

Module VIII. Life After the Waiver

What's next for the person with a brain injury?

1. It is important to remember that the HCBS/HI waiver is a *transitional* waiver. Therefore, the person should be aware that the services they are being provided, and the individuals providing assistance, are temporary. The philosophy behind the waiver is to assist people to return to an independent lifestyle after having a head injury by teaching or re-teaching the individual the skills they need to do so.
2. Although a person may have had education prior to their injury, they may not remember what they had learned. A good option is to apply for Vocational Rehabilitation (VR) services for assistance in being reeducated or learning a new type of skill. VR services can also be sought while the person is on the HCBS/HI waiver, if they are ready for such a step.
3. The person may wish to seek employment, which VR can also assist with, but may want to consider starting out as a part-time worker, and then slowly build up to full-time employment. The job should be suited to them and place minimal stress on the individual.
4. Avoiding stressful situations will help the person be less confused and think better overall.
5. Exercise is very helpful. It alleviates stress as well as improving health.
6. Persons should have some sort of an outlet for venting such as a certain room, place, or talking with a specific individual.
7. Persons should be encouraged to build a strong circle of support with dependable friends and family members.
8. Persons who have physical disabilities and still need assistance in the activities of daily living after achieving their goals on the HCBS/HI waiver may be able to qualify for services under the HCBS/Physically Disabled (PD) waiver, which provides Personal and Assistive Services. The person's case manager should be able to assist in organizing the assessment and referral for such services.
9. Attending peer groups for ongoing support and information can be helpful for a person who has experienced a brain injury. Brain injury support groups meet regularly throughout the state. There are also support groups available to address specific concerns such as drug and alcohol addiction, mental health, and other issues related to having a brain injury. See the

resource section of this manual for information on support groups throughout the state.

10. Being in contact with the Brain Injury Association of Kansas is a good way for people with brain injuries to keep updated on current issues and events regarding brain injury in the state.
11. Building natural supports is an integral part of the ultimate success of a person with a brain injury living in their community. Family, friends, civic groups, religious organizations, exercise programs, continued education, etc., are some examples of naturally occurring supports available in most communities. A person with a brain injury is more likely to be successful living in their community if they are connected and involved with natural supports, and avoid isolation.