

# HOME AND COMMUNITY BASED LONG TERM CARE SERVICES AND SUPPORTS

- ❖ **Community Options Waiver**
  - ❖ **Community First Choice**
- ❖ **Community Personal Assistance Services**

# HISTORY OF PROGRAM

- ❖ The waiver program was created to allow eligible clients, that meet medical and financial guidelines for Medicaid, to “age in place” and provide services in-home and in assisted living facilities (ALFs) paid for by Medicaid.
- ❖ From 2001 to 2013, Area Agencies on Aging administered federal and state monies through the Older Adult Waiver or Medicaid Waiver for Older Adults for adults 50 and older.
- ❖ Affordable Care Act (ACA) allowed states to accept monies to expand their Medicaid programs. Maryland accepted the expansion money and created the following:
  - ❖ January 1, 2014 the Older Adult Waiver (50+) and Living At Home Waiver (18-64) were merged into Community Options Waiver.
  - ❖ Community First Choice created to help those who are community Medicaid recipients receive in-home services if medically eligible.
  - ❖ Medicaid Personal Care Program (MAPC) renamed Community Personal Assistance Service (CPAS)

# COMMON ACRONYMS

- ❖ **CO Waiver (Community Options Waiver):** called a Waiver because it “waives” the requirement that one can only receive Medicaid covered long term care services in a long term care facility. Under the Waiver the recipient can receive services either at home or in an assisted living facility (ALF).
- ❖ **CFC (Community First Choice):** a program that allows community eligible Medicaid recipients that meet a nursing facility level of care to receive long term care services and supports at home.
- ❖ **CPAS (Community Personal Assistance Services):** a program that allows community eligible Medicaid recipients that don't meet a nursing facility level of care but have a need for assistance with an activity of daily living, receive in-home care services.
- ❖ **SPA (Supports Planning Agency):** provides case management services
- ❖ **POS (Plan of Service):** reflects services client is eligible for under enrolled program

# DEFINITIONS

## ❖ **Medically eligible:**

- ❖ Community Options Waiver and Community First Choice: clients need to meet an institutional level of care based on the interRAI assessment tool.
- ❖ Community Personal Assistance Services: clients must need assistance with at least one activity of daily living (ADL).

## ❖ **Financially eligible:**

- ❖ Community Options Waiver: \$2,205 monthly income, \$2,000 assets (individual)
- ❖ Community First Choice and Community Personal Assistance Services: meet community Medicaid guidelines.

# OPTIONS COUNSELING/APPLICATION ASSISTANCE (OC/AA) MONEY FOLLOWS THE PERSON (MFP)

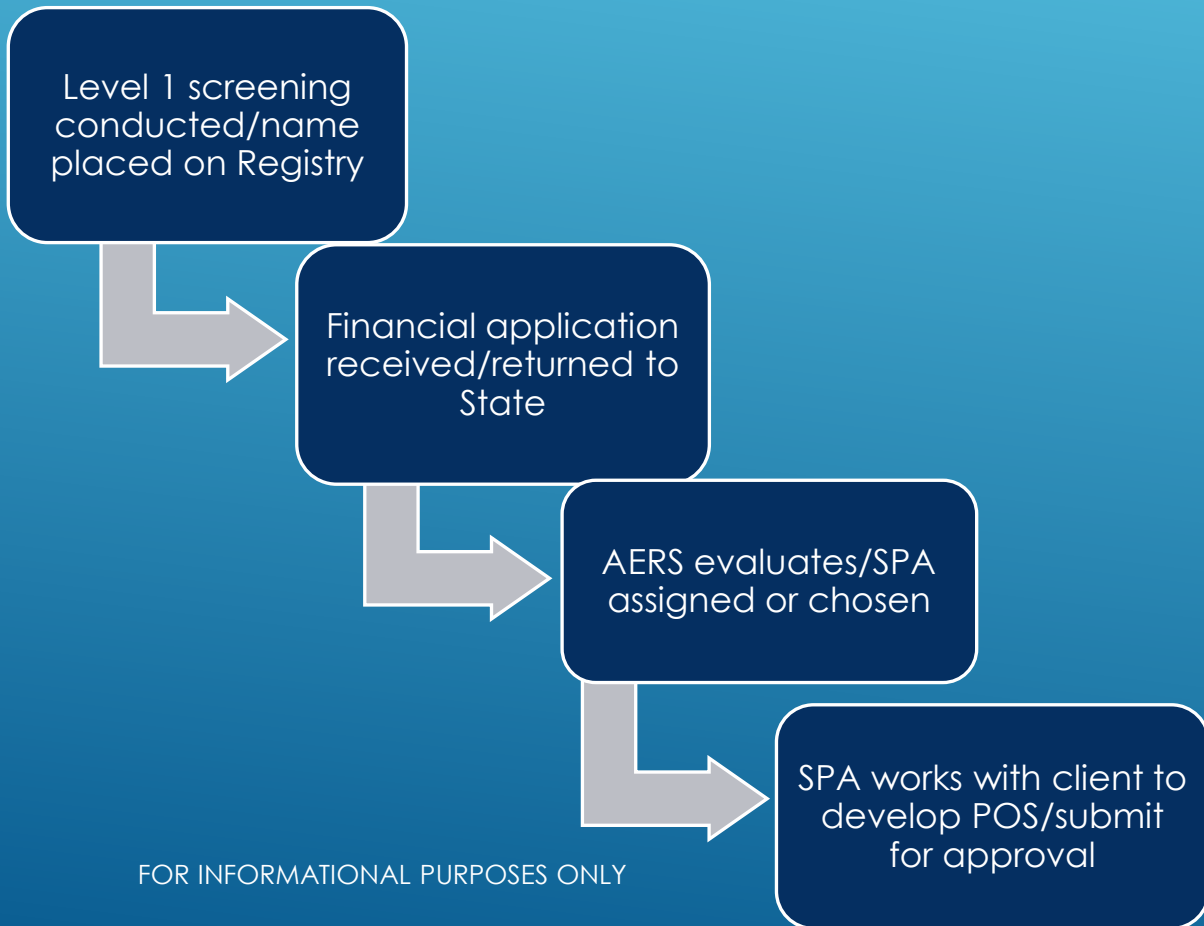
- ❖ **Options Counseling is an opportunity for residents of nursing facilities to find out what their options for long term services and supports are in the community.**
- ❖ **Application Assistance is assistance with filing a financial Waiver application with the State.**
- ❖ **Options Counseling provided by FCDoA or Freedom Center based on MOU (Memorandum of Understanding)**
- ❖ **Money Follows the Person (MFP): assists individuals, who are eligible for long term care Medicaid, transition from institutions back to the community.**
- ❖ **Participants receive their services through a waiver program/help with housing assistance, behavioral health specialist, flex funds/transition funds and peer mentoring.**

# InterRAI ASSESSMENT TOOL

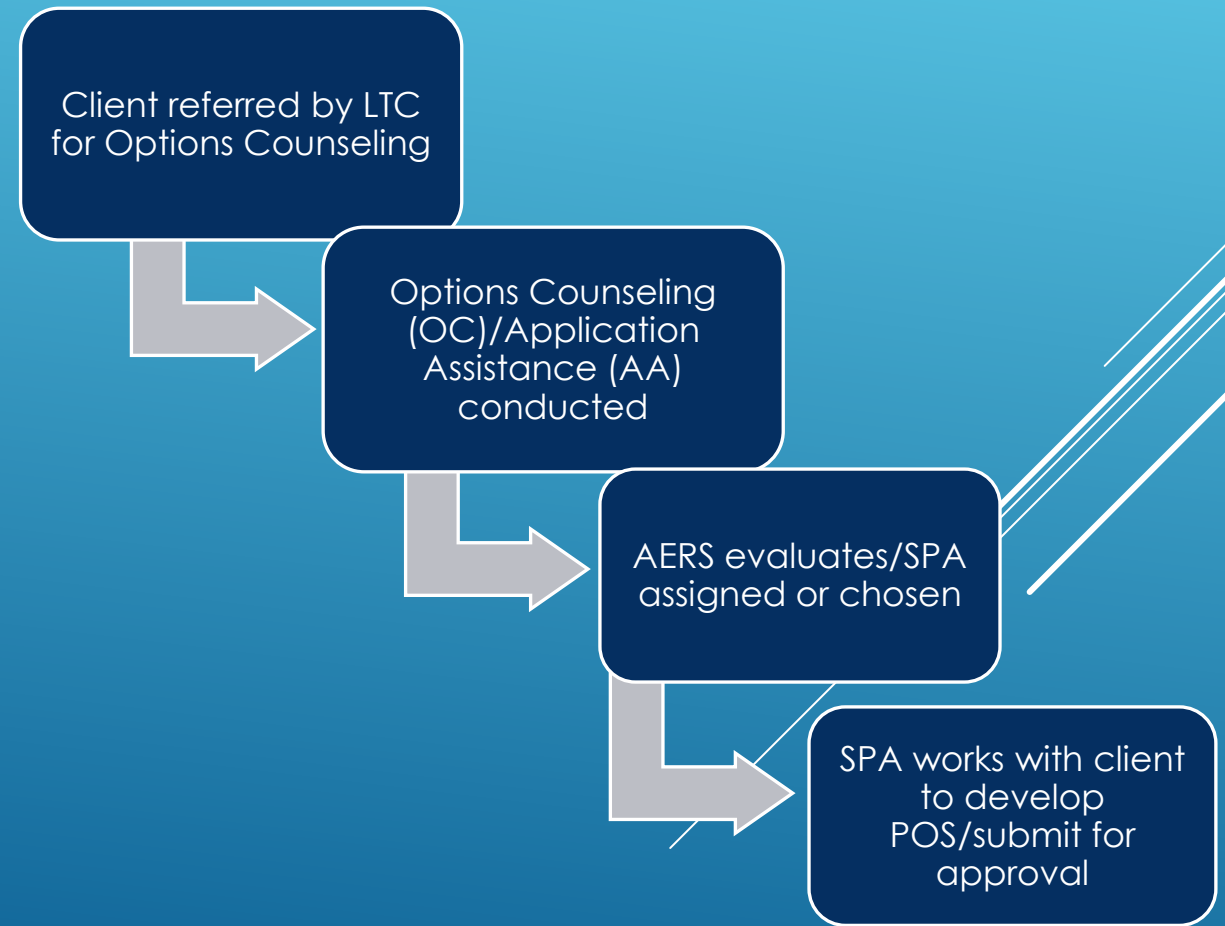
- ❖ **International Resident Assessment Instrument (InterRAI)** InterRAI is an electronic assessment tool used by health professionals working with older people. The assessments highlight any issues and help assessors match services more closely to needs. [www.adhb.govt.nz/seniorline/RestHomesHospitals/Interrai.htm](http://www.adhb.govt.nz/seniorline/RestHomesHospitals/Interrai.htm)
- ❖ **Developed by the interRAI network of health researchers in over 30 countries, this tool is a comprehensive clinical assessment of medical, rehabilitation and support needs and abilities such as mobility and self-care.** [www.health.govt.nz](http://www.health.govt.nz) › ... › Other eHealth initiatives › Common clinical information

# COMMUNITY OPTIONS WAIVER ENROLLMENT PROCESS

## ► Registry



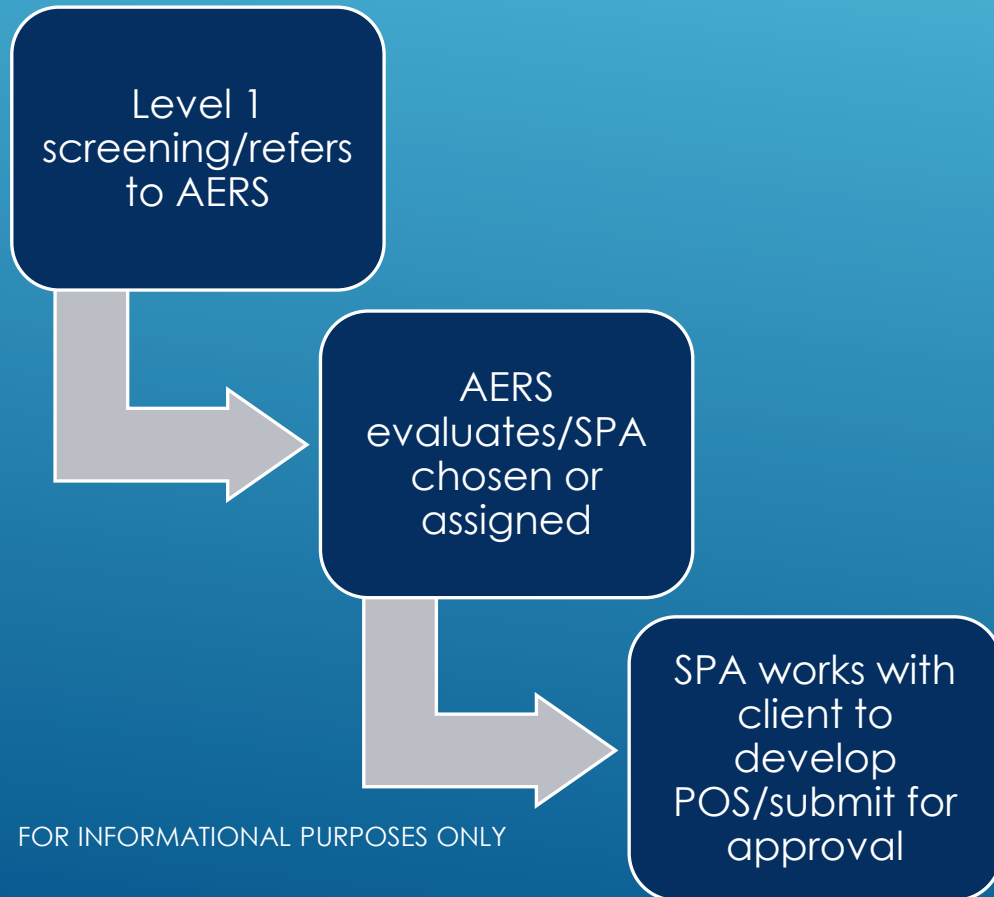
## ► Long Term Care



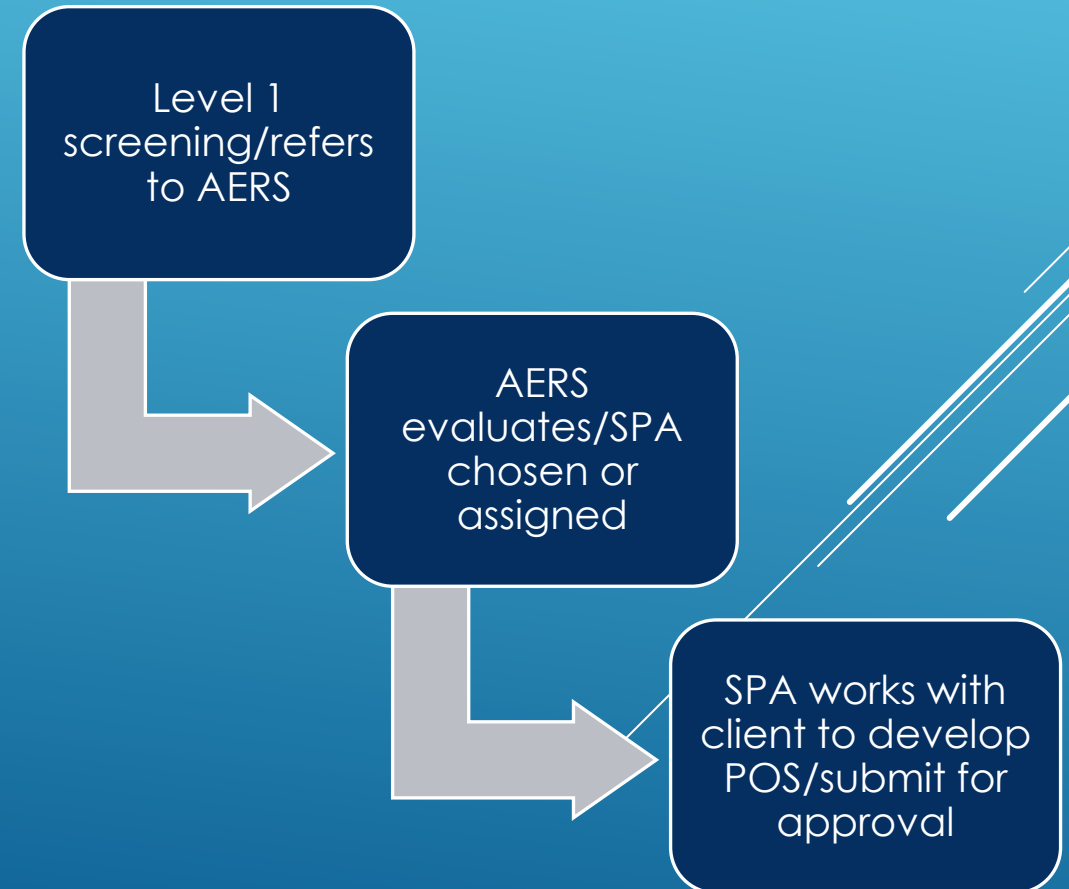
FOR INFORMATIONAL PURPOSES ONLY

# COMMUNITY FIRST CHOICE AND COMMUNITY PERSONAL ASSISTANCE SERVICE ENROLLMENT PROCESS

## Community First Choice



## Community Personal Assistance Service





# WHAT IS SUPPORTS PLANNING?

- ❖ **DHMH definition: “Assists participants and applicants in understanding their self-direction options, maximizing the participant’s choice and control, creating a person-centered plan of service (POS), goal setting, coordinating services based on their individual needs and choices.”**
- ❖ **Supports Planners (SPs) can be assigned to clients (up to 55 clients) in any of the service categories (CO, CFC or CPAS).**
- ❖ **Monthly contact (face to face visit every 90 days) with client to ensure implementation of the services on the POS, ensure Nurse Monitoring is being completed by LHD/AERS and review provider billing reports to ensure personal care hours are consistent with POS.**

# SUPPORTS PLANNING AGENCIES

- ❖ **Area Agencies on Aging in each jurisdiction**
- ❖ **Beatrice Loving Heart and Health**
- ❖ **MMARS (Medical Management and Rehabilitation Services)**
- ❖ **Service Coordination**
- ❖ **The Coordinating Center**

All have a signed solicitation with Maryland Department of Health (MDH) and provide fee for service case management to pending and enrolled clients.

Services	CPAS	CFC	CO
Personal Assistance Services	X	X	X
Supports Planning	X	X	X
Nurse Monitoring	X	X	X
Personal Emergency Response Systems		X	X
Transition Services		X	X
Consumer Training		X	X
Home Delivered Meals		X	X
Assistive Technology		X	X
Accessibility Adaptations		X	X
Environmental Assessments		X	X
Medical Adult Day Care			X
Nutritionist/Dietician			X
Family Training			X
Behavioral Consultation			X
Assisted Living			X
Senior Center Plus			X