

**COMING HOME/LEAVING THE HOUSE UNSUPERVISED  
IF APPLICABLE**

- 1. Can the individual reliably keep a key to the house?  
(If no, can there be an accommodation made?)**

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- 2. In the event the key is lost, can the individual find a solution?**

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- 3. Can the individual recognize that there had been an intruder/break in and respond appropriately?**

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- 4. Can the individual request assistance from the public at large if lost? (Including the use of augmentative communication systems, cards or other accommodations developed if needed.)**

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# **CORE COMPETENCIES – TELEPHONE SAFETY**

**1. Can the individual use the phone (with accommodations if needed)?**

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**2. Does the individual know where the other emergency numbers are posted in the house?**

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**3. Is the individual able to contact the appropriate assistance?**

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**4. Is the individual able to call the emergency number and provide information?**

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**5. Can the individual demonstrate how to use the emergency call system (if one is used)?**

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**6. Can the individual demonstrate appropriate precautions when asked to give out information over the phone?**

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**7. Is the individual able to use a backup system if calling for staff and they reach an answering machine?**

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# CORE COMPETENCIES – INDIVIDUAL SAFETY

1. Does the individual respond appropriately when someone comes to the door when it is a stranger? A familiar individual?

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2. Can the individual show/tell or provide identification card or other adaptation for their full name, address and telephone number appropriately as needed?

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3. Does the individual know what to do if someone were trying to break into the house?

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4. Does the individual know what to do if they notice someone hanging around the house?

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5. Does the individual know what to do if expected staff don't show up?

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## **CORE COMPETENCIES – HOUSEHOLD SAFETY**

- 1. Can the individual identify the smell of gas (if gas is in the house)?**  
**YES/NO**
- 2. Can the individual lock/unlock the doors appropriately?**  
**YES/NO**
- 3. Can the individual respond to unexpected emergencies by obtaining help using a pre-arranged system in the event of a:**  

<b>Power failure</b>	<b>YES/NO</b>
<b>No heat</b>	<b>YES/NO</b>
<b>Telephone failure</b>	<b>YES/NO</b>
<b>Leaking pipes</b>	<b>YES/NO</b>
<b>Gas leak</b>	<b>YES/NO</b>
<b>Broken window</b>	<b>YES/NO</b>

### **HOUSEHOLD SAFETY SKILLS**

*(These questions should only be evaluated if the individual participates in this activity during unsupervised time. If the individual DOES NOT ENGAGE IN THESE ACTIVITIES THEY DO NOT NEED TO DEMONSTRATE COMPETENCIES IN THESE AREAS.)*

- 1. Does the individual exercise appropriate care when using electrical appliances?**  
**YES/NO**
- 2. Does the individual demonstrate the skills to safely:**  

<b>Do the laundry</b>	<b>YES/NO</b>
<b>Do household cleaning</b>	<b>YES/NO</b>
<b>Use kitchen appliances</b>	<b>YES/NO</b>
<b>Use other household appliances</b>	<b>YES/NO</b>

## **CORE COMPETENCIES - FIRST AID SKILLS**

**1. Is the First Aid kit accessible and does the individual know where it is located?**

**YES/NO**

**2. Is the individual able to dial emergency numbers and describe the problem or use a pre recorded emergency message (or other such accommodation developed) to summon help?**

**YES/NO**

**3. Is the individual self-medicating or will not require medication during unsupervised time?**

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**4. Does the individual wear a medical identification bracelet if necessary?**

**YES/NO**

**5. Does the individual recognize the need for caution when using items marked poison?**

**YES/NO**

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**6. Is the individual able to distinguish between minor problems and those that require further medical attention?**

**YES/NO**

**7. Is the individual able to recognize and understand various medications in the first aid kit and not abuse them?**

**YES/NO**

**8. Can the individual show, tell and demonstrate the appropriate measures to be taken, including calling for assistance per the established procedures (either by calling 911 or other emergency numbers established for the home) if they:**

<b>Had a burn</b>	<b>YES/NO</b>
<b>Had a cut that would not stop bleeding</b>	<b>YES/NO</b>
<b>Had a bad headache</b>	<b>YES/NO</b>
<b>Had pain in your chest</b>	<b>YES/NO</b>
<b>Had a bad fall and injured your arm or leg</b>	<b>YES/NO</b>
<b>Began vomiting</b>	<b>YES/NO</b>

## **CORE COMPEENCIES - FIRE SAFETY**

- 1. Does the individual evacuate the building within the 21/2 minutes when an alarm is sounded?**

**YES/NO**

- 2. Can the individual independently evacuate the residence by two different routes within 2/12 minutes?**

**YES/NO**

## **FIRE SAFETY QUESTIONS**

*(These questions should be considered only if the individual participates in these activities while unsupervised. If the individual DOES NOT ENGAGE IN THESE ACTIVITIES THEY DO NOT NEED TO DEMONSTRATE THESE COMPETENCIES. These skills can be taught to extend what consumers do while unsupervised but are not pre-requisites to getting the waiver).*

- 1. Does the individual demonstrate proper precautions when smoking if applicable?**

**YES/NO**

- 2. Does the individual demonstrate appropriate fires safety skills when cooking?**

**YES/NO**

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- 3. Does the individual know what to do if the alarm went off while they were taking a shower?**

**YES/NO**

**The attached guidelines have been developed to provide agencies with a list of core competencies that should be assessed before applying for a DMR for a Home Alone Waiver for an individual. The primary area of evaluation concerning the removal of supervision should be the individual level of comfort with being home unsupervised. Application for the removal of staffing from a program must be driven by the individuals' needs and abilities and should only be pursued with the full support and encouragement of the individual.**

**All responses should allow for the use of accommodations if needed for an individual to demonstrate necessary safety skills to be home without staff for periods of time. It is important to keep in mind that individuals should be provided with the supports and assistive technology (whenever possible) to encourage growth and independence. It is the Departments' intent to support and work closely with individuals and agencies to help develop more opportunities to provide creative supports. If accommodations are utilized, those accommodations should be clearly identified in the report.**

**This tool should not be viewed as an "all or nothing" test. It should be used as an opportunity to review the skills and abilities of individuals, point out areas that are in need of further development and provide a forum for creative problem solving around skill development. Often times, a new support, adaptation or option will allow for the same level of safety.**

**The core competencies questions to be asked are outlined in each topic area. Overall, these guidelines will establish the basic skills that an individual needs to have in order to be unsupervised at home. The length of time the individual is unsupervised needs to be discussed with the individual and take into consideration the comfort level of the individual as well as**

**What the individual can safely do while unsupervised. For example, it is recommended that an individual who is unsupervised for over 4 hours be able to safely prepare food. Other activities and skills need to be specifically identified. Activities that are not safely completed without supervision should not be attempted during the unsupervised time periods.**

**In residential settings where more than one individual is interested in applying for the home alone waiver, complimentary skills and abilities should be considered. It is not necessary for each individual to possess all skills at 100% if the group can and will work together. Natural supports can include roommates. However, the reduction in staff supervision cannot be replaced by peer supervision. It is essential that the individuals in the home are requesting the removal of staff supervision to allow them more freedom and independence. This process is not to be used as a means to address staffing concerns or issues.**

**Finally, it is recommended that individuals returning to a home without supervision or leaving the home after staff has left must be able to demonstrate additional skills. If the skills are not demonstrated, accommodations should be made to teach them while allowing for some time unsupervised.**

