

# THE MEDICAID WAIVER REVIEW

## NEWS FROM KENTUCKY'S 1915(C) HOME AND COMMUNITY BASED SERVICES WAIVER PROGRAMS

SPECIAL EDITION: MARCH 2022

*The month of March is designated to bring awareness to two groups served by Kentucky's 1915(c) HCBS waivers: individuals with brain injuries and individuals with developmental disabilities. Please enjoy a special edition of The Medicaid Waiver Review in honor of Brain Injury Awareness and Developmental Disabilities Awareness.*

### What Waiver Services Mean to Me: Todd Gregory

Thank you to Todd Gregory for sharing his story with us. To read other participant stories, visit <https://bit.ly/kywaiverstories>. If you'd like to share your story with us, email [MedicaidPublicComment@ky.gov](mailto:MedicaidPublicComment@ky.gov).

For Todd Gregory, helping others is what life is all about. Whether it's taking out the trash for a neighbor who struggles with stairs, driving someone to an appointment who can't drive themselves, or coming up with a plan to deter package thefts in his apartment building, Todd is happy to help.

"My goal in life, believe it or not, is to make a difference in someone else's life," says Todd.

Todd lives independently in an apartment in Georgetown with a tight-knit group of neighbors around him.

"Everybody knows everybody... real friendly.... We sit outside and shoot the bull and goof off when it's nice."

He is an active member of his community, in part, because of the services he receives through Kentucky Medicaid's Acquired Brain Injury Long Term Care (ABI LTC) waiver.

A series of brain tumors led to Todd's brain injury. The first tumor appeared at age six. The surgery to remove the tumor destroyed his pituitary gland. As a result, he stopped growing and needed special medication not available in the U.S. at the time. He developed a second brain tumor around age 11 and had surgery again. Afterward, Todd says he changed.

"...My total attitude, disposition, personality wasn't the same. I joked all the time, cried very easily, attention-seeking, very impulsive and, at times, very inappropriate," says Todd.

The sudden personality change caused years of struggles and left him, and his family puzzled. It wasn't until he neared adulthood when his mother went to hear a doctor speak about traumatic brain injuries, that they identified what he was dealing with. The injury is the result of the second brain tumor and the surgery to remove it.

"Not knowing that I had brain damage for all those years, I was different in my life. I didn't have any real friends, I wasn't invited to the parties or get-togethers over the weekends with my classmates..." says Todd.

To cope with his brain injury, Todd receives Counseling, Behavior Supports, and Occupational and Speech Therapy services through ABI LTC. He also has a Companion who helps him out twice a week.

"I take it day by day. It could be a lot worse. I know brain injury survivors that are a lot worse off than I am," Todd says.

Todd later experienced a third brain tumor. It was inoperable but, thanks to an experimental radiation treatment, it was gone after six weeks. He's now tumor-free but suffers from painful headaches caused by nerve damage from his previous surgeries. He's now an advocate for brain injury survivors and brain injury prevention.

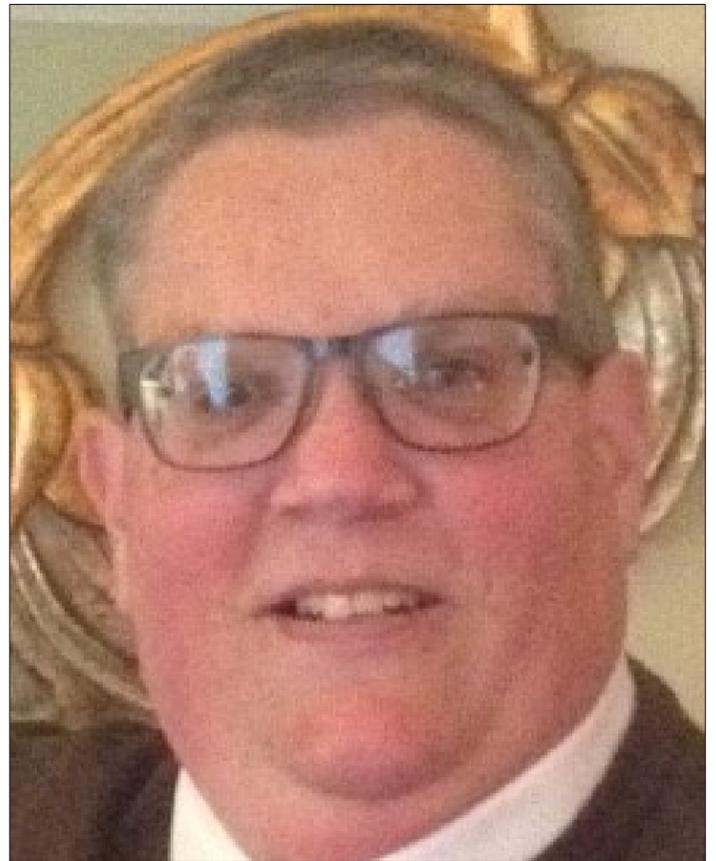
"It's life-altering. It's not like a broken bone or a cut... You're never gonna be the same," says Todd, "You need to protect your brain at any cost."

He formed a brain injury support group in Louisville known as Headliners and is actively involved with the Brain Injury Alliance of Kentucky (BIAK).

Every two years, Todd raises money to buy helmets for children. He works with BIAK to get the helmets and distribute them to kids in Georgetown. He's also participated in a "ride-along" with Georgetown Police where they stop and "ticket" kids who are wearing helmets. The tickets are coupons for free ice cream at Dairy Queen.

When he's not working to better his community, Todd pursues a range of other interests. He completed the Citizens Police Academy in Georgetown. He's a talented artist whose mediums include masking tape art, glass etching, stippling (artwork created by using small circles or

dots), and 3-D printing. He designs small-scale boats on his computer and builds them with scrap wood. He also enjoys assembling intricate, wooden 3-D puzzles. One of his builds is a car with 728 pieces of wood and working parts such as windshield wipers, pistons, and doors and windows that open and close. He's currently working on a wooden puzzle robot with



*Todd Gregory receives services through the Acquired Brain Injury - Long Term Care waiver.*

**Extra, extra!** Read about Todd's efforts to raise brain injury awareness featured in the Georgetown News-Graphic.

[Brain Injury Survivor Gives Back with Helmet Giveaways](#)

[Police Offering Ice Cream for Bikers Caught with Helmets](#)

## NEWS FROM KENTUCKY'S 1915(C) HCBS WAIVER PROGRAMS

a friend. Once they get it completed, they plan to donate it to Norton Children's Hospital in Louisville. Todd is also an author. He's written more than 70 poems and says it's something he loves.

"I don't know if I was like that before my brain injury or not because it was such a young age... who knows?"

Others recognize his talent too. He's sold some of his glass etchings and wooden boats and several of his poems have been published.

In the future, Todd is planning to get a car and to keep enjoying life in his community, with his 13-year-old chihuahua by his side. He took the dog in after its owner passed away. He says waiver services will continue to play a role in helping him along the way.

"The waiver program is great for all of us who have suffered brain injuries because it helps you get a life. It helps you with the appropriate therapies... so we can live the best quality of life... and live as independent as we can," Todd says. ■



*A glass etching Todd created. Glass etching is one of his many artistic talents.*

## Having a Brain Injury

*Written By Todd Gregory*

Having a brain injury isn't what I had in store. Through the years I've come to realize I'm not alone anymore. Life has been tough, in fact, it's been hard to face, in fact it feels like I'm running an ongoing race. You want to try to get ahead even though you're far behind. Sometimes the road is straight and narrow but then it starts to wind. You have to keep a positive attitude and keep your head held high and ask what can I do to better my life and not dwell on how come or why. Just take it as it comes to you and come what may. As far as trying to improve your life, you'll find you're improving every day.



*A selection of Todd's artwork. We are grateful to Todd for sharing his talents with us!*

## NEWS FROM KENTUCKY'S 1915(C) HCBS WAIVER PROGRAMS

### BRAIN INJURY FACTS & STATISTICS



**EVERY  
9 SECONDS**  
someone in the United States  
sustains a brain injury.

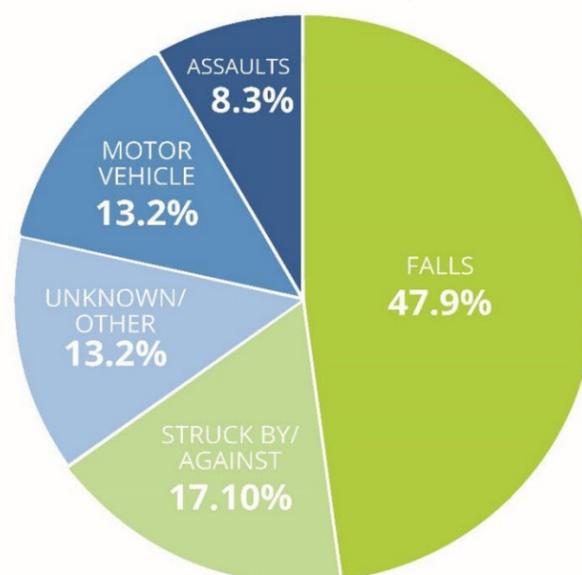
**MORE THAN  
3.6 MILLION**  
people sustain an  
ABI each year.

**AT LEAST  
2.8 MILLION**  
people sustain a TBI  
each year.

#### TYPICAL CAUSES OF ABI INCLUDE:

- Electric Shock
- Infectious Disease
- Lightning Strike
- Oxygen Deprivation  
(Hypoxia/Anoxia)
- Toxic Exposure
- Vehicle Accidents
- Seizure Disorder
- Trauma
- Substance Abuse/  
Overdose
- Stroke

#### LEADING CAUSES OF TBI



#### AN ACQUIRED BRAIN INJURY (ABI)

is any injury to the brain that is not hereditary, congenital, degenerative, or induced by birth trauma.

#### TRAUMATIC BRAIN INJURY (TBI)

is a type of ABI. A TBI is caused by trauma to the brain from an external force.

The number of people who sustain TBIs and do not seek treatment is **UNKNOWN**.

**At least 5.3 million Americans live with a TBI-related disability. That's one in every 60 people.**



[www.biausa.org](http://www.biausa.org)



#### Brain Injury Resources in Kentucky

Acquired Brain Injury Waiver Information  
<https://chfs.ky.gov/agencies/dms/dca/Pages/abi.aspx>

Traumatic Brain Injury Trust Fund  
<https://chfs.ky.gov/agencies/dail/Pages/tbitrust.aspx>

Brain Injury Alliance of Kentucky  
<https://biak.us/>

## NEWS FROM KENTUCKY'S 1915(C) HCBS WAIVER PROGRAMS

### DEVELOPMENTAL DISABILITIES AWARENESS

#### FACTS AND STATISTICS ON DEVELOPMENTAL DISABILITIES\*



**What are Developmental Disabilities?** Developmental disabilities include physical, learning, language, or behavior conditions diagnosed in childhood and expected to last throughout a person's life. Examples of developmental disabilities include attention deficit hyperactivity disorder (ADHD), autism spectrum disorder, cerebral palsy, hearing loss, intellectual disability, learning disability, or vision impairment.

As many as **17%** of children aged 3-17 years old have a developmental disability. That's about **one in six** kids.



#### Developmental Disabilities are more likely to affect:

Boys compared to girls

Non-Hispanic white children and non-Hispanic black children

Children living in rural areas

Per a Centers for Disease Control (CDC) study, developmental disabilities **increased** between 2009 and 2017.

**2009-2011**

16.2% of children had a developmental disability.



**2015-2017**

17.8% of children had a developmental disability.

The increases were specifically seen in ADHD, autism spectrum disorder, and intellectual disabilities.



**Why the increase?** The CDC did not examine the reasons in its study but says previous research indicates improved awareness, screening, diagnosis, and service accessibility may all play a role.

Source: CDC Developmental Disabilities Homepage  
<https://www.cdc.gov/ncbddd/developmentaldisabilities/facts.html>  
<https://www.cdc.gov/ncbddd/developmentaldisabilities/features/increase-in-developmental-disabilities.html>

#### Developmental Disability Resources in Kentucky

Department for Behavioral Health, Developmental and Intellectual Disabilities

<https://dbhdid.ky.gov/ddid/default.aspx>

Michelle P. Waiver Information

<https://chfs.ky.gov/agencies/dms/dca/Pages/mpw.aspx>

Supports for Community Living Information

<https://chfs.ky.gov/agencies/dms/dca/Pages/scl-waiver.aspx>

Commonwealth Council on Developmental Disabilities

<https://ccdd.ky.gov>

Kentucky Department of Education

<https://education.ky.gov/specialized/Pages/default.aspx>

Kentucky First Steps

<https://chfs.ky.gov/agencies/dph/dmch/ecdb/Pages/firststeps.aspx>

Kentucky Special Needs Information Network

<https://www.kyspin.com/>

The Arc of Kentucky

<https://arcofky.org/>

University of Kentucky Human Development Institute

<https://hdi.uky.edu/>

## NEWS FROM KENTUCKY'S 1915(C) HCBS WAIVER PROGRAMS

### Governor Signs Developmental Disabilities Proclamation

On March 4, 2022, Governor Andy Beshear declared March Developmental Disabilities Awareness Month in Kentucky by signing a proclamation in the State Capitol Rotunda in Frankfort. Thanks to our friends at the Commonwealth Council on Developmental Disabilities (CCDD) for capturing the event and sharing their pictures with us!



Top Left: CCDD staff with Governor Beshear at the proclamation signing.

Top Right: CCDD members and staff watch as Governor Beshear signs a proclamation designating March as Developmental Disabilities Awareness Month in Kentucky.

Bottom Left: A copy of the proclamation signed by Governor Beshear.

Bottom Middle: A member of CCDD speaks at the proclamation signing.

Bottom Right: Governor Beshear's dog Winnie attended the event too!



# THE MEDICAID WAIVER REVIEW

SUMMER/FALL 2021

## NEWS FROM KENTUCKY'S 1915(C) HCBS WAIVER PROGRAMS

This newsletter is produced by the Kentucky Department for Medicaid Services,  
Division of Community Alternatives

### Contact Us

#### Online

<https://bit.ly/kyhcbswaiverinfo>

#### Phone

(844) 784-5614

#### Email

[1915cWaiverHelpDesk@ky.gov](mailto:1915cWaiverHelpDesk@ky.gov)

#### To Receive Email Updates or Make a Comment

[MedicaidPublicComment@ky.gov](mailto:MedicaidPublicComment@ky.gov)

#### Mail

Department for Medicaid Services  
Division of Community Alternatives  
275 E. Main Street, 6W-B  
Frankfort, KY 40621