

Informed Choice: An Important Part of Community Transition

“Just because no one else can heal or do your inner work for you doesn’t mean you can, should, or need to do it alone.” Lisa Olivera

1. Learn the components of an Informed Choice Process
2. Why Informed Choice Practice is an important part of community transition and integration
3. The primary purposes of Pre-Admission Screening and Resident Review (PASRR) in relation to informed Choice and least restrictive environment
4. Olmstead Navigator Roles

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Components of an Informed Choice Process

1. Individualized information and education about community options
2. Direct observation, visits, and engagement with community options
3. Peer-to-peer, family-to-family, and other programs that facilitate choice
4. Service coordination/case management that regularly engage with individuals, develop trusted relationships, and provide ongoing opportunities to discuss and explore community options
5. Focused efforts to address barriers, fears, and concerns with community options



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Components of an Informed Choice Process

6. Accommodations to cognitive impairments or challenges in choice-making (e.g. accommodations/supports for preferred language & communication methods, and cultural considerations that influence informed choice as in PASRR regulation 483.128(b))
7. Accommodations to lack of experience with choice-making and the vestiges of institutionalization
8. Assisting in applying for community programs (waivers, vocational rehabilitation) and obtaining integrated services whenever the individual has an interest in exploring community options
9. Individualized assessments and service plan that identifies the supports needed to transition to the community
10. Alternatives to guardianship and designated representatives that support individuals in making informed choices

Source: [Steven J. Swartz Attorney at Center for Public Representation](#)



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Informed Choice and Community Transition and Integration

Why is Informed Choice important for community transition and integration?

- It involves individuals in decisions and thereby helps them take actions to support themselves
- It helps them to develop their own skills and an understanding of how they can advocate for themselves and be independent
- Individuals are more likely to stick to treatment plans and take their medications if they feel respected, involved, and in control
- It motivates individuals to adopt positive health behaviors that improve and help them manage their own health



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“Informed Choice” The Role of PASRR

PASRR requires a decision based on choice, which requires the decision to be voluntary and that the individual has the capacity for choice, which rests on 3 elements (CFR § 483.128):

- Possession of a set of values
- Ability to understand information and communicate decisions
- Ability to reason and deliberate

Source: [Informed Choice: The Role of PASRR, PTAC webinar, November 2019](#)

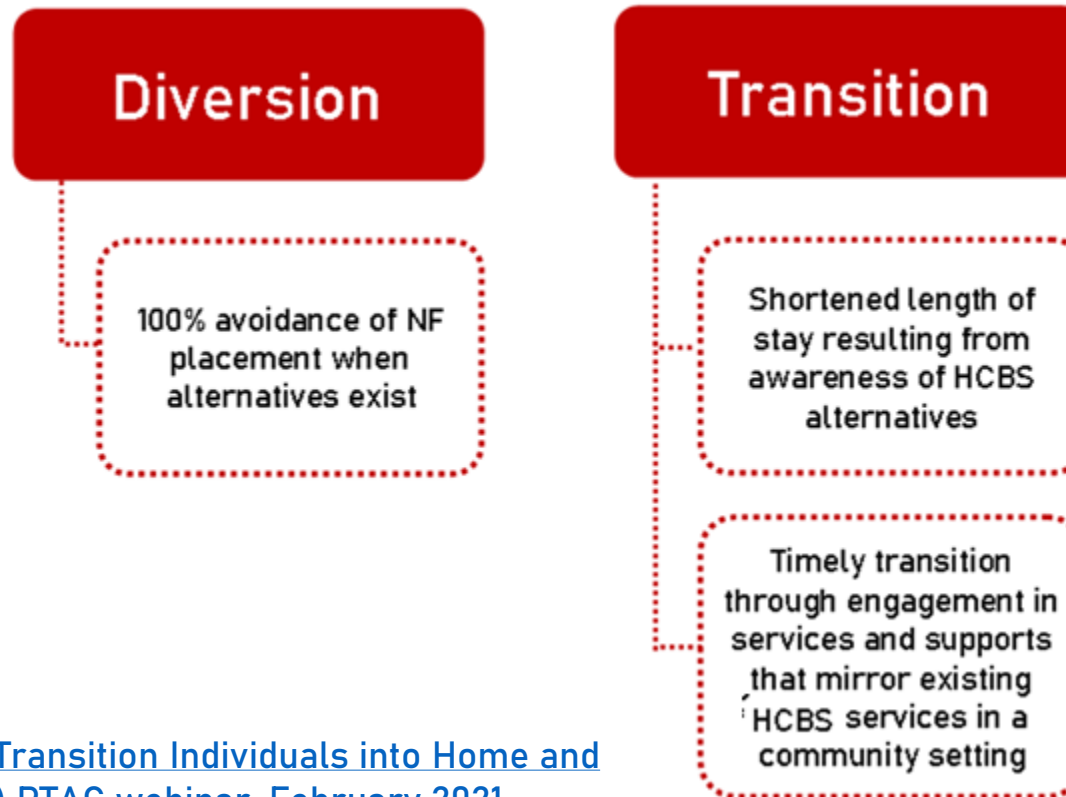
Three Purposes of PASRR:

1. To ensure that individuals being considered for admission to a Medicaid certified NF are found to meet NF Level of Care (LOC) and screened for a possible PASRR condition: Mental Illness (MI); Intellectual Disability (ID); and/or Related Condition (RC).
2. To ensure that the individual's PASRR condition service needs are identified.
3. To ensure that the individual is aware of community alternatives to the NF admission.

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The Role of PASRR in Person-Centered Planning

The Role of PASRR



Source: [Use of PASRR to Divert or Transition Individuals into Home and Community-Based Services \(HCBS\) PTAC webinar, February 2021](#)

Level II Evaluators should have the following information readily available and accessible

- ❖ Community Support Services and Resources
- ❖ Medical Assistance
- ❖ Communication and interpreter resources

Part of our informed consent process should include re-connecting our PASRR individuals to community networks - this can be a milestone for stabilization services.

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The Role of Olmstead Navigators

Olmstead Navigators

1. Meet with residents at NFMHs to begin working on discharge planning.
2. Elicit information as to where residents see themselves living, what their hobbies/interests are, what community services they'd like to have in place, etc.
3. Work with residents on a person-centered care plan, a Housing Referral form and MCO Choice forms. Assist residents in completing an MCO Choice Form.
4. Introduce the residents to the NFMH liaison and inform them of specialized services and community programs available to them

Olmstead Navigators

5. Schedule an interdisciplinary team meeting with the resident and the resident guardian to share the person-centered care plan and supportive services options.
6. Prior to discharge, work with the NFMH team to assist the individual resident with identifying a Person-Centered Plan for community living and set up an appt within 30 days of discharge.
7. Coordinate any apartment community tours, or residential showings with the CMHC-NFMH Liaison and work with the Boundary Spanner/KDADS Housing team to plan a date of discharge.

Olmstead Navigators

8. Work with CMHC Benefits specialist and resident to Identify a community payee, and work with whoever the current payee is and local SSA to complete the paperwork change that is needed to secure a payee and ensure that the SSA benefit will be ready at the time of discharge/transition.
9. Assist the individual resident with setting up appts with CMHC, MCO, primary care and any other supportive services for the week of discharge.
10. Work with the CMHC/NFMH liaison to reach out to the resident's new community Support Service Team and schedule meet and greet times so they can come on site and meet with the individual resident and the resident's guardian.

The Goal of the Navigators should center on an Individual's Person-Centered Plan to insure the individual will:

- Live in the least restrictive, most inclusive setting for her/his needs
- Transition to the community as soon as practical
- Have a clear, strengths-based care plan
- Attain and maintain a strong quality of life



All plans should include decision aids that contain easy-to-understand information about the benefits, risk, and harms of all options

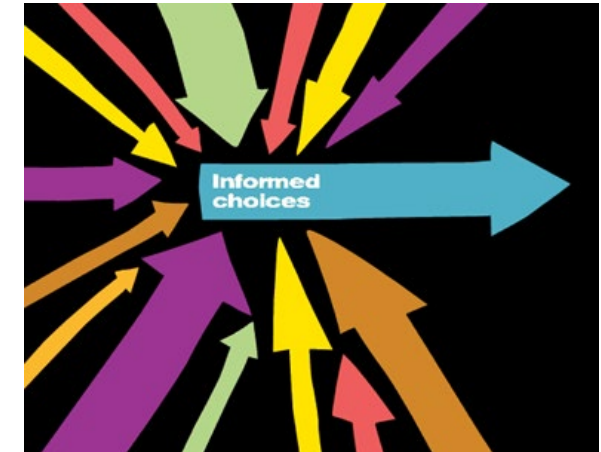
- Assessment of capacity
 - ❖ Assessing a person's capacity to make everyday decisions helps provide individuals with the necessary decision-making assistance where they need it while preserving their autonomy for other decisions where they have the ability.

- Expanded opportunities to make choices
 - ❖ Expanded opportunities to make choices that occur outside of the traditional facility program choices.

- Actual experience of community options
 - ❖ Opportunities to see, visit and experience community programs

Informed Choice:

- Is a Voluntary, well-thought-out decision that an individual makes based on individualized information and an understanding of all available options (See components of an Informed Choice Process)
- Involves more than one meaningful option for care
- Allows exploration and discovery
- Creates necessary Person-Centered plans to support individuals in achieving their goals



Tools Available from SAMHSA for Supported Decision Making (SDM)

- SDM workbook for individual “What is Right for Me? How to Make Important Decisions in Everyday Life” (<https://antipsych.c4designlabs.net/#/page-100.1>)
- SDM workbook for Providers “Supporting Choice Helping Others Make Important Decisions” (<https://antipsych.c4designlabs.net/#/page-400>)
- Cool Tools for Decision Making (<https://antipsych.c4designlabs.net/#/page-300>)

Kansas Council on Developmental Disabilities (KCDD): Charting the LifeCourse Framework (<https://kcdd.org/about-us/lifecourse-materials-and-resources>):

- Offers a practical approach to dealing with day-to-day life experiences and offers valuable tools and resources to help plan a good life
- Includes an inventory of the individual's personal talents, resources, and needs across their lifetime and sets the course for developing individualized action plans
- Interconnects life experiences with family, community and supports in creating an individualized, actionable, person-centered, holistic vision for the future

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Organizations with Helpful Programs Available:

Organizations with Statewide Programs available:

Kansas Council on Developmental Disabilities (KCDD) <https://kcdd.org/>

A National Alliance on Mental Illness Kansas (NAMI Kansas) <https://namikansas.org/>

Disability Rights Center of Kansas (DRC) <https://www.drckansas.org/>

Mental Health America of the Heartland (MHAH) <https://mhah.org/>

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Organizations with Helpful Programs Available:

Organizations with Statewide Programs available:

Kansas Association of Area Agencies on Aging and Disabilities (k4ad) <https://k4ad.org/>

Association of Community Mental Health Centers of Kansas, Inc. <https://acmhck.org/>