

## **Attachment A**

### **Goal Engagement Program**

The Goal Engagement Program consists of a set of highly individualized, person-centered services that use the strengths of the Consumer to improve her/his safety and independence. Goal Engagement Program services engage Consumers to identify and address their goals related to increasing functional independence, improving safety, decreasing depression and improving motivation, including addressing barriers to achieve and maintain maximal functional independence in their daily lives.

Consumers receive a structured set of home visits conducted by a multidisciplinary team consisting of an Occupational Therapist (OT), a Registered Nurse (RN), and a home repair specialist. The Consumer and OT work together to identify areas of concern using a standardized assessment tool. Areas evaluated include ADLs, IADLs, maintaining health and community engagement. Based on the assessment, the OT may recommend strategies that can be implemented by the home repair specialist to increase home safety and mitigate conditions that pose a risk or barrier to safe, independent daily functioning, such as changes necessary for fall prevention. Using a motivational interviewing approach, the OT engages the Consumer to develop goals based on difficulties found in the self-report, observations during the assessment, and what the Consumer identifies is meaningful activity for them in order to preserve their independence and prevent institutionalization. The Consumer and OT develop an action plan for addressing these goals. At each visit, the multidisciplinary team and Consumer reviews the Consumer's goals, refines them as desired, and practices the action plan with the OT or RN. Each visit includes training the Consumer to harness their motivation to work toward their goals.

The RN addresses clinical concerns that inhibit daily function, such as pain, mood, medication adherence and side effects, mobility, and communication with healthcare providers. RN visits focus on goals set by the Consumer rather than on adherence to medical regimens unless this is the Consumer's goal.

Each member of the multidisciplinary team focuses on the Consumer's identified goals to customize the service according to the action plan. This service includes coordination and in-home visits between the OT, RN and home repair specialist (as identified by goals) to ensure services are targeted to meet the goals identified by the Consumer.

Goal Engagement Program services include up to ten in-home visits by the OT or RN. The total number of visits is not to exceed ten but must include at least one visit by RN. Purchases related to home safety, minor home repairs, related items and services are limited to \$1,800 per Consumer, per year, when reimbursed on a fee-for-service basis. Consumers are limited to one set of Goal Engagement services per calendar year.

Occupational therapy elements of the service must be performed by an OT with a valid Massachusetts license, or by either a certified Occupational Therapy assistant or an Occupational Therapy student under the direct supervision of a licensed Occupational Therapist.

Skilled nursing elements of the service must be performed by an RN with a valid Massachusetts license.

If the scope of work involves minor home repairs, agencies and individuals employed by the agencies must possess any licenses/certifications required by the state (e.g., Home Improvement Contractor,

Construction Supervisor License, Plumber's license, etc).

Staff providing OT and nursing must be CAPABLE certified through Johns Hopkins University.