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# EXPANDING AHCCCS TO INCLUDE OCCUPATIONAL THERAPY FOR ADULTS

- CHRIS TRUJILLO OTD, OTR/L, GCG, ATP -      - BENJAMIN GROSS MOTR/L -

# AHCCCS

- AHCCCS
  - Arizona's interpretation of Medicaid.
- Outpatient health services covered by AHCCCS
  - Ordinarily provided in hospitals, clinics, offices and other health care facilities
  - Outpatient health services include services provided by or under the direction of a physician or a primary care practitioner...
  - Now INCLUDES OCCUPATIONAL THERAPY (OT) for adults ages 21 and older.

# What is OT?

- Occupational Therapists:
  - Help people across the lifespan participate in the things they want and need to do through the therapeutic use of everyday activities (occupations).
- Includes:
  - Helping people with disabilities participate fully in school, employment, and independent living.
  - Helping people recover from injuries to regain independence with activities of daily living or to learn new skills.

# OT Expertise

- Performance in Areas of Occupation
  - Activities of Daily Living
  - Instrumental Activities of Daily Living (IADL)
  - Education
  - Work
  - Play
  - Leisure
  - Social Participation
- Performance Skills
  - Motor Skills
  - Process Skills
  - Communication/Interaction Skills

# What will AHCCCS cover

- Occupational Therapy services are provided to improve, or restore functions impaired or lost through illness or injury.
- For individuals over the age of 21, outpatient occupational therapy is limited to **15 visits** per contract year to:
  - Restore an individual to a particular skill or function  
&
  - Assist an individual to maintain a skill or function  
or
  - Attain a skill or function never learned or acquired.

# Meaningful Occupation

- OT's are Experts in Occupation
- People with a disability should be afforded opportunities to participate in meaningful occupations.
- Daily life activities, instrumental activities of daily living, rest and sleep, education, work, play leisure, and social participation (AOTA, 2014)

# Occupation Empowers

- Participation in meaningful occupation is good for a healthy psyche
- Individuals who are not afforded the opportunity to participate in meaningful occupation such as employment have higher rates of suicide (Pellegrini & Rodriguez-Monguio, 2013).
- Occupation is beneficial in helping people cope with and overcome on-going health conditions: “occupation empowers” (White, Lentin, & Farnworth 2012).

# A Snapshot of OT for Vocation

- Occupational Therapy currently available through Voc Rehab
- Supports independent living and work entry
- Outpatient OT treatment potential



# Occupational Therapy in VR Setting

*Occupation* is anything a person does throughout the day, such as:

- Activities of Daily Living (ex. dressing, bathing, sleep, meal preparation, etc.)
- Higher level organization skills (ex. finances, medical management, home management, scheduling, etc.)
- School
- Volunteering
- Paid work

We help clients gain independence in their occupations so they can successfully obtain and maintain employment.

**We assess and treat based on a client's performance in his or her environment. *This is where the real change occurs!***

# Our Services

Evaluate  
employment/  
school readiness

Prepare for  
employment/  
school

Obtain and  
maintain  
employment/  
school

# Evaluate employment/school readiness

## We identify:

- Deficits in daily living skills needed for work entry
- *Environmental* and *social* barriers
- *Visual* and *cognitive* deficits affecting work readiness
- The right career/job fit for the client based on strengths and deficits
- The barriers where the client is currently working or going to school
- *Accommodations, compensations, or strategies* to assist the client at work or school
- Situational assessment needs (i.e. volunteering)
- Mutual goals so that we can work as a team to achieve successful work entry

# Prepare for employment/school

## Our treatments address:

- Independent living skills (i.e. medication management)
- Home assessment and modification recommendations
- Compensatory strategies for cognitive, visual, and physical deficits
- Disability education
- Building Awareness
- Family involvement and education
- Adaptive equipment and assistive technology
- Home programs

# Obtain and maintain employment/school

Our services include:

Pre-vocational goals

- Seeking appropriate employment/school opportunities using taught strategies
- Situational assessment
- Work/school accommodations
- Application of compensations/strategies at work/school
- Building relationships with employers and providing education
- ***On-site support for on-site problem solving***

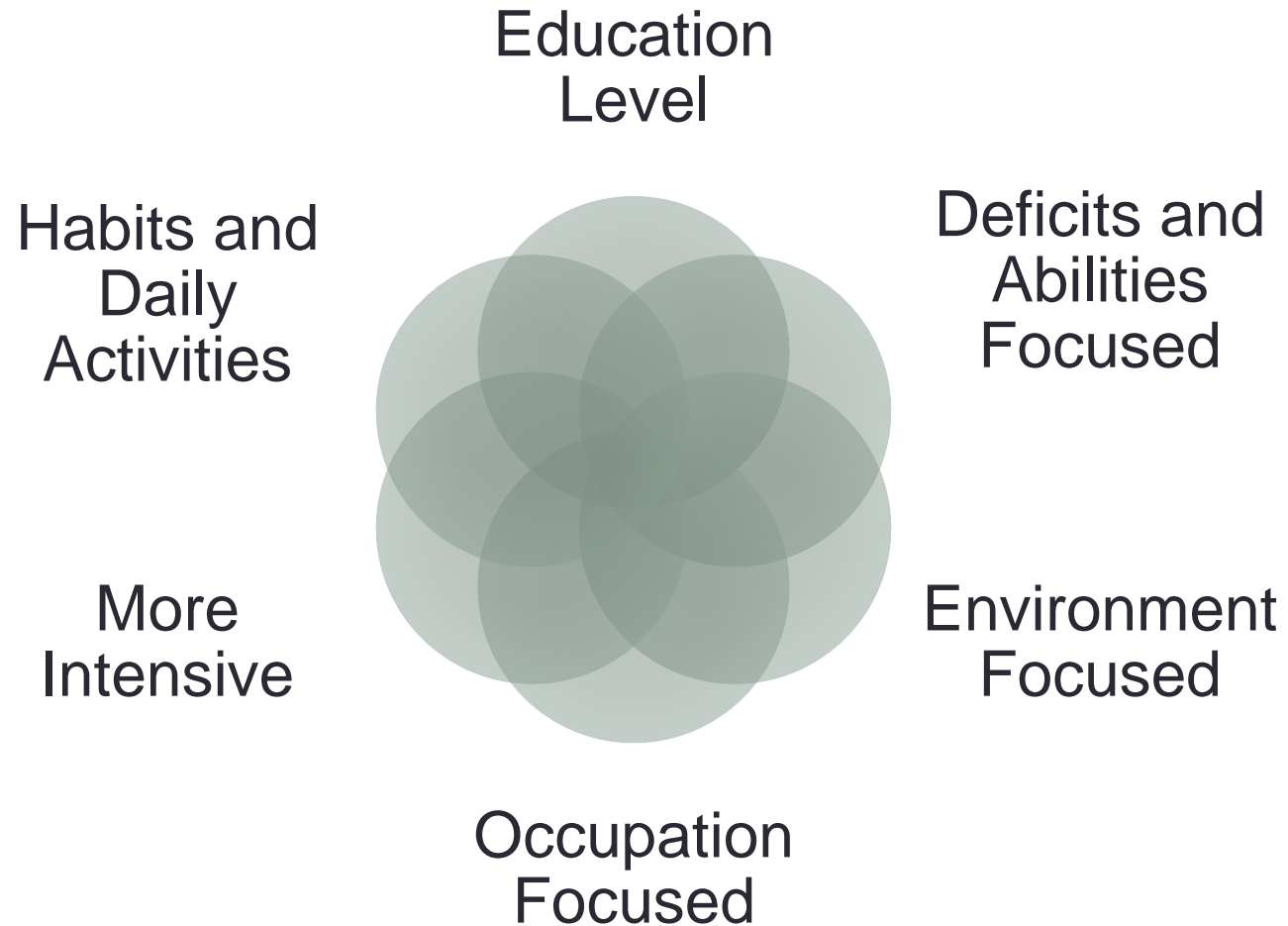
# Measurement

- Quantitative and qualitative data to support our recommendations
  - Psychological and performance-based assessments
  - Grading clients to increase awareness
- Goals based on strengths and barriers which are mutually agreed upon with the client
- Monthly progress reports
- Continuous re-assessment to achieve goals

# Populations we serve

- Neurological
  - Stroke
  - Traumatic Brain Injury
  - Spinal Cord Injury
  - Mild Cognitive Impairment
  - Concussion
  - Spina Bifida
  - Cerebral Palsy
  - MS
- Mental Health
  - Autism
  - Learning Disabilities

# OT vs Job Developer





# If AHCCCS Eligible:

- Check with local outpatient clinic
  - Request occupational therapy services
  - Members in ALTCS can receive services provided under 1115 Waiver
- Some clinic based OT's may not feel equipped to provide postsecondary assessments/ training
  - employment readiness, independent living, training
- The opportunity for mentorship is available, please refer these OT's to the Arizona Occupational Therapy Association's specialty interest section on transition:

**ArizOTA Pre and Post Secondary Transition Specialty Interest Section**

**Chairperson: Chris Trujillo OTD, OTR/L, GCG, ATP**

**[PostSecondaryTransitionSIS@arizota.org](mailto:PostSecondaryTransitionSIS@arizota.org)**

# To request OT through Vocational Rehabilitation



## **Transformative Therapy Services**

Benjamin Gross OTR/L, President

Ashley Gustaveson COTA/L

3219 East Camelback Road #798

Phoenix AZ 85018-8830

P: (602) 396-0674 | F: (602) 368-8655

Email: [Benjamin@transformativetherapyservices.com](mailto:Benjamin@transformativetherapyservices.com)

Web: [www.TransformativeTherapyServices.com](http://www.TransformativeTherapyServices.com)