

Transforming
Lives

Overview of Home & Community Programs

Presentation to the Health Home Care Coordinators
April 2022

Washington State Department of Social and Health Services



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Agenda

- **Overview of the Medicaid Programs under the Aging & Long-Term Support Administration (ALTSA)**
 - Community First Choice (CFC)
 - Medicaid Personal Care (MPC)
 - COPES Waiver Program
 - Medicaid Alternative Care (MAC) and Tailored Supports for Older Adults (TSOA)
- **Implementation of Services**
 - Contact Case Manager
 - Apply for Services
- **Resources**

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Long-Term Services and Supports (LTSS)

In order to receive Long-Term Services and Supports (LTSS) from the state, an individual must qualify both financially and functionally.

Please keep in mind, each LTSS program has their own rules and limitations. It may take time to approve some services, and not every needed/wanted service may be approved at the level the client desires.



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Community First Choice (CFC)

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Community First Choice (CFC)

- CFC is a Medicaid state plan that supports clients in community-based settings.
- CFC eligible clients meet Nursing Facility Level of Care (NFLOC) as determined by the CARE assessment and are determined financially eligible by the financial worker.

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CFC Services

- **Personal Care** *assistance enables clients to accomplish tasks that they would normally do for themselves if they did not have a disability/functional limitation.*
 - **Relief Care** *is a service that allows the client to use alternate providers for personal care when a regular provider of personal care is not available or needs a break.*
 - **Nurse Delegation** *allows Registered Nurses (RNs) to delegate specific nursing tasks to qualified Long-Term Care Workers (LTCW) when the client has a need.*
- **Personal Emergency Response System (PERS)** – *an electronic device that enables clients to secure help in an emergency.*
- **Caregiver Management Training** – *printed training to help clients understand how to select, manage, and dismiss their personal care providers*

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CFC Services (continued)

- **Assistive Technology benefit** of AT Good and/or AT Service
 - *AT Good is an adaptive/assistive item that increases a client's independence or substitutes for human assistance with an Activity of Daily Living (ADL), Instrumental Activity of Daily Living (IADL), or health-related task, is not solely for recreational purposes, and is the most cost-effective options to meet the client's need.*
 - *AT Service can be an evaluation of what AT Good would be most appropriate and cost-effective to meet the client's need; installation, repair or training of an AT Good.*
- **Skills Acquisition Training** – *functional skills training to accomplish, maintain, or enhance a client's independence with daily personal care tasks (ADLs, IADLs, or health-related tasks).*
- **Community Transition Services** – *one-time, non-recurring set-up expenses necessary to help a client discharging from a qualified institutional setting [a nursing facility, an institution for mental disease (IMD) or an intermediate care facility for individuals with intellectual disabilities (ICF/IID)] to set up their own home in the community.*

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Medicaid Personal Care (MPC)

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Medicaid Personal Care (MPC)

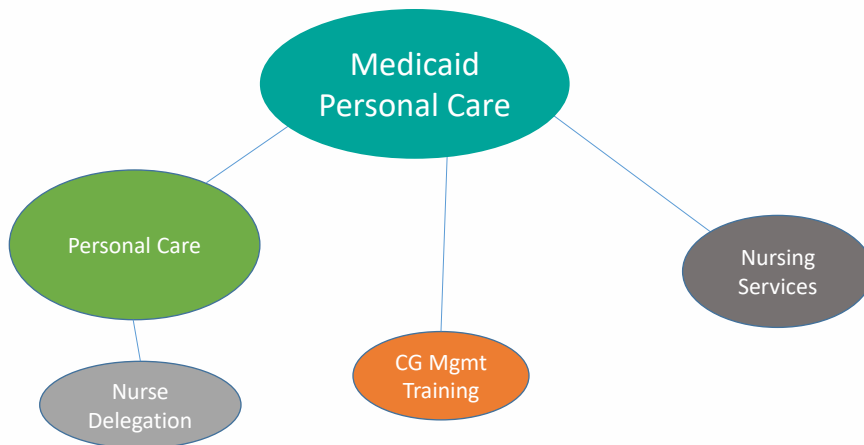
- MPC is a Medicaid state plan program.
- MPC eligible clients do not have an institutional level of care.
- Must be determined functionally eligible per the CARE assessment, and financially eligible by the financial worker.

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What services can a Client receive on MPC?



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COPES Waiver Program

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COPES waiver program

Community Options Program Entry System (COPES) is a Home and Community-Based Services (HCBS) waiver program that offers wraparound services to those receiving personal care through CFC.

COPES eligibility is anyone who:

- is age 18+ and is blind or has a disability, or is age 65 or older;
- meets NFLOC as determined by CARE;
- has needs that exceed the scope of CFC; and
- is financially eligible.

Clients enrolled in a waiver program must access a waiver service every month.

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COPES Services

- Adult Day Services
 - Adult Day Care
 - Adult Day Health
- Client Support Training
- Community Choice Guide
- Community Support: Goods and Services
- Home Delivered Meals
- Environmental Modifications
- Skilled Nursing
- Specialized Medical Equipment and Supplies
- Transportation
- Wellness Education

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Medicaid Alternative Care (MAC) and Tailored Supports for Older Adults (TSOA)

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Caregiver Support Programs

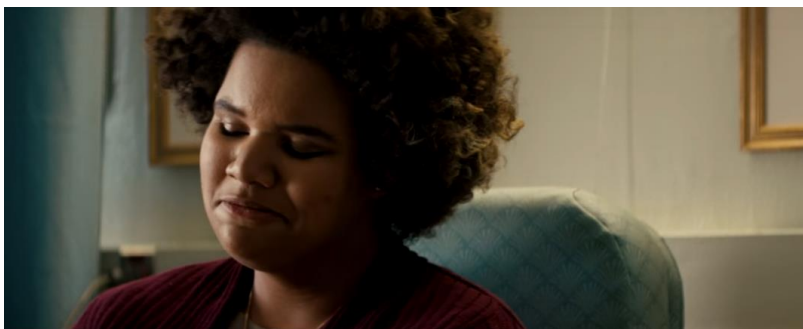


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Strength is Not Optional



https://www.ispot.tv/ad/AeS_/aarp-real-muscle

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MAC and TSOA Overview

- **Mirrored after Family Caregiver Support Program (FCSP)**
- **New terminology – Dyad**
 - Care receiver (CR) and unpaid caregiver (CG)

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MAC and TSOA

Goal is to create a system of care that will:

- Provide the right service(s) at the right time in the right setting
- Expand person-centered choices
- Support unpaid family caregivers and individuals at risk of institutionalization
- Delay or avoid the need for more intensive Medicaid-funded long-term services and supports (LTSS) when possible

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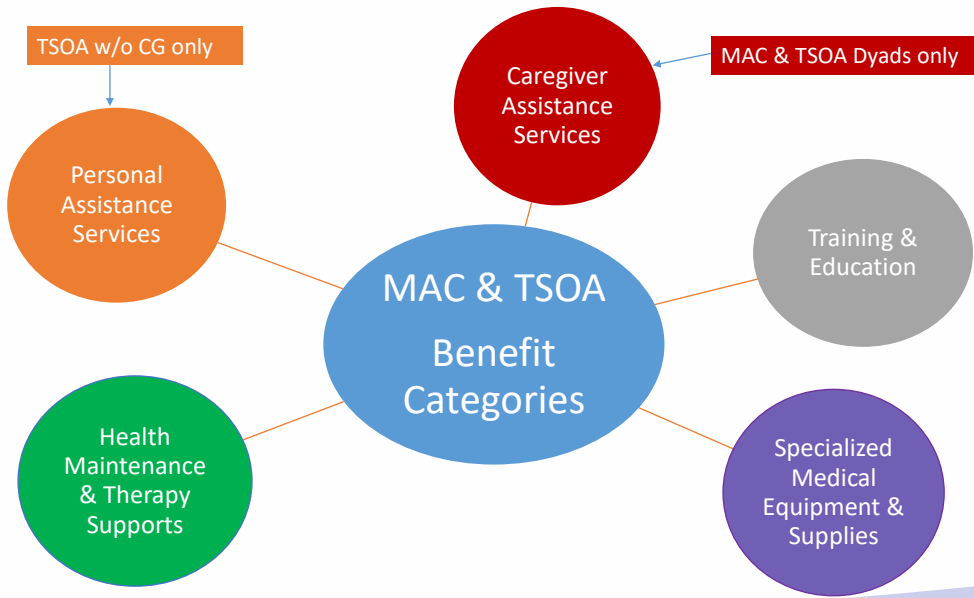
MAC and TSOA – who benefits?

- MAC and TSOA services benefit older adults and their unpaid family caregivers – called dyads
- TSOA also serves older adults without a caregiver

Family caregivers = anyone the care receiver (client) considers family

Care Receiver Eligibility

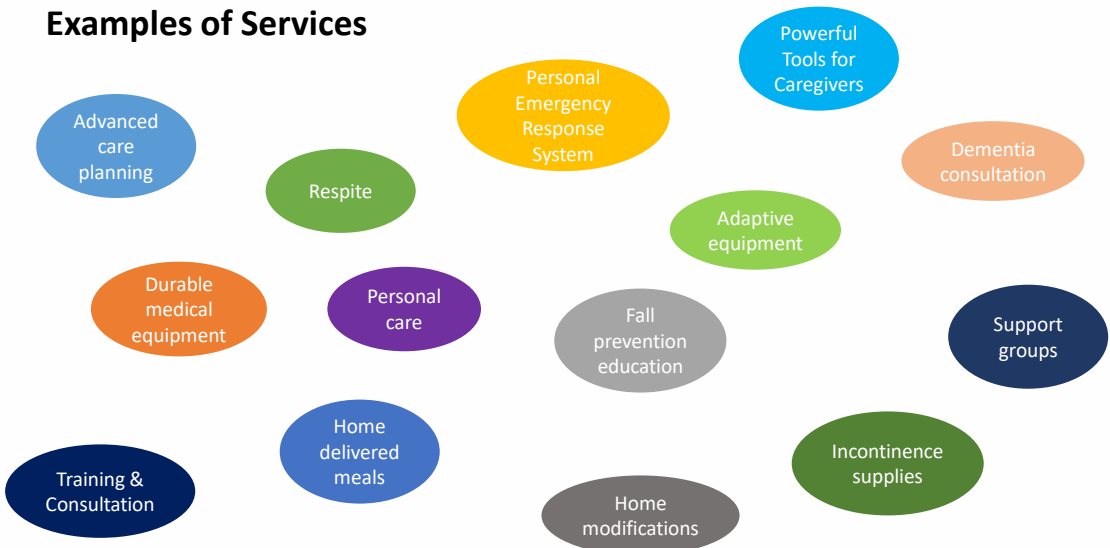
MAC	TSOA
Age 55+	Age 55+
Be receiving Categorically Needy (CN) or Alternative Benefit Plan (ABP) Apple Health (Medicaid)	Monthly income less than \$2,523 Resources (single) less than \$53,100 Resources (married) less than \$112,990
Meet Nursing Facility Level of Care (NFLOC)	Meet Nursing Facility Level of Care (NFLOC)
Supports dyads	Supports dyads and individuals w/o unpaid caregivers
	Submit TSOA financial application
Presumptive Eligibility allowed	Presumptive Eligibility allowed
Note: Participation and Estate Recovery do not apply to either program	



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Examples of Services



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Caregiver Voices



https://www.youtube.com/watch?v=bs_7jWqSeIM

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Implementation of Services

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Contact Case Manager

If the person you are assisting is:

- **already receiving state-paid LTSS,**
 - please **refer them to their case manager** to access a service they need.
 - If they need a reminder of who their case manager is or need their contact information, you could look up the case manager information in PRISM under the CARE tab.
 - Their case manager will be able to determine eligibility for the needed service/support, assist with documenting their need in the individual's care plan, and proceed with procuring the service.
- **not receiving state-paid LTSS,**
 - the **individual may apply** to see if they are eligible for LTSS.
 - The next slide has links to applications and the Resource slides have further information.

Please note, many offices are short staffed and/or have new case management staff so response times may be slower. Thank you for your patience and understanding.



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Applying for Services

Information on overall process of applying:

- [How to Apply for Medicaid | DSHS \(wa.gov\)](#)
- [Applications for LTSS | Washington State Health Care Authority](#)
- Apply online for LTSS
 - [Washington Connection \(Your Link to Services\)](#)
- Apply in person or by phone or by mail
 - Call a Home & Community Services (HCS) Intake line to assist with the process, or
 - Call or visit a local Area Agency on Aging (AAA) office to assist with the process
 - [Find Local Services, Information, and Resources | DSHS \(wa.gov\)](#)
 - [Health Care Authority \(HCA\) form 18-005](#) – complete application and mail or drop off

Please note, many offices are short staffed so response times may be slower than they were pre-public health emergency. Thank you for your patience.



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Resources for AL TSA

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Resources

- Information on Services

- [Long-Term Care Services & Information | DSHS \(wa.gov\)](#)
- [Find Local Services, Information, and Resources | DSHS \(wa.gov\)](#)
- [Who to Contact to Find Local Services | DSHS \(wa.gov\)](#)

- Booklets / Brochures

- [Washington Services and Apple Health And Long-Term for Adults Supports \(LTSS\) DSHS Aging and Long-Term Support Administration \(Medicaid\)](#)
- [Family Caregiver Support Program AL TSA brochure \(22-1331\)](#)
- [Medicaid Alternative Care & Tailored Supports for Older Adults flyer \(22-1737\)](#)
- [Medicaid Alternative Care & Tailored Supports for Older Adults brochure \(22-1739\)](#)

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Resources

Community Living Connections

Washington residents can learn about and access the full range of private and public long-term service and support options through the [Community Living Connections](#) website and toll-free phone line. Whether you are looking for help for yourself or help for a loved one, it will be easy to locate services that best fit your needs. Visit www.waclc.org or call 1-855-567-0252.



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Resources - Washington Administrative Code (WAC)

- **Long-Term Care Services** [Chapter 388-106 WAC](#)
- **Community First Choice**
 - [WAC 388-106-0270](#)
 - [WAC 388-106-0271](#)
 - [WAC 388-106-0272](#)
 - [WAC 388-106-0273](#)
 - [WAC 388-106-0274](#)
 - [WAC 388-106-0275](#)
 - Services available under CFC
 - Limits to Skills Acquisition Training
 - Qualified providers for Skills Acquisition Training
 - PERS add-on services
 - Limits to Assistive Technology
 - Limits to Community Transition Services
- **Medicaid Personal Care**
 - [WAC 388-106-0200](#)
 - [WAC 388-106-0210](#)
 - MPC Services
 - MPC Eligibility
- **COPEs**
 - [WAC 388-106-0300](#)
 - [WAC 388-106-0305](#)
 - [WAC 388-106-0310](#)
 - COPEs Services in-home
 - COPEs Services residential
 - COPEs Eligibility
- **MAC and TSOA Services**
 - [WAC 388-106-1905](#)
 - [WAC 388-106-1910](#)
 - [WAC 388-106-1915](#)
 - MAC Eligibility
 - TSOA Eligibility
 - Services available under MAC and TSOA



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DEVELOPMENTAL DISABILITIES ADMINISTRATION

DDA BASICS: INFORMATION & RESOURCES AT A GLANCE

PRESENTED BY DEVELOPMENTAL DISABILITIES HQ TRAINING UNIT
<https://www.dshs.wa.gov/dda>

March 2022

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PURPOSE & OUTCOMES

Transforming
Lives

The purpose of this presentation is to provide you with an overview of Developmental Disabilities Administration and who we are and what we do!

WHEN WE ARE FINISHED, YOU MAY KNOW MORE ABOUT...

- WHO WE ARE AND WHAT WE DO
- ELIGIBILITY REQUIREMENTS
- WHERE TO LOCATE PROGRAMS AND SERVICES
- WHERE TO FIND RESOURCES

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Who we are and what we believe

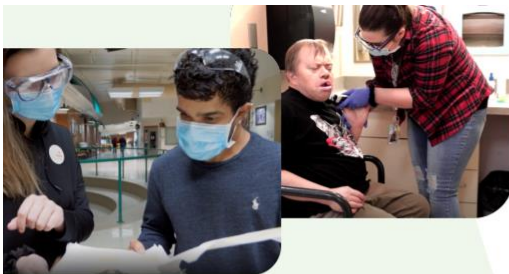
The DDA Mission: Transforming lives

- DDA is one of six administrations within DSHS.
- Programs administered by DDA are designed to assist individuals with developmental disabilities and their families obtain services and supports to assist them to successfully live in their homes and communities.



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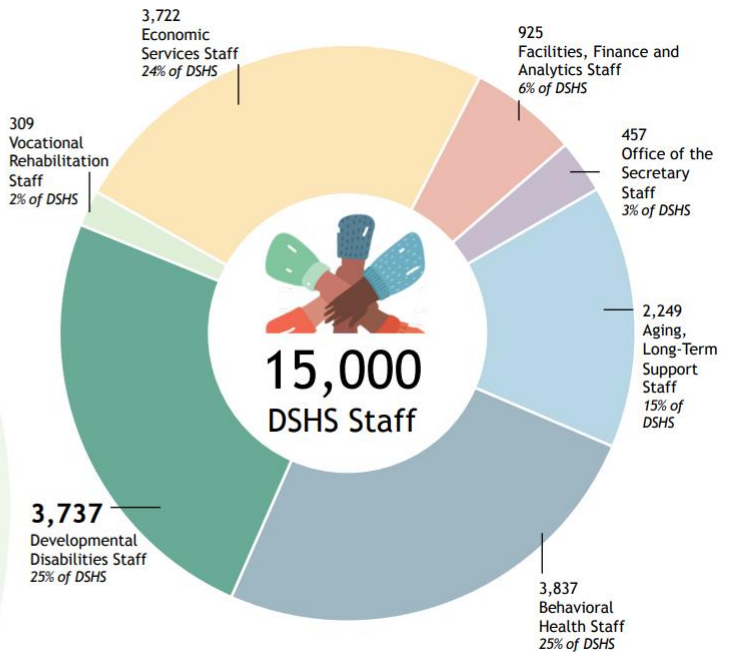
We Are DSHS

The Developmental Disabilities Administration

DDA staff are committed to the mission of **Transforming lives** by providing support and fostering partnerships that empower people to live the lives they want. Our employees are a proud and engaged workforce. Staff spend countless hours supporting thousands of individuals with intellectual developmental disabilities to live and thrive in communities of choice.

A spotlight on the staff:

- DDA case managers assess and authorize broad range of community services to individuals with intellectual developmental disabilities.
- DDA direct care staff provide support to people across the state's four Residential Habilitation Centers.
- SOLA staff support individuals in state operated community residential programs.

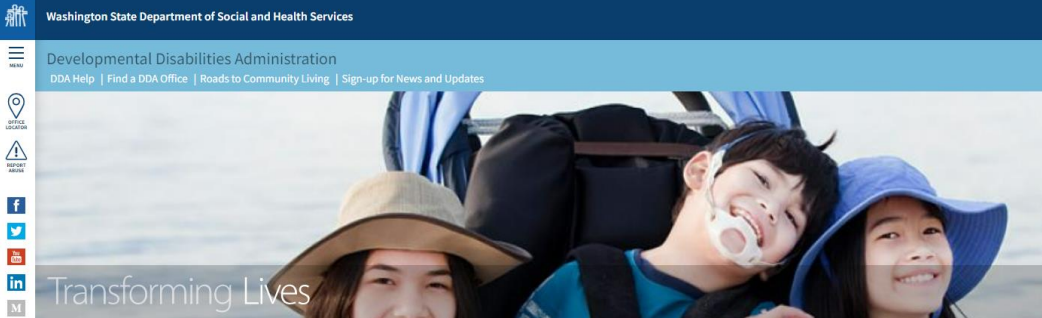


Data Source: DSHS Integrated Databases - State Fiscal Year 2020

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At Your Fingertips... Information & Resources

Transforming Lives



[Find a DDA Office](#)

[DDA \(Public Page\)](#)

[Policy and Rules](#)

[Eligibility](#)

[Resource Links](#)

[Publications](#)

[Services & Programs](#)



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At Your Fingertips... Information & Resources

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Eligibility



[RCW 71A.10.020\(5\)](#) defines a developmental disability as Intellectual Disability, Cerebral Palsy, Epilepsy, Autism or another neurological or other condition similar to Intellectual Disability.



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Person-centered services for children and adults of all ages.

Developmental Disabilities Administration strives to make sure our clients are safe, healthy and getting the support they need to live the lives they want to live.

We offer a wide range of services, including:

Case Management
Assessment and service planning for individuals.

Community First Choice
Personal care supports to DDA clients who need help with tasks such as eating, bathing, dressing, housekeeping, laundry and preparing meals.

Home and Community-Based Services Waivers
Five waiver programs provide services in the community to individuals of all ages. Waiver services are provided as a chosen alternative to Residential Habilitation Centers.

Community Residential Supports
We support individuals living in their community. Adult service providers include State Operated Living Alternatives, Assisted Living, Companion Homes, Assisted Living Facilities, Supported Living and Adult Family Homes.

Intermediate Care Facilities (ICF) and State Operated Nursing Facilities
Also known as Residential Habilitation Centers, these facilities provide 24-hour support, habilitation and nursing services for 541 residents.

Employment, Community Inclusion Services
These services provide individuals a chance to earn money, pursue personal goals and create meaningful connections.

At Your Fingertips... Information & Resources

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Services & Programs

Developmental Disabilities Administration Services & Programs
List of services and programs offered by the Developmental Disabilities Administration

[Person Centered Practice](#) – Resources and Information
[Person Centered Planning Videos](#)

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At Your Fingertips... Information & Resources

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Resource Links

Links to non-DSHS sites are provided for information only and do not constitute endorsement, express or implied, by DSHS/DDA, of the referenced organizations, their suitability, content, products, services, or accuracy. As a general policy, DDA does not publish personal websites or websites of commercial ventures.

Please note that when you link to a new site, the DSHS/DDA Privacy Notice no longer applies. If you have any problems with the link itself, please contact the [DDA Webmaster](#). To return to the DDA site, click the "Back" button on your browser.

a | b | c | d | e | f | g | h | i | j | k | l | m | n | o | p | q | r | s | t | u | v | w | x | y | z

Advocacy Organizations

Resource Links



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INFORMING FAMILIES

www.mylifeplan.guide

INFORMATION

Updated on Jun/28/2021

RELATED ARTICLES

- New Video Series: DDA Waivers Explained
- Pathways to Respite in New Languages
- Enhanced Medical and Dental for DDA Clients
- Become a Community Respite Provider
- Consumer Directed Employer Webinars
- DDA Services: How to Apply (and Why!)
- DDA Video Assessments & Microsoft Teams
- Consumer Directed Employer Update
- Overnight Planned Respite: Changes for 2021
- Available in Print: Pathways to Respite



Find opportunities for your child to grow and develop. Learn about early intervention services and connect with other families.

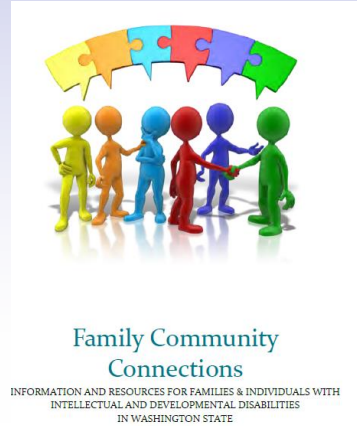


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Resource Alert: *Family Community Connections Guidebook*

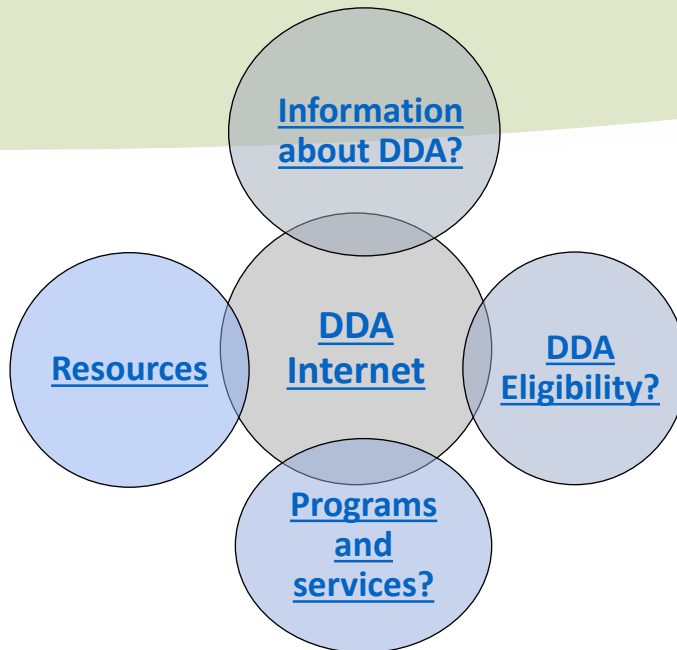
The [Family Community Connections Guidebook](#) (PDF) is now available! This helpful document has been developed for caregivers with input from families, individuals with disabilities, and professionals. It offers ideas, tips and resources to help you envision a full and meaningful life for your family member.



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