



Rhode Island
Department of Behavioral Healthcare, Developmental
Disabilities & Hospitals (BHDDH)

Self-Directed Supports: A Guide to Goods and Services

Requesting Goods & Services

If you self-direct, you can use your funding to buy goods and services. Goods and services are services, equipment, and supplies that will be helpful to you but are not offered from other Medicaid sources.

You and your support team must talk about the goods and services you are interested in during your Individual Support Plan (ISP) meetings. The goods and services must be connected to your ISP goals and meet the Centers for Medicare & Medicaid Services (CMS) rules.

Your ISP must include information about the goods and services you are interested in. Requests for goods and services must explain:

- How your safety will be protected, and your goals met
- How the need for other Medicaid services will decrease
- How there are no other funds available for the good or service

Adding Goods and Services During My Plan Year

You can request goods and services during your plan year. Requests will:

- Require your ISP be updated to explain how you will be supported
- Have a fee to update your plan and purchase order
- Not be accepted within the last 90 days of your plan year
- Be reviewed on a case-by-case basis for emergency situations that happen within the last 90 days of your plan year

Requirements for Approval

The requirements to purchase a good or service are:

- It helps you meet an ISP need or goal
- It decreases the need for other Medicaid services
- It is only for your benefit
- There are no other funds (personal or through another program) to make the purchase

The purpose of the good or service is for one of the following:

- Increases independence and decreases the need for staff
- Helps you stay independent and safe at home
- Supports opportunities for you to live and be included in the community

Activities must meet the following guidelines:

- Result in active participation in an integrated community
- Have published fees and be open to the public
- Be seen as cost effective to CMS
- Not be restricted to people with disabilities
- Not duplicate Medicaid services or be from a Medicaid provider

Allowable Goods and Services

You can spend up to \$5,000 in any plan year. Examples of allowable requests are below. Some need a doctor note.

Fees for program activities that support your health, independence, and friendships	Fees for educational activities, except for tutoring, classes for credit, and certificate programs	Technology devices or applications that do not include assistive technology
Non-Medicaid covered therapy services, like hippotherapy, art therapy, music therapy, massages, and personal training	Enrollment and membership fees to health clubs and other organizations that support community participation	Items that support your safety and independence at home, like a microwave or home security system

Some goods and services will not count against the \$5,000 limit, including:

Transportation for service-related activities	Employee payments (service fees, health insurance, taxes)	Trainings related to your overall health, safety, or community participation
---	---	--

Non-Allowable Goods and Services

Some goods and services will not be allowed. Examples of non-allowable goods and services are:

Purely entertainment or recreation (sport tickets, concert tickets, amusement parks, etc.)	General food or beverages, food delivery service	Hotel, motel, bed and breakfast, and anything related to vacations
Political in nature or lobbying	Room and board, utility bills, internet, streaming subscriptions	Goods to grow or support a business
Personal items/services not related to your disability	Car insurance	Cash, gambling alcohol, tobacco, cannabis, weapons, firearms
Classes taken for credit or certificate, tutoring	Experimental or prohibited treatment	Medical procedures, doctor's visits, prescriptions, copays
Home gym, hot tub, pool, sauna	Gift cards, clothing, gaming devices	Warranties or service contracts

Contact Us

Please contact your BHDDH Social Caseworker for questions about specific goods and services requests. If you have general questions, please call or email us at:

Phone: (401) 462-3421

Spanish Phone: (401) 462-3014

Email: BHDDH.AskDD@bhddh.ri.gov