

# The SUPPORTS INTENSITY SCALE (SIS®) Fact Sheet

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## **What is the SIS®?**

The SIS® is an interview tool that measures the support needs, or level of assistance, a person with developmental disabilities needs to fully participate in their community. The SIS was developed over a five-year period by a team of experts from the American Association on Intellectual and Developmental Disabilities (AAIDD). This team included self-advocates, family members, and professionals in the field of developmental disabilities. AAIDD has been providing leadership in the field of intellectual and developmental disabilities since 1876.

## **Why is the SIS® different?**

Traditionally, a person's level of developmental disability has been measured by the skills she or he lacks. The SIS® focuses not on what a person lacks or cannot do but on what the pattern and intensity of support a person with developmental disabilities needs to live as independently and successfully as possible in the community. The SIS® gathers information about each person's unique support needs.

## **What does the SIS® measure?**

The SIS® measures support needs in the areas of home living, community living, lifelong learning, employment, health and safety, and social activities. It also looks at how an individual protects and advocates for themselves and extra support needed to deal with exceptional medical and behavioral needs. Supports are rated according to frequency, amount and type of support in accordance with the AAIDD rating key guidelines.

## **Who should participate in the SIS® interview?**

Those attending the interview are often referred to as respondents. To complete a SIS® there must be at least two respondents who have known the individual at least three months. Respondents may include family, guardians, friends, direct support staff and provider staff. Respondents must be able to speak to the supports the individual needs to be successful in current and potential situations. The respondents must know the individual well in one or more environments.

## **What about the individual, should they participate in the SIS® interview?**

The individual receiving services is absolutely welcome to participate in the SIS® interview but it is not required. If the individual does not attend the SIS® assessment the SIS® interviewer will need to meet the individual in one of their environments, preferably before the interview. If the individual chooses to serve as a self-respondent, they must be able to accurately and reliably describe their support needs across everyday activities.

## **How long will the SIS® interview take?**

The length of time for each interview will vary ranging from 1.5 to 3.0 hours. An average interview usually lasts 2.0 hours. Respondents should be prepared to stay for the duration of the interview.

## **How should respondents prepare to participate in a SIS® interview?**

Respondents should assure their calendar is clear for the date and time of the interview keeping in mind the interview may last up to 3.0 hours. The respondents will provide detailed information related to the support needs of the individual. The knowledge of the individual's abilities and needs is what is necessary to fulfill the responsibilities as a respondent. It is important that answers be accurate without over or under estimating abilities and support needs. The SIS® interviewer will explain the interview process and assessment including the assessment areas and rating key for each portion of the assessment.

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## **How often will a SIS® interview be completed?**

The SIS® will be completed once every three years for individuals age 16 and older. If there is a significant change in an individual's condition or life circumstances a request can be made to complete a new SIS® prior to the third year. The person's Developmental Disabilities Program Manager will provide communication of the SIS® results and any additional follow-up that may be needed.

## **Who conducts the SIS® interview?**

DHS has contracted with a third-party, The Rushmore Group, as an independent entity to conduct SIS® interviews. The Rushmore Group has been conducting the SIS® interviews in North Dakota since 2012. Each SIS® interviewer has at least a baccalaureate degree and experience working with and on behalf of people with developmental disabilities. Each interviewer completes extensive initial and annual training to meet AAIDD certification standards. The interviewer's role is to listen closely to respondents, ask additional questions when needed and integrate information from multiple respondents.

## **Why did North Dakota choose the SIS®?**

North Dakota hired a consultant to research and analyze available assessment tools. They looked for assessments that were: (a) reliable and valid; (b) standardized for individuals with developmental disabilities; (c) designed for person-centered planning; (d) able to measure the pattern and intensity (or type, frequency and daily support time) of an individual's support needs (not be deficit based); and (e) successfully used in other states. The consultant recommended the SIS® and it is now in state law.

## **How will the information gathered during the SIS® interview be used?**

In 2011, the North Dakota Legislature enacted Senate Bill 2043, which required the Department of Human Services (DHS), in cooperation with service providers, to develop a new payment system using the SIS® for individuals age 16 and older. The SIS® will be used to identify the support needs of individuals, providing individualized service rates and identifies the number of staffing hours a person qualifies for per day.

## **How can I give feedback about my experience?**

At the end of the interview, the interviewer will complete a protocol checklist with all respondents. The interviewer will provide each respondent with a satisfaction survey. The Rushmore Group reviews all protocol checklists and satisfaction surveys and shares those findings with DHS.

## **Who should I contact if I have questions regarding the SIS® interview?**

Please contact John New. He is Rushmore's Project Manager and can be reached by email at: [john.new@rushmore-group.com](mailto:john.new@rushmore-group.com) or by calling 605.224.8899.

## **Who should I contact if I have questions regarding DHS' payment system?**

Please contact Tina Bay. She is the Director of the Division of Developmental Disabilities and can be reached by email at: [tbay@nd.gov](mailto:tbay@nd.gov) or by calling 701.328.8966. Additional information can be obtained by going to the Division's website: <http://www.nd.gov/dhs/services/disabilities/dd.html>

## **Where can I find additional information about the SIS®?**

Additional information on the SIS® can be obtained by going to the following website: [www.aaid.org/sis](http://www.aaid.org/sis).

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