age appropriate | Child under 6 |
| Bladder/Bowel: | "Appliance and programs" | Potty Training | Child under 4 |

(8) If you are a child applying for personal care services and your status for ADLs and IADLs is not coded per the developmental age range indicated on the milestones tables under subsection (7) of this section, the department will assess for any informal supports available to assist you with each ADL and IADL. The department will presume that children have legally responsible parents or other responsible adults who provide informal support to them.

(a) The department will code status for an ADL or IADL as met if your assessment shows that your need for assistance with a personal care task is fully met by informal supports.

(b) Informal supports for school-age children include supports actually available through a school district, regardless of whether you take advantage of those available supports.

(c) When you are living with your legally responsible parent(s), the department will presume that you have informal supports available to assist you with your ADLs and IADLs over three-fourths but not all the time. Legally responsible parents include natural parents, step((-))parents, and adoptive parents. Generally, a legally responsible parent will not be considered unavailable to meet your personal care needs simply due to other obligations such as work or additional children because such obligations do not decrease the parent's legal responsibility to care for you regardless of your disabilities. However, the department will consider factors that cannot reasonably be avoided, and which prevent a legally responsible parent from providing for your personal care needs when determining the amount of informal support available to you. You may rebut the department's presumption by providing specific information during your assessment to indicate why you do not have informal supports available at least three-fourths of time to assist you with a particular ADL or IADL.