

Maine Level Descriptions

Adults in this level have low support need, including little to no support need for medical and behavioral challenges. They can manage many aspects of their lives independently or with little assistance. This includes instrumental activities like eating or dressing, as well as daily living activities such as shopping or going out into the community. Supports are typically intermittent rather than 24 hours a day, 7 days a week (24/7).

- 1** Someone in this level may need supports with clothing care, preparing meals, and dressing. Often support needed involves some monitoring or prompting instead of partial to full physical support. They may need intermittent help participating in leisure activities, gaining and maintaining employment, visiting family and friends, or assistance with shopping. They may be able to ambulate or need little to no help moving about, but need help with health practices that include maintaining a nutritious diet and/or taking medications.

Adults in this level have moderate support needs and little to no support need for medical and behavioral challenges. Although they need more support than those in Level 1, their support needs are minimal in a number of life areas. They may also receive intermittent daily support rather than 24/7.

- 2** An individual in this level may need some assistance preparing and eating meals, they might need monitoring or prompting with daily dressing, and daily assistance with housekeeping and laundry. They may need support getting from place to place, gaining and maintaining employment, accessing public services or interacting with community members. In this level, they most likely will need partial physical assistance taking medications, avoiding health and safety concerns and maintaining a healthy diet.

Adults in this level have either:

- Low to moderate support needs as in Levels 1 & 2 but also above average, non-extensive support need due to behavioral challenges; or
- Above average support needs and up to above average, non-extensive support need due to behavioral challenges.

Adults in this level may need 24/7 supports due to their daily support needs and/or behavioral challenges.

- 3** In this level, an individual will most likely need daily assistance preparing food, eating meals, dressing, and bathing. This could range from monitoring, but will most likely include partial to full physical assistance for some supports including gaining and maintaining employment, accessing community activities; such as, visiting friends and family members, or participating in preferred community activities. They will most likely need at least partial physical assistance obtaining health care. They may also have behavioral support needs that lie outside of overall living activity supports. This could include support with prevention of outbursts, or monitoring for wandering.

Adults in this level have either:

- High to maximum support needs; or
- Significant need for support due to medical conditions.

They have behavioral support needs that are not significant but can range from none to above average. Adults in this level may need additional 24/7 supports due to their daily support needs and/or medical conditions.

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Support needs may include partial to full physical assistance with eating and preparation of meals, dressing, and all household activities. An individual in this level may have difficulty ambulating, and therefore needs full physical help accessing the community. In order to maintain health and safety, an individual in this level will likely need full support in meal planning, obtaining health care and taking medications. Support for medical issues may also be required to ensure people in this level are able to participate in employment activities.

All adults in this level have significant behavioral challenges, regardless of their support need to complete daily activities or for medical conditions. Adults in this level may need enhanced 24/7 supports due to their behavioral challenges.

* Individuals that meet Level 5 criteria due to behavioral challenges, and have significant medical need (Section 3A score higher than 7) may require additional review to ensure their medical and behavioral needs are addressed appropriately.

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In this level, an individual has behavioral support needs that are exceptional and require a great amount of assistance. They may have lower support needs in daily living activities but require full physical assistance of support staff to prevent harm to themselves or others. Support needs in this domain include prevention of pica, sexually aggressive behavior, wandering and tantrums, or other forms of self harm. Given the behavioral challenges experienced by people in this level, employment supports will need to be highly specialized.