



Activities of Daily Living:

Documenting Functional Limitations

Parents Reaching Out provides resources that focus on helping families make informed decisions about the care and education of their children. Keeping your family healthy means knowing how to navigate the health care system and talk with your doctor or other providers. We hope these tip sheets will give you the information you may need to access the best, most cost-effective medical and related services to meet the needs of your family.

Review diagnostic reports to make sure any deficits in the following areas are fully documented. You may also want to describe deficits in the areas listed below on a separate piece of paper that you submit with the Application packet.

- **Self-Care** Describe any assistance that you or your family member needs to eat, dress, bathe, etc.
- **Self-Direction** Describe difficulties with unstructured time and waiting, impulsiveness, and other problems which make it harder for you or your family member to take responsibility for him or herself.
- **Mobility** Describe any assistance you or your family member needs to move from one place to another, such as a walker or wheelchair. Include any assistance needed to get on and off of the toilet and in and out of bed.
- **Learning** Describe difficulties such as not being able to generalize skills and problem solve.
- **Receptive and Expressive Language** Describe the difficulties you or your family member have with communication. Examples: using a communication board, little or no comprehensible speech, no ability to carry on a conversation, inability to express wants and needs.
- **Capacity for Independent Living** Describe the difficulties you or your family member have which severely limit independent living such as: need assistance with shopping, cooking, cleaning, making and keeping appointments, following directions, running away, etc.
- **Economic Self-Sufficiency** Describe the difficulties you or your family member have with finding and keeping a job, such as needing a job coach, inability to work full days, money management, nursing or personal care needs, etc.



<https://www.hsd.state.nm.us/wp-content/uploads/8.290.400-NMAC-Recipient-Policies-1.pdf>

8.290.400.10 BASIS FOR DEFINING THE GROUP: Eligibility for applicants/recipients who apply for waiver services is determined as if he or she were actually institutionalized, although this requirement has been waived. Entry into some of the waiver programs may be based upon the number of UDRs (i.e., slots) available. The individual waiver program manager notifies the income support division (ISD) when a UDR is available.

A. Elderly, blind, and disabled individuals (categories 091, 093, and 094): For applicants/recipients who are under age 65 to qualify as disabled or blind, disability or blindness must have been determined to exist by the social security administration or the DDU. To qualify as an elderly person, the applicant/recipient must be 65 years of age or older. Applicants/recipients must also meet both the financial and non-financial eligibility requirements and meet the medical level of care for nursing facility services.

B. Developmental disabilities (DD) waiver: The DD waiver identified as category 096 was approved effective July 1984, subject to renewal. DD waiver services are intended for eligible recipients who have developmental disabilities limited to intellectual disability (IID) or a related condition as determined by the DOH/DDSD. The developmental disability must reflect the person's need for a combination and sequence of special interdisciplinary or generic treatment or other supports and services that are lifelong or of extended duration and are individually planned and coordinated. The eligible recipient must also require the level of care provided in an intermediate care facility for individuals with developmental disabilities (ICF/IID), in accordance with Section 8.313.2 NMAC, and meet all other applicable financial and non-financial eligibility requirements.

(1) Intellectual disability: An individual is considered to have an intellectual disability if she/he has significantly sub-average general intellectual functioning existing concurrently with deficits in adaptive behavior and manifested during the developmental period.

(a) General intellectual functioning is defined as the results obtained by assessment with one or more of the individually administered general intelligence tests developed for the purpose of assessing intellectual functioning.

(b) Significantly sub-average is defined as an intelligence quotient (IQ) of 70 or below.

(c) Adaptive behavior is defined as the effectiveness or degree with which individuals meet the standards of personal independence and social responsibility expected for age and cultural group.

(d) The developmental period is defined as the period of time between birth and the 18th birthday.

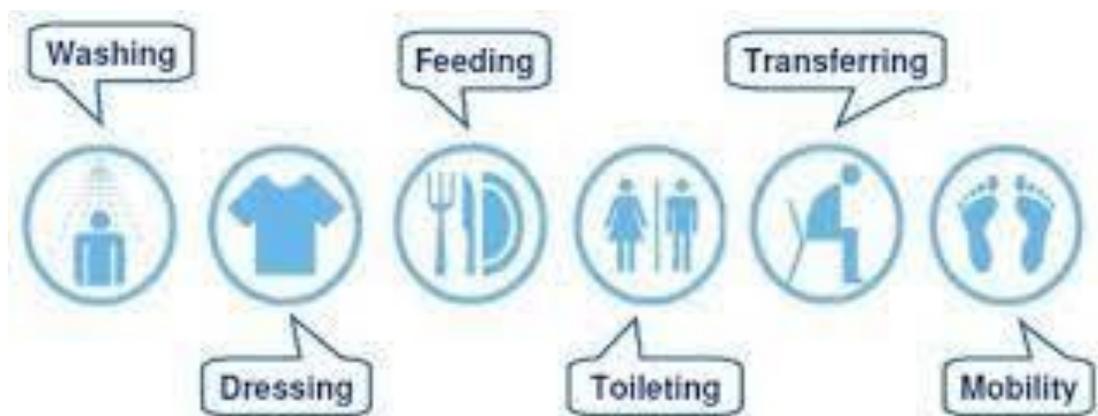
(2) Related condition: An individual is considered to have a related condition if she/he has a severe chronic disability, other than mental illness, that meets all of the following:

(a) is attributable to a condition, other than mental illness, found to be closely related to ID because this condition results in limitations in general intellectual functioning or adaptive behavior similar to that of persons with ID and requires similar treatment or services;

(b) is manifested before the person reaches age twenty-two (22) years, is likely to continue indefinitely; and

(c) results in substantial functional limitations (adaptive behavior scores ≤ 70) in three or more of the following areas:

- (i)** self-care;
- (ii)** receptive and expressive language;
- (iii)** learning;
- (iv)** mobility;
- (v)** self-direction;
- (vi)** capacity for independent living; and
- (vii)** economic self-sufficiency.



"Health Care Tips" are publications of Parents Reaching Out and developed under a grant from the Center for Medicare and Medicaid Services (CMS). Views expressed do not necessarily represent their policy and should not be assumed to be an endorsement by the Center for Medicaid and Medicare Service