

# About the Supports Intensity Scale®

## About The SIS®

The Supports Intensity Scale (SIS) is a strength-based, comprehensive assessment tool, developed by AAIDD. This assessment measures an individual's support needs in personal, work-related, and social activities in order to identify and describe the types and intensity of the supports an individual requires.

The SIS includes background information on health, medical conditions, activities of daily living, and cognitive, social, and emotional skills.

The SIS was designed to be a part of the person-centered planning processes that help all individuals identify their unique preferences, skills, and life goals.

## What to Expect at Your SIS®

An AAIDD trained assessor works with you and those you trust to discuss your individual supports. The meeting usually lasts 1-1/2 - 2 hours and includes you and two other participants.

Common participants include:

- Your guardian, family, friends or advocates
- Your Supports Coordinator, Case Manager
- Your daily support providers  
(Vocational or CLS)
- Other individuals who know you well

The assessment is held at a location of your choice that is both comfortable and private for you.

## The SIS® Measures Support Needs

The SIS and the discussions during your assessment focus on a variety of support areas including:



The SIS explores activities and skill sets that are common to most adults in our society. This focus on full citizenship can help you and your supports to fully explore current opportunities.

This information is then used by you and your support team in the person-centered planning process where natural supports, medically-necessary services, and community resources are discussed to create a comprehensive support plan.

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## Frequently Asked Questions

### **Who will have an assessment?**

A SIS assessment will be conducted at least once every three years for all Medicaid-eligible individuals age 18 or older with an intellectual or developmental disability, which are currently receiving case management or supports coordination or respite only services.

### **What happens after the assessment?**

The results obtained from the assessment are practical and ready-to-use in an individualized support plan and other person-centered activities. The SIS results include the:

- frequency of supports needed
- amount of support needed
- the type of support needed

### **How is the information shared with individuals and family members?**

A SIS report is created and your Supports Coordinator or Case Manager would typically be responsible to share the SIS report and assessment with you and/or your family members or guardians.

### **What is the purpose of the assessment?**

A statewide standardized assessment tool for adults with individuals with intellectual/developmental disabilities should meet a variety of needs and have benefit for the individual, the case manager/supports coordinator, the family or guardian, the PIHP/CMHSP system and for the state.

The assessment promotes full citizenship for you by helping with measurable, meaningful, and achievable goals through person-centered planning.

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