



Community First Choice

Community First Choice Overview

Community First Choice is a state plan that helps individuals with disabilities stay living in their community. It provides supportive services to people of all ages. These supports happen in homes, adult family homes or assisted living facilities. The services are offered through the Community First Choice Program for eligible clients.



Department of Social and Health Services'
Developmental Disabilities Administration

Community First Choice Service Options

Who Can Use Community First Choice Services?

You can use CFC services if you:

- Are a client of DDA (children under 18 do not have to be DDA eligible).
- Are eligible for Apple Health (Medicaid).
- Have functional limitations due to a disability and unmet needs for personal care.
- Meet institutional level of care.
- Agree to accept home and community-based services rather than institutional services.
- Live in your own home, an assisted living facility or an adult family home.

Personal Care

Personal care services provide assistance with everyday tasks like bathing, dressing or managing your medication. If you are eligible, you choose a qualified caregiver. We pay for background checks and basic caregiver training for all qualified caregivers.

You may receive personal care services in your home or in your community, if you live in:

- Your home.
- An adult family home.
- An assisted living facility.



Caregiver Management Training

Your paid caregiver is an important part of your support team. You manage your caregiver's daily routine. This training explains how to choose, manage and dismiss caregivers.

Relief Care

A relief caregiver can be used to give your regular caregivers a break, or to step in if the regular caregiver is sick or unavailable. You decide how many of your authorized personal care hours you want your relief caregiver to work.

Skills Acquisition Training

Training is available for you to become more independent with your daily personal care tasks. You may use some of your personal care hours or your state fiscal year annual limits to purchase Skills Acquisition Training. This allows a caregiver to teach you how to do some personal care tasks. Your paid caregiver can help with the following tasks:

- Cooking and meal preparation.
- Shopping.
- Housekeeping tasks.
- Laundry.
- Bathing (excludes any transfer activities).
- Dressing.
- Application of deodorant.
- Washing hands and face.
- Washing, combing and styling hair.
- Putting on make-up.
- Shaving with an electric razor.
- Brushing teeth or caring of dentures.
- Menses care.



Assistive Technology

Assistive Technology is equipment, devices or systems that are used to help you live a more independent life. This could include items such as tablets, switches, electronic reminders, automatic shut-off stoves or specialized utensils.

You will need a professional recommendation. The professional will recommend the right technology and may help you learn how to use it. Assistive technology is purchased using state fiscal year annual limit.

Personal Emergency Response System

A PERS is an electronic device you wear that you use to get help in an emergency. It is connected through your phone. When activated, it calls a response center similar to 911.

Add on services are available such as fall detection, a location tracker or a medication management system. Your case managers will help determine if you qualify for these systems.

If you qualify for the service, a standard PERS unit is included in your CFC benefit package. Add on services will be charged to the state fiscal annual limit.

Community Transition Services

Community Transition Services can help you move from an institutional setting into the community. You may choose to move to your own home, an adult family home or assistive living facility with supports.



To request services, contact your DDA case manager. If you are not currently receiving a paid service, you may call the local office or visit www.dshs.wa.gov/dda/service-and-information-request.

Find an office at: <https://www.dshs.wa.gov/office-locations>