



Brain Injury Association of New Mexico

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Medicaid Utilization Review Determination for Medicaid Waiver Services

Activities of Daily Living

Think about the type of assistance and the worse, or typical, day when describing these to an Assessor.

Person applying for Mi Via needs to meet deficiencies in at least 2 Activities of Daily Living.

- Dressing (Once clothes are accessible and fasteners appropriately modified, putting on and fastening clothes; putting on shoes.)
- Grooming (Once in front of appropriately modified sink, turning on water, washing face, shaving face, brushing teeth, combing hair.) Bathing (Once in an appropriately modified bath or shower, ability to turn on water and wash head and body.)
- Eating (Once in front of food, ability to bring food and fluid to mouth, chew and swallow.)
- Meal acquisition/preparation (Once food items appropriate to the recipient are in an appropriate, accessible location in residence, the ability to access and prepare the food in an edible state that over time meets age appropriate nutritional needs. Includes preparation of cold foods re-heating or pre-make meals. Does not include meal planning, diet teaching, shipping, or issues of financial access. Does not include food choice or preference decisions of the recipient; the issue in question is capacity.)
- Transfer (Ability to move to and from bed and chair.)
- Mobility (Ability to move self from place to place by ambulation, wheelchair or other mechanically assisted means.)
- Toileting (Ability to properly sit on commode, adjust clothes properly, use commode, flush or empty commode, and clean perineal area.)
- Taking daily, essential prescription medication (Assuming use of assistive dispensing devices and scheduling as needed, the ability to recognize and properly self-administer prescription medication which are essential to maintaining life and health such that in the absence of such medication, mortality or serious morbidity would occur.)

Instrumental Activities of Daily Living

Person applying for Mi Via may have an unlimited amount of Instrumental Activities of Daily Living; but it is not a deterrent of their eligibility, but offers support to their need of assistance.

- Answering telephone (Includes use of special modifying equipment)
- Making a telephone call
- Shopping (Once in store, selecting groceries and other items of necessity.)
- Transportation ability (Manner by which transports self from place of residence to other places beyond walking distances.)
- Prepare meals (Ability to prepare meals as desired, beyond simple meal acquisition/preparation; does not include meal planning)
- Laundry (Ability to put clothes in washer or dryer, starting and stopping machine, removing clothes, drying clothes)
- Housekeeping (Dusting, vacuuming sweeping, routine cleaning of kitchen and bathroom)
- Heavy chores (Moving furniture, yard work, windows, manually cleaning oven)
- Taking non-essential medication (Assuming use of assistive dispensing devices as needed, the ability to recognize and properly self-administer medications which are used for comfort or amelioration of systems, but which do not preserve life or avert serious morbidity).

Additional information may be found at www.hsd.state.nm.us