What to Expect

Level of Care Assessment:

- ***Family Supports***
- ***Community Integration & Habilitation***
- ***Supervised Group Living***

BDS
Bureau of Disabilities Services

Why a new assessment tool? What is the interRAI?

Indiana wants to make supports and services better for people. To do this, the state needs a consistent way to learn and assess each person's strengths and support needs.

In 2026, BDS began using the Suite of interRAI tools to better understand each person's needs in an objective and person-centered way. These tools consider the person's age, daily life, social needs, and development. The change to the assessment tool does not change the level-of-care criteria; it only changes how we determine whether an individual meets the criteria each year, which is a federal requirement for these services.

This annual assessment is done through a guided conversation and may take up to 1 ½ to 2 hours to complete.

The interRAI gathers information that provides comprehensive details on all areas of life. Because of this, you may be asked questions during the assessment that you have not been asked before.

Why are there different tools?

All interRAI (pronounced: *N-ter-eye*) assessments have the same goal, of understanding the person's support needs, but different tools are used based on the person's age and needs.

If you are applying for the **Family Supports (FS) waiver**, **Community Integration and Habilitation (CIH) waiver**, or a **Supervised Group Living (SGL)**, one of these tools will be used:

1. **interRAI Early Years (EY):** Children aged 0-3 with intellectual or developmental disabilities.
2. **interRAI Children and Youth Mental Health and Developmental Disability (ChYMH-DD):** Children and youth aged 4-17 with intellectual or developmental disabilities.
3. **interRAI Intellectual Disabilities (ID):** Adults aged 18 and older who have an intellectual or developmental disability.

The assessment may ask questions about:

	Family and Social Relationships
	Home Environment
	Communication
	Thinking and Understanding (Cognition)
	Nutrition
	Health Conditions
	Mood and Behavior
	Diagnoses
	Medications
	Daily Activities and Independence

What should I know before the assessment?

The assessment is about you! You must be as involved in the interview as possible. This helps make sure your voice, needs, and preferences are part of the conversation.

- You can have someone who knows you well join the assessment if you want. Some questions in the assessment may feel personal or hard to talk about. Make sure you feel comfortable sharing this information with the people who will be at the interview. No matter who is attending the assessment, you and your guardian (if you have one) should be the ones answering the questions. The assessment is intended to reflect your experiences, needs, and preferences, and while others may be present to support you, your voice should remain central in guiding the conversation.
- All parts of the assessment must be completed. If anything feels uncomfortable or upsetting, you can ask to pause, take a break, or come back to it later.
- It can help to have important information ready ahead of time, such as a list of medications, doctors, treatments, and medical or service records. Having these items ready can make the conversation smoother and help ensure the information is complete and accurate. The assessor may also review other records to help confirm the information shared.

What kinds of questions will the assessor ask?

- The interRAI assessment includes many questions to help the assessor understand the person's strengths, preferences, development, and support needs. The assessor's role is to guide the conversation and gather the information clearly and accurately. Questions about ADLs, communication, and behaviors, for example.
- These questions are meant to help you to understand the kinds of support a person needs, who helps provide that support, and when it is needed. The assessor may ask about what a best day and a worst day look like, with a focus on what has been happening recently, such as over the last few days or the past week.
- **There are no right or wrong answers in the assessment.**

Each question helps build a complete picture of the person's strengths, needs, and daily life. It is important to answer every question, even if one does not seem to apply to your situation. This assessment must be completed to receive supports and services through BDS.