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# DRAFT

# Preliminary Support Level

# Descriptions

## Background

This document contains level descriptions for the preliminary 6-level support level framework in Vermont. Descriptions were created by exploring the needs of the individuals in the sample (n = 623) within each of the levels. Note that these descriptions do not account for additional information on people's support needs collected via supplemental questions, context assessment, or SIS-A 2<sup>nd</sup> Edition new items. Final descriptions will incorporate any new information from these sources, as well as any updates to language as needed.

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The preliminary support levels are:

- 1** Low general support need, typical medical and behavioral needs
- 2** Moderate general support need, typical medical and behavioral needs
- 3** High general need, typical medical and behavioral needs
- 4** Very high general support need, typical medical and behavioral needs
- M** Any general support need, extraordinary medical support need
- B** Any general support need, extraordinary behavioral support need

## Level 1 Low general support need, no extraordinary medical or behavioral needs





Adults in this level have some but largely little need for support in most areas of daily living, including typical support need for medical conditions or challenging behaviors. They can manage many aspects of their lives with some assistance. Many people in this level may successfully live independently and work in the community. Individuals in this level may need support to learn a new skill but such support may lessen once the skill is learned.

 <b>HOME LIVING</b>	People's needs range from no support to some monitoring support in most home living activities such as hygiene, using the toilet, laundering clothes, or housekeeping. The most common areas that people in this level required prompting or partial physical assistance were operating appliances, cleaning, preparing food, and dressing.
 <b>COMMUNITY LIVING</b>	People's needs range from no support to some monitoring support in areas of recreation, community activities, using public services, shopping, budgeting assistance and interacting in the community. The most common areas that people in this level required additional assistance with were going to visit friends and family and using transportation, for instance rides or support obtaining a driver's license.
 <b>LIFELONG LEARNING</b>	People's needs range from no support to partial physical assistance in areas of self-determination skills, training and educational decisions, and accessing educational settings. The most common areas that people in this level required assistance with were learning and using problem solving skills, self-management strategies, and interacting with others in learning activities.
 <b>EMPLOYMENT</b>	People's needs range from no support to partial physical assistance in areas of job skills, completing tasks timely and accurately, interacting with coworkers and supervisors, and accessing task accommodations. The most common area that

	<p>people in this level required assistance with was changing job assignments.</p>
 <b>HEALTH AND SAFETY</b>	<p>Some individuals in this level need prompting or other direct supports in areas of taking medications, moving around, avoiding hazards, accessing emergency services, and maintaining emotional well-being. Nearly half of the people need partial physical assistance in maintaining physical health and fitness. People often need assistance with obtaining healthcare or making appointments.</p>
 <b>SOCIAL</b>	<p>People may need partial assistance in areas of social skills, participating in leisure activities with others, socializing, making friends, loving and intimate relationships, communicating needs, and volunteer work. Communication needs are often for interpersonal relationship support.</p>
 <b>ADVOCACY</b>	<p>People's needs range from no support to some monitoring support in areas of making choices and decisions, exercising their legal and civic responsibilities, and advocating for themselves. Most people in this level require additional supports around managing money and obtaining legal services.</p>
 <b>MEDICAL</b>	<p>People in this level have needs similar to individuals without IDD for medical conditions such as the use of a CPAP machine or nebulizer, help when sick, physical therapy services, blood pressure management, allergies management, and/or diabetes management. For instance, an individual with diabetes in this level might require education on when and how to test blood sugar and/or take medications as well as the importance of physical fitness.</p>
 <b>BEHAVIORAL</b>	<p>People in this level have needs similar to individuals without IDD for challenging behaviors such as using de-escalation techniques and/or maintaining mental health treatments.</p>

Moderate general support need, no extraordinary medical or behavioral  
**Level 2 needs**

Adults in this level have moderate support needs in most areas of daily living and typical support need for medical conditions or challenging behaviors. They need more support than those in Level 1 and have needs in several life areas. Technology that provides remote or automated support and/or home modifications may increase the independence of individuals in this level.

 <p><b>HOME LIVING</b></p>	<p>People’s needs range from low support to some physical assistance in areas of hygiene, dressing, using the toilet, preparing food, and laundering clothes. Many individuals need partial to full support for food preparation.</p>
 <p><b>COMMUNITY LIVING</b></p>	<p>People’s needs range from monitoring up to full assistance in areas of recreation, community activities, budgeting, accessing public buildings, using public services, and interacting in the community. The most common area that people in this level required additional assistance with shopping, going to visit friends and family, and/or using transportation.</p>
 <p><b>LIFELONG LEARNING</b></p>	<p>People’s needs range from monitoring up to full physical assistance in using problem-solving, health and physical education skills.. Over half of the people require partial to full physical assistance in learning self-management strategies and/or interacting with others in learning activities.</p>
 <p><b>EMPLOYMENT</b></p>	<p>People’s needs range from monitoring up to full physical assistance in completing tasks timely and accurately, interacting with coworkers and supervisors and getting help from employer. The majority of individuals require partial to full physical assistance changing job assignments and/or learning and using specific job skills.</p>

 <p><b>HEALTH AND SAFETY</b></p>	<p>People’s needs range from monitoring up to full physical assistance in taking medications, avoiding hazards, accessing emergency services, and maintaining emotional well-being. The majority of people need partial to full physical assistance maintaining physical health and/or fitness and a nutritious diet as well as obtaining health services, making appointments and understanding what is being communicated.</p>
 <p><b>SOCIAL</b></p>	<p>People’s needs range from low support to partial physical assistance in areas of social skills, participating in leisure activities with others, socializing, making friends, loving and intimate relationships, communicating needs, and/or volunteer work. Individuals may need support in ensuring they understand what is being communicated.</p>
 <p><b>ADVOCACY</b></p>	<p>People’s needs range from no support to prompting in areas of protecting themselves from exploitation, advocating for others, and exercising their legal/civic responsibilities. Most people in this level require additional supports around making choices and decisions, advocating for themselves, managing money, and obtaining legal services.</p>
 <p><b>MEDICAL</b></p>	<p>People in this level have needs similar to individuals without IDD for medical conditions. Those with medical needs have needs such as use of a CPAP machine or nebulizer, blood pressure management, allergies management, and/or diabetes management. A few individuals in this level require assistance around maintaining a nutritious diet. For instance, an individual with diabetes in this level might require prompting and some hands-on assistance when testing blood sugar and/or taking medications as well as the monitoring of physical fitness.</p>



## BEHAVIORAL

People in this level have needs similar to individuals without IDD for challenging behaviors using de-escalation techniques and/or maintaining mental health treatments. Some individuals require extra support to prevent injuries to others and inappropriate behaviors.

### Level 3 High general support need, no extraordinary medical or behavioral needs

Adults in this level have a range of need up to full assistance for daily activities. They may need some support for medical conditions. They also have an increased, though not extraordinary, support need due to challenging behaviors. Individuals in this level usually require support 24/7 in case of needing assistance.



## HOME LIVING

Most people in this level have need for at least partial physical assistance in hygiene, dressing, using the toilet, eating food, housekeeping, and operating appliances. The most common areas that people in this level required additional assistance with were operating appliances, buying and preparing food, using the toilet, and dressing.









## COMMUNITY LIVING

Most people in this level have a need for at least partial assistance in most areas. The most common areas that people in this level required additional assistance with were transportation, budgeting and visiting friends and family.



## LIFELONG LEARNING

Most people in this level have a need for at least partial assistance in most areas. About half of people in this level require full physical assistance in learning functional academics, such as basic literacy and numeracy skills, and/or interacting with others in learning activities.






 <b>EMPLOYMENT</b>	<p>Most people in this level have a need for at least partial assistance in most areas. Over half of the people in this level would require full assistance in interacting with coworkers and/or changing job assignments.</p>
 <b>HEALTH AND SAFETY</b>	<p>Most people in this level have a need for at least partial assistance. The majority of people need partial to full physical assistance maintaining physical health and fitness and/or a nutritious diet as well as moving around.</p>
 <b>SOCIAL</b>	<p>Most people in this level have a need for at least partial assistance. The most common areas that people in this level required additional assistance with were participating in recreation, making and keeping friends, engaging in loving relationships and/or volunteer work.</p>
 <b>ADVOCACY</b>	<p>Most people in this level have a need for at least partial assistance. The most common areas that people in this level required additional assistance with were obtaining legal services, protecting themselves from exploitation, and managing money.</p>
 <b>MEDICAL</b>	<p>People in this level have needs similar to individuals without IDD for medical conditions such as use of a CPAP machine or nebulizer, allergies management, and/or diabetes management. Individuals may need some extra support around feeding assistance, positioning, and wound care or ostomy and catheter care. For instance, an individual with diabetes in this level might require partial to full support with testing blood sugar and/or taking medications as well as the monitoring of physical fitness.</p>
 <b>BEHAVIORAL</b>	<p>People in this level have needs similar to individuals without IDD for challenging behaviors using de-escalation techniques and maintaining mental health treatments. Individuals may</p>







	need some extra support around preventing injuries to others, property damage, pica, and/or substance abuse.
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Very high general support need, no extraordinary medical or behavioral  
**Level 4 needs**

Adults in this level have high support needs for daily activities and may need some support for medical conditions. They often need some physical assistance with life activities on a daily basis. Some may have behavioral support needs, but these needs are not extraordinary.

 <b>HOME LIVING</b>	<p>People in this level need partial to full support in all areas of home living. Most individuals require full physical assistance in operating appliances, housekeeping, eating food, dressing and/or hygiene.</p>
 <b>COMMUNITY LIVING</b>	<p>People in this level need partial to full assistance in all areas of community living. Most individuals require full physical assistance in transportation, participating in recreation in the community, using public services and/or shopping.</p>
 <b>LIFELONG LEARNING</b>	<p>People in this level need partial to full assistance in all areas of learning activities. Approximately 95% of people require full assistance in learning functional academics, such as basic literacy and numeracy skills, learning self-determination skills, learning self-management skills, making educational decisions, and/or interacting with others in learning activities.</p>
 <b>EMPLOYMENT</b>	<p>People in this level need partial to full assistance in all areas of employment if they engage in employment activities. Nearly everyone requires full assistance in interacting with coworkers and/or changing job assignments.</p>
 <b>HEALTH AND SAFETY</b>	<p>People in this level need partial to full assistance in all areas of health and safety. Nearly everyone requires full assistance in maintaining a nutritious diet and/or moving about.</p>







 <b>SOCIAL</b>	<p>People in this level need partial to full assistance in all areas of social activities. Over 90% of individuals require full assistance in engaging in volunteer work, engaging in loving relationships, making and keeping friends, and/or participating in recreation activities with others.</p>
 <b>ADVOCACY</b>	<p>People in this level need partial to full assistance in all areas of advocacy activities. All individuals in this level likely require support with managing money.</p>
 <b>MEDICAL</b>	<p>People in this level have needs similar to individuals without IDD for medical conditions. For those with support needs, they will need support with medical conditions including using a CPAP machine or nebulizer, diabetes management, feeding assistance, positioning and wound care, or ostomy and/or catheter care. For instance, an individual with diabetes in this level might require hands-on assistance with testing blood sugar and/or taking medications as well as the monitoring of physical fitness as well as monitoring of symptoms of low or high blood sugars.</p>
 <b>BEHAVIORAL</b>	<p>People in this level have needs similar to individuals without IDD for challenging behaviors using de-escalation techniques and maintaining mental health treatments. Some people have some additional support needs around preventing injuries to others, substance abuse or other serious behaviors.</p>




**Level**

**M      Extraordinary medical support need**

Adults in this level have extraordinary support need due to one or more medical condition(s), regardless of their need for support for completing daily activities. Individuals in this level may have behavioral support needs, but these needs are not extraordinary. Adults in this level may need 1:1 supports due to their medical needs,


such as some adapted equipment like wheelchair, wheel vans, home mods, feeding tubes, other medical devices.

 <p><b>HOME LIVING</b></p>	<p>Almost all people require partial to full support in all areas of home living. Most individuals in this level require full support in hygiene activities, dressing, using the toilet, eating food, and/or operating appliances.</p>
 <p><b>COMMUNITY LIVING</b></p>	<p>Most individuals require partial to full support in all areas of community living. Many people in this level require full support in transportation, accessing public buildings, using public services, and/or going to visit friends and family.</p>
 <p><b>LIFELONG LEARNING</b></p>	<p>Most individuals in this level need full assistance in all areas of learning activities especially in participating in educational decisions and/or interacting with others in learning activities.</p>
 <p><b>EMPLOYMENT</b></p>	<p>Approximately 90% of people require partial to full support in all areas of employment. Most individuals in this level require full support in changing job assignments, interacting with coworkers, and/or learning job specific skills.</p>
 <p><b>HEALTH AND SAFETY</b></p>	<p>People in this level need partial to full assistance in all areas of health and safety. Over half of individuals in this level require full support in maintaining physical health and fitness, maintaining a nutritious diet, avoiding hazards, and/or moving about.</p>
 <p><b>SOCIAL</b></p>	<p>People in this level need partial to full support in all areas of social activities. Over half of the individuals in this level require full support in participating in recreation activities with others and/or engaging in volunteer work. Most individuals have needs with communication, they may be non-verbal or use gestures and require help advocating.</p>


 <p><b>ADVOCACY</b></p>	<p>Most people in this level have a need for at least partial assistance. The most common areas that people in this level required additional assistance with were obtaining legal services, protecting themselves from exploitation, and managing money.</p>
 <p><b>MEDICAL</b></p>	<p>All people in this support level need support for extraordinary medical needs. Most individuals in this sample have needs in the areas of feeding assistance, ostomy and/or catheter care, or diabetes management. For instance, an individual with diabetes in this level might have co-occurring medical issues that require a trained support person to provide nutrition, monitor blood sugar levels, inject medication, and ensure turning or movement to prevent complications.</p>
 <p><b>BEHAVIORAL</b></p>	<p>People in this level have needs similar to individuals without IDD for challenging behaviors using de-escalation techniques and maintaining mental health treatments. Some people have some additional support needs around preventing injuries to others, property damage, pica or sexual aggression. Behaviors may be due to pain or not being able to effectively communicate medical needs.</p>

**Level B Extraordinary behavioral support need**

Adults in this level have extraordinary support needs due to challenging behaviors, regardless of their support need to complete daily activities or for medical conditions. Adults in this level may need 1:1 supports to prevent or mitigate challenging behaviors.

 <p><b>HOME LIVING</b></p>	<p>Most individuals in this level require at least partial physical assistance in using the toilet, eating food, housekeeping, and/or operating appliances. Environmental modifications may be needed to maintain safety.</p>
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 <p><b>COMMUNITY LIVING</b></p>	<p>Most individuals in this level require at least partial physical assistance in transportation, participating in recreation activities, using public services, shopping, interacting with community members, and/or going to visit friends or family.</p>
 <p><b>LIFELONG LEARNING</b></p>	<p>People in this level require partial to full assistance in learning activities. Most individuals in this level require full assistance in interacting with others and/or learning functional academics, such as basic literacy and numeracy skills.</p>
 <p><b>EMPLOYMENT</b></p>	<p>People in this level require partial to full assistance in employment activities. Most require full assistance in changing job assignments and/or interacting with coworkers.</p>
 <p><b>HEALTH AND SAFETY</b></p>	<p>People in this level require partial to full assistance in health and safety. Most people require partial support in taking medications, moving about, avoiding hazards, accessing emergency services, maintaining physical health, and/or emotional well-being.</p>
 <p><b>SOCIAL</b></p>	<p>Over half of people in this level require partial to full assistance in social activities. Most people in this level require full support in engaging in loving relationships and/or making and keeping friends.</p>
 <p><b>ADVOCACY</b></p>	<p>Most people in this level need partial to full assistance in all areas of advocacy activities. Most individuals in this level require full support in managing money and obtaining legal services. Barriers in communicating may require more support for advocacy.</p>
 <p><b>MEDICAL</b></p>	<p>People in this level have needs similar to individuals without IDD for medical conditions such as use of a CPAP machine or nebulizer, additional supports when sick, physical therapy services, blood pressure management, allergies management,</p>

	<p>or diabetes management. For instance, an individual with diabetes in this level might require reminders or assistance with testing blood sugar and/or taking medications as well as the monitoring of physical fitness.</p>
 <b>BEHAVIORAL</b>	<p>All people in this support level need support for extraordinary behavioral needs. Most individuals in this level need extensive support in preventing injury to others, preventing property damage, preventing pica and/or preventing substance abuse.</p>