

PHYSICAL THERAPY (PT)

Physical Therapy is used for preservation, enhancement, or restoration of movement and physical function, impaired or threatened by disease, injury, or disability. Physical Therapy uses Therapeutic Exercise, Assistive Devices, and Patient Education and Training.



Steps to Access Physical Therapy

For Rehabilitation

1. The individual's Support Coordinator will review the NJ CAT to identify an indication that PT is needed. The SC will upload a copy of the medical prescription provided by an appropriate health care professional to iRecord. Once the family reaches out to the primary insurance carrier to request PT and it is approved, the individual will access this therapy through their primary insurer and follow the process required by that insurer.
2. If the primary insurer/MCO, denies the PT, the family will receive an Explanation of Benefits (EOB) that they will then submit to the Support Coordinator who will upload the EOB to iRecord and assist the individual in identifying providers of PT. The Support Coordinator will include PT in the person's Individual Service Plan (ISP).

For Habilitation

1. The individual's Support Coordinator will review the NJ CAT to identify an indication that PT is needed then upload a copy of the medical prescription and documentation that the PT is needed for habilitation provided by an appropriate health care professional to iRecord
2. The Support Coordinator will include Physical Therapy in the ISP as is done for other services.

****iRecord is a web-based electronic health record system developed by The New Jersey Division of Developmental Disabilities (DDD), used by Support Coordination agencies that enroll the participants and administer the services on behalf of DDD.****

Need for Services

The need for Physical Therapy will be identified through the NJ Comprehensive Assessment Tool (NJCAT) and the Person Centered Planning Process documented in the Person Centered Planning Tool (PCPT)

Helpful Links:

NJCAT: <https://bit.ly/NJCAT2>

PCPT: <http://bit.ly/PCPTool>



Examples of Physical Therapy Goals

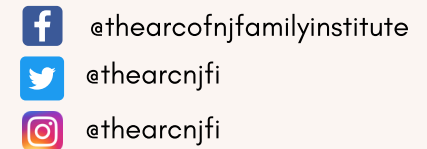
- Basic-gross motor skills
 - sitting
 - standing
 - rolling
 - running
- Swimming
- Dance/movement
- Play Therapy
- Balance & Coordination
- Improve Strength
- Motor Planning
 - ideation
 - sequencing
 - timing
 - execution
- Body and safety awareness

Service Limits

- These services are only available as specified in the participant's Service Plan and when prescribed by an appropriate health care professional.
- These services can be delivered on an individual basis or in groups. A group session is limited to one therapist with a maximum of five participants and cannot exceed 60 mins in length.
- The Therapist must record the time the therapy session started and when it ended in the participant's clinical record.



The Arc of New Jersey
Family Institute
thearcfamilyinstitute.org
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Examples of Physical Therapy Activities

- Aquatic Therapy
- Balance and Coordination Activities
- Flexibility Exercises to increase range of motion.
- Therapeutic Horseback Riding
- Stair Climbing
- Developmental activities like walking and crawling

****Examples are not all inclusive of everything that can be funded through these services.****



Glossary

- Habilitation a process aimed at helping individuals with disabilities attain, or improve skills and functioning for daily living.
- Rehabilitation refers to re-gaining skills, abilities or knowledge that may have been lost or compromised as a result of acquiring a disability, or due to a change in one's disability or circumstances.
- Support Coordinator (SC) is a professional who helps identify the supports an individual needs, helps the individual plan the life the individual wants, and connects the individual to services that will help his/her achieve a quality of life in the community.
- Individual Service Plan (ISP) is the written details of the supports, activities, and resources required for the individual to achieve personal goals. The ISP is developed to articulate decisions and agreements made during a person-centered process of planning and information gathering.
- Explanation of Benefits (EOB) is the insurance company's written explanation regarding a claim, showing what they paid and what the patient must pay.
- NJCAT the New Jersey Comprehensive Assessment Tool is a standardized assessment used to determine, eligibility for services and identify an individual's level of need for support in three main areas: self-care, behavioral health, and medical.
- PCPT the Person-Centered Planning Tool is a mandatory discovery tool used to guide the person-centered planning process and to assist in the development of an ISP.