

**CareCertify**

MINNESOTA 245D • ANNUAL REFRESHER



IHS Foundations

Lesson 1

*What IHS is, and what it covers.***0.5** TRAINING
HOURS / CE**AUDIENCE**
DSPs / Caregivers

MN Stat. §245D • DHS CBSP – IHS

Participant Guide

Lesson 1 of the Individualized Home Supports (IHS) course for caregivers.

What IHS is

Individualized Home Supports (IHS) helps a person build and keep the skills to live in their own home or their family's home. IHS gives support, training, or both, in the community.

Three service options

Option	What it provides
Without training	Support in at least one community living category. Adults and children.
With training	Support plus training. Adults only. Meets DD Waiver habilitation.
With family training	Support and training for the person and/or family, in the family home.

The four community living categories

- Community participation.
- Health, safety and wellness.
- Household management.
- Adaptive skills.

Support vs. training

- Support: cueing, guidance, instruction, help with tasks, and direct supervision while doing a task.
- Training: skill-building to acquire, retain, and improve abilities.

Sample goal and outcome

Element	Example
Person's goal	"I want to make my own simple meals." (Household management)
Measurable outcome	Within 60 days, Maria will prepare a simple meal with no more than two verbal cues on 4 of 5 attempts.

Remember

1. IHS helps people live at home.
2. There are three options.
3. IHS covers four categories.
4. Support is help; training builds skills.
5. With training needs an intensive 245D license.

Legal references: MN Stat. Ch. 245D; DHS Community-Based Services Manual (CBSM) – Individualized Home Supports. This guide is a training summary; agencies should verify current statutory text at www.revisor.mn.gov.