

SUPPORTS INTENSITY SCALE – WHAT CAN I EXPECT?

FIRST, A LITTLE BACKGROUND:

- ◆ The SIS[®] measures the **type, frequency, and duration** of the **supports you need** to be successful.
- ◆ In Virginia, Ascend Management Innovations, Inc. conducts the SIS[®]
- ◆ Sections about your unique medical and behavioral needs are completed first to help the interviewer become more familiar with you.
- ◆ You can bring with you people who support you to help answer questions during the assessment about your support needs.



WHAT WILL I AND MY SUPPORTERS DO DURING THE SIS[®]?

- ◆ You will provide correct, detailed information to the interviewer. To do this, remember to:
 - Think of ways you participate in or complete a task, and the ways your **supporters help you** to complete a task
 - Give examples and descriptions
 - Ask questions if you don't understand the interviewer
- ◆ The assessment usually takes about 2 hours. Be prepared to stay for the entire interview.

WHAT WILL THE INTERVIEWER DO?

- ◆ Explain the assessment process and the rating scale for each section
- ◆ Ask the questions and gather information from you and your supporters. To do this, the interviewer may:
 - Ask follow-up questions for clarification
 - Ask for more examples and descriptions
 - Guide you to provide information necessary to answer the question being asked
- ◆ The interviewer will record the most accurate rating based on a rating scale and the information you and your supporters provided.

A FEW REMINDERS:

Questions cover all aspects of your life, including some topics that are personal or may be uncomfortable to discuss. Consider how you prefer these topics to be approached.

Be patient if the interviewer asks follow-up questions. This is part of the process for gathering necessary information and assigning accurate ratings for each section.

Keep in mind, the SIS[®] is a "snapshot in time" and looks at your life as it is *now*. Information from 10 years ago - or plans for 5 years into the future - might not be relevant to this assessment.



HOW CAN I PREPARE?

Think about all the activities you do in a day from eating breakfast to being out in the community. What can you do independently? What do you need help with?

Think about what **types** of support you need. Do you need reminders? Do you need monitoring to make sure the task is done safely? Do you need someone to complete the task for you?

You don't need to bring any documents with you to the assessment.

Reference Websites:

www.ascendami.com
www.aaid.org
www.dbhds.virginia.gov