



Community First Choice

**PLANNING & DESIGN UPDATE
WEBINAR**

JULY 24, 2014

Review from June 2014 Meeting



Timelines for CFCO remain unchanged

- Implementation targeted for July 2015

Stakeholder, Tribes, and staff webinars are set

- The next webinar is September 22, 2014 at 10am

DSHS conference call with CMS

Person-Centered Planning



Impact of Person Centered Planning

- States will comply with CMS guidelines across all programs
- CMS guidelines are being evaluated
- New CMS guidelines mirror CFCO guidelines
- Washington is engaging in a stakeholder process to develop a transition plan to comply with all HCBS final rules.

See Handout 1 - § 441.540 *Person-centered service plan*

CFCO Design Models



4 Mandatory Services

Fixed amount

4 Mandatory Services

Flexible amount
allocated within 103%

4 Mandatory Services

Optional services

Flexible amount
allocated within 103%

CFCO Design Possibilities

Low Choice and Flexibility

Choice:

- Benefit package contains only the 4 required services

Flexibility:

- Participants receive only the amount of each included service allowed in the plan

High Choice and Flexibility

Choice:

- Benefit package contains the 4 required services and may also contain some optional services

Flexibility:

- Participants may allocate their dollar amount between services, trading more of one service for less of another.

CFCO Design Possibilities

Low Administrative Complexity

- Services are authorized for the duration of the plan and reauthorized only when a change is requested
- Reduced need to evaluate how much of a service to authorize and the progress toward goals
- Client or representative makes the choices that will stay within the 103% per cap by trading off between available services to meet self identified priorities

High Administrative Complexity

- The service amount is limited and must be reauthorized periodically
- A determination of necessity must be made at each authorization
- Increased need to evaluate how much of a service to authorize and the progress toward goals
- Potentially new provider types to contract and manage
- Case manager has the responsibility to manage utilization to stay within the 103% aggregate

Administrative Complexity



CMS requirements in all service models include:

- Annual assessments
- Significant change assessments
- Clients can make changes as their needs change
- Service options are discussed at each assessment
- Service delivery is monitored by the case manager

Flexibility



How flexible can flexible be?

CFCO can support clients and families to choose any combination of personal care, skills acquisition, back up systems, and relief care.

Flexibility



How can WA be that flexible?

- Complexity varies by client, our experience is that the majority of clients will use a majority of their benefit for personal care services
- Administrative complexity in CFCO will be offset by no longer transferring clients between MPC and COPES when needs cannot be met by MPC
- Health and safety assurances can be addressed by policy and practice

Flexibility



How can WA be that flexible? Cont.

- Write skills acquisition definition broadly enough to allow clients to work on ADLs and IADLs within the number of training hours available.
 - Skills trainer responsible for documentation
 - Reviewed with client during routine monitoring contacts and at each assessment
 - Provide clear information to clients through materials such as the rights and responsibilities form and other documents

Flexibility



How can WA be that flexible? Cont.

- Establish rules limiting changes to service plan to no more than once per month effective the first of the following month
- Consider building additional time/\$\$ for case management to discuss service options if necessary
 - *30 minutes of case management time costs approximately \$250,000 - \$500,000*

CFCO Design Models



4 Mandatory Services

Fixed amount

4 Mandatory Services

Flexible amount
allocated within 103%

4 Mandatory Services

Optional services

Flexible amount
allocated within 103%

Recommendation



Preferred model

Which model will we use for future discussions, fixed or flexible?

**Choice and
Flexibility**

Notes on Considered Service Options



Home Modifications, Behavior Supports, Specialized Medical Equipment, and Assistive Technology:

- *May be too costly to include in CFCO*
- *May be too administratively complex to include in CFCO at this time*
- *Continue to access through waivers for now*
- *Consider adding to CFCO in the future*

Possible CFCO Service Package



Services available inside the monthly benefit:

- Assistance with ADLs, IADLs and health related tasks i.e. nurse delegation (required service)
- Skills Acquisition Training to accomplish ADLs, IADLs, and health-related tasks (required service)
 - Evidence Based Programs such as Falls Prevention and Chronic Disease Self-Management
- Back-up Systems to ensure continuity of support (required service)
 - Personal Emergency Response Systems
 - Relief Care (10-20 hours/month)

See Handout #2- Optional Services Chart

Possible CFCO Service Package cont.



Services available outside the monthly benefit:

- Training on selecting, managing, and dismissing personal care providers (required service)
- Community Transition Services - \$850 one-time yearly benefit (optional service)

Recommendation



Other Services

- Are other services recommended?
- If so, which ones?



Recommendation

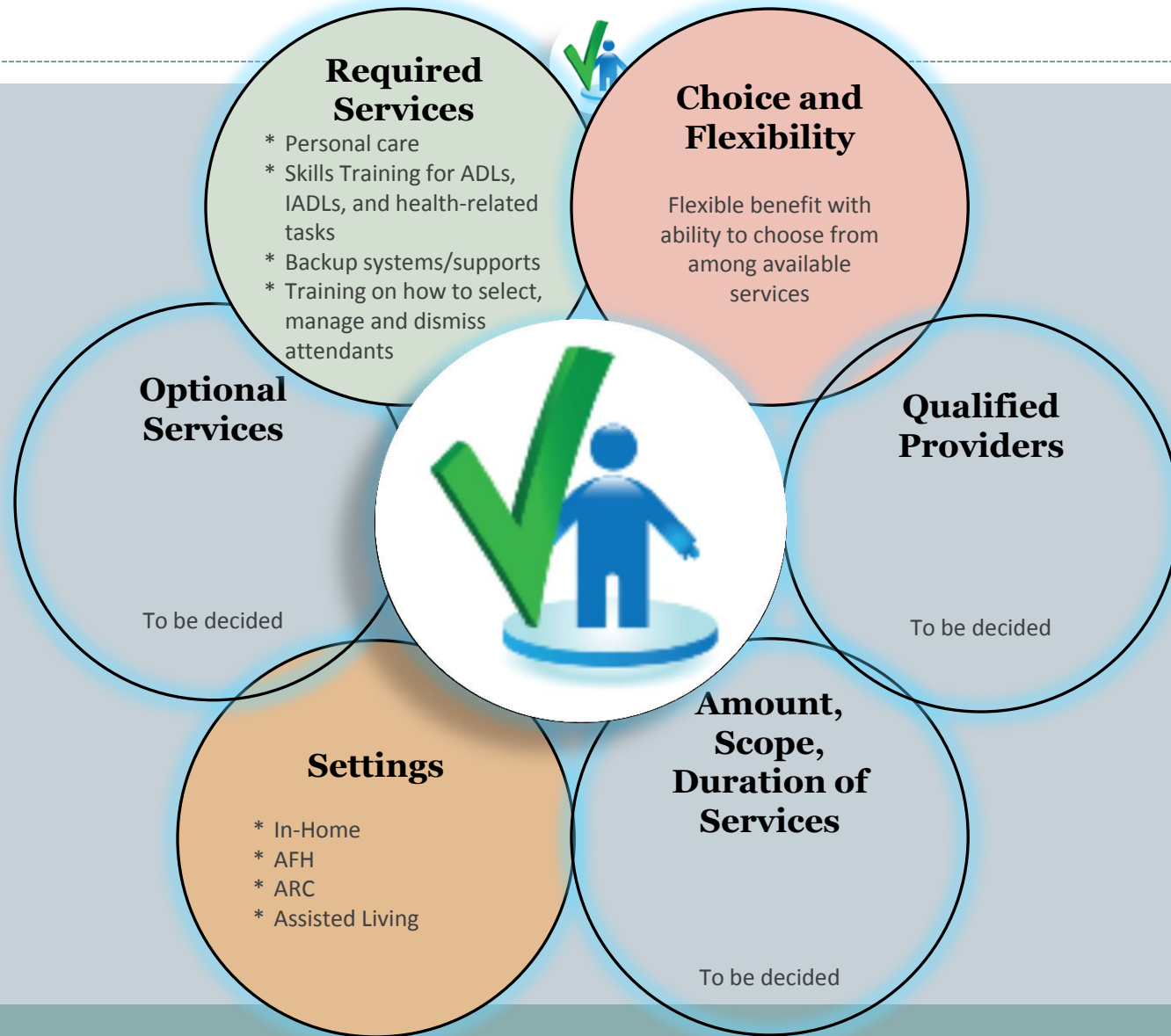


Begin Discussion:

- Amount
- Scope
- Duration

**Amount,
Scope,
Duration of
Services**

CFCO Components - to be determined





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Our next webinar update will be
September 22, 2014
at 10:00 a.m.



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Or visit our website at:

<http://www.alsa.dshs.wa.gov/CFCO/>



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