

# INDIVIDUALIZED HOME SUPPORTS WITH TRAINING

Individualized Home Supports with Training (IHS-T) is a service that supports people with a disability who live in their own home and provides training and support in a number of areas:

## Four Community Living Services

### Categories:

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

### Examples:

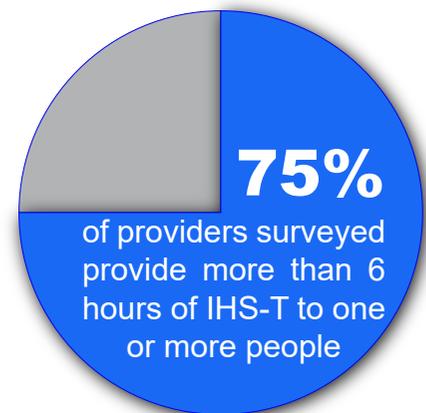
- Formalized, occasional training, e.g., teaching someone how to make their own medical appointments
- Constant training occurring over the course of an entire day, e.g. helping a person use a communication device

## WHAT CHANGED IN 2025?

**IHS-T is now capped at 6 hours per day.**

In an effort to balance the budget in 2025, IHS-T was capped at six hours per day. This means that despite the fact that most providers offering the service provide more than 6 hours of training, staff now must either stop offering services or switch to a different service.

## HOW IHS-T IS PROVIDED IN MINNESOTA



*Per a member survey conducted by ARRM*

**For many families and people served, IHS-T is a crucial part of the “own home” model, enabling people with disabilities to live in their own homes and not in congregate settings.**

## ARRM’S PROPOSAL FOR 2026

**ARRM proposes establishing an annual cap instead of a daily cap, ensuring access to care and flexibility for people using IHS-T.**

ARRM’s proposal seeks to ensure Minnesotans can access the amount of IHS-T they need while minimizing budget impact. ARRM’s annual cap would give providers the flexibility they need to provide the service. ARRM also proposes removing the service hour cap for individuals with complex needs, as defined by the Residential Support Services criteria, putting the decision-making power back in the hands of the individual and their support team.

