

# HOME AND COMMUNITY BASED LONG TERM CARE SERVICES AND SUPPORTS

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

# HISTORY OF PROGRAM

- ❖ Waivers 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: The monthly income of an individual may not exceed 300% of SSI benefits and the countable assets may not exceed \$2,000
- ❖ Community First Choice and Community Personal Assistance Services: meet community Medicaid guidelines.

# NURSING FACILITY PROGRAM EDUCATION (NFPE) MONEY FOLLOWS THE PERSON (MFP)

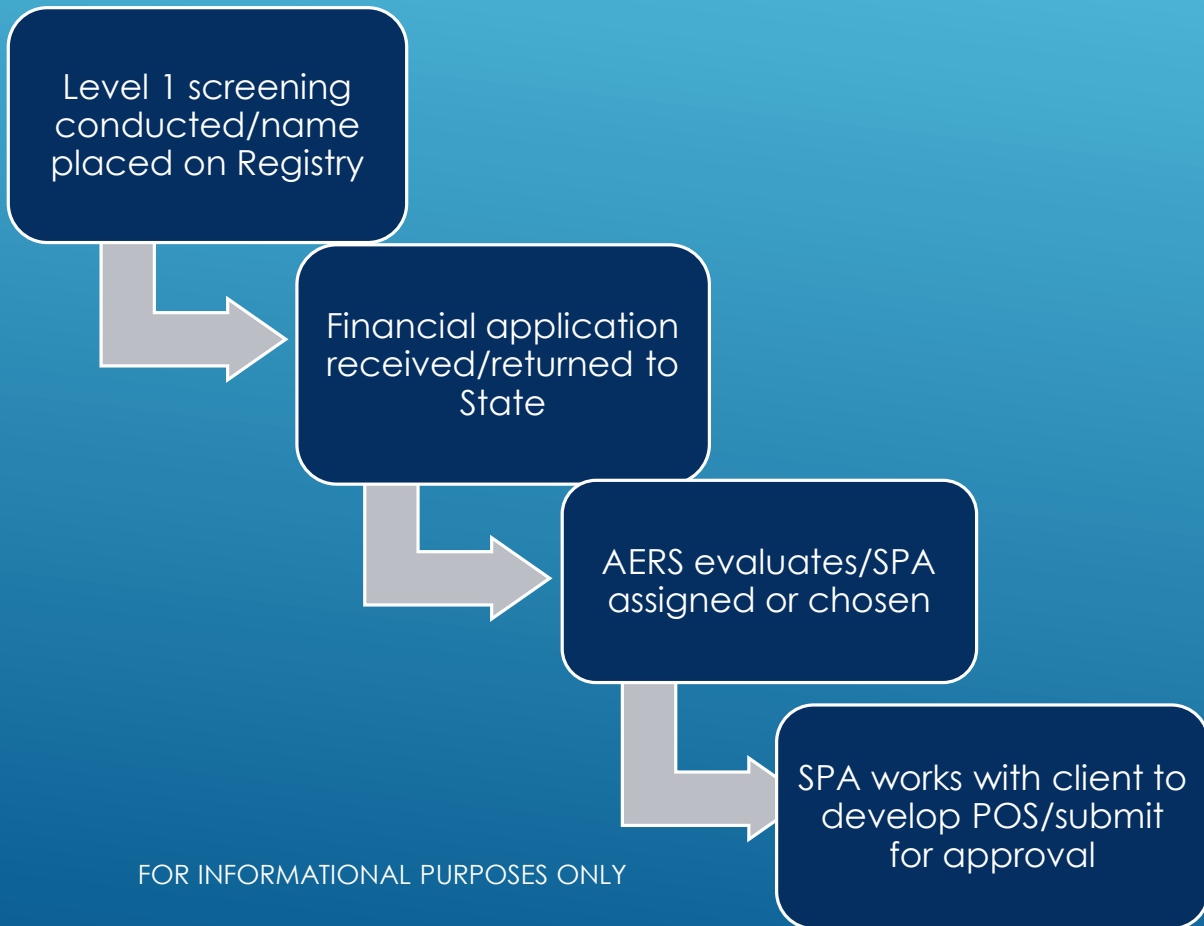
- ❖ Nursing Facility Program Education is an opportunity for residents of nursing facilities to find out what their options for long term services and supports are in the community and obtain assistance with filing a financial Waiver application with the State.
- ❖ Money Follows the Person (MFP): assists 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

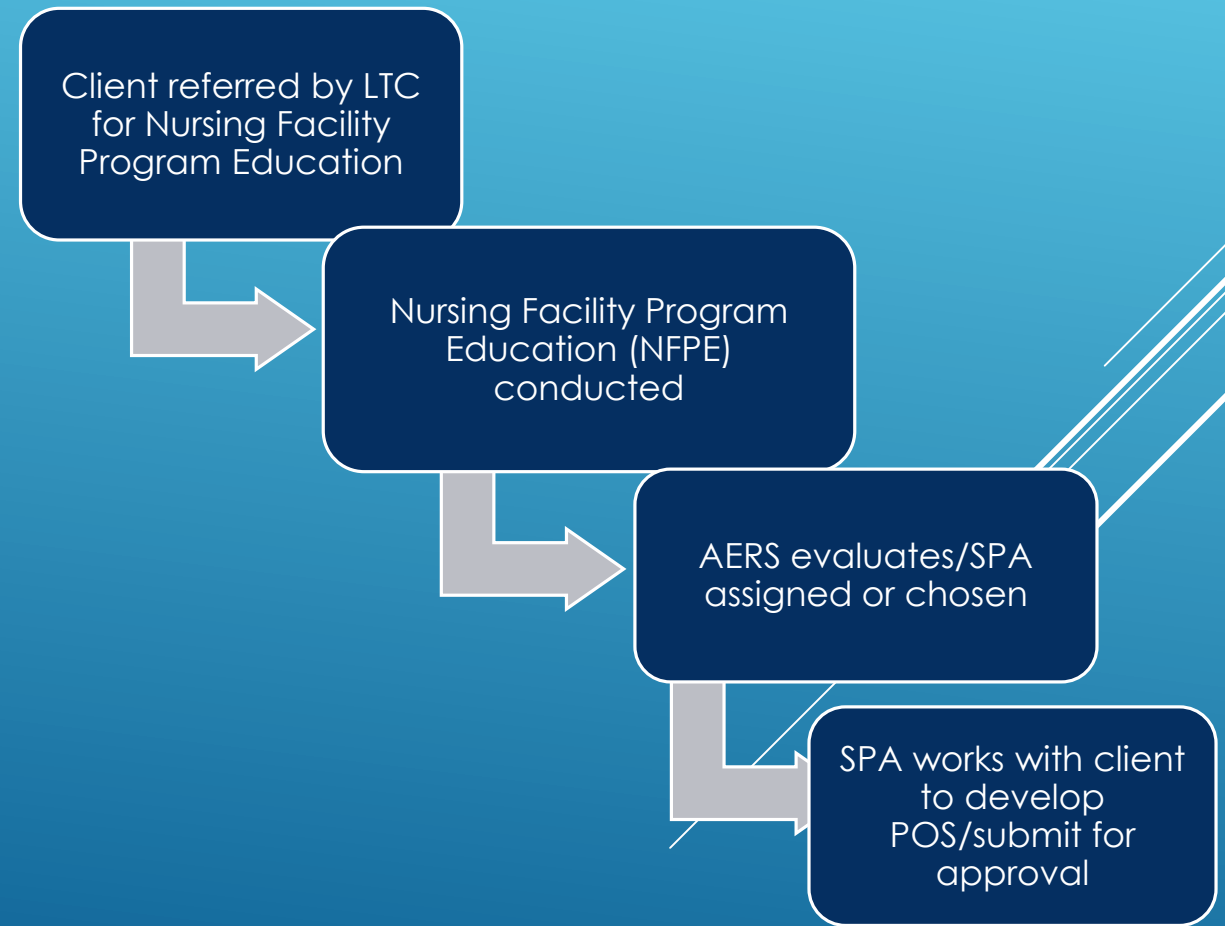
- ❖ International Resident **Assessment** Instrument (**InterRAI**) **InterRAI** is an electronic **assessment** tool used by health professionals working with older people. The **assessments** highlight any issues and help assessors match services more closely to needs. [www.adhb.govt.nz/seniorline/RestHomesHospitals/Interrai.htm](http://www.adhb.govt.nz/seniorline/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



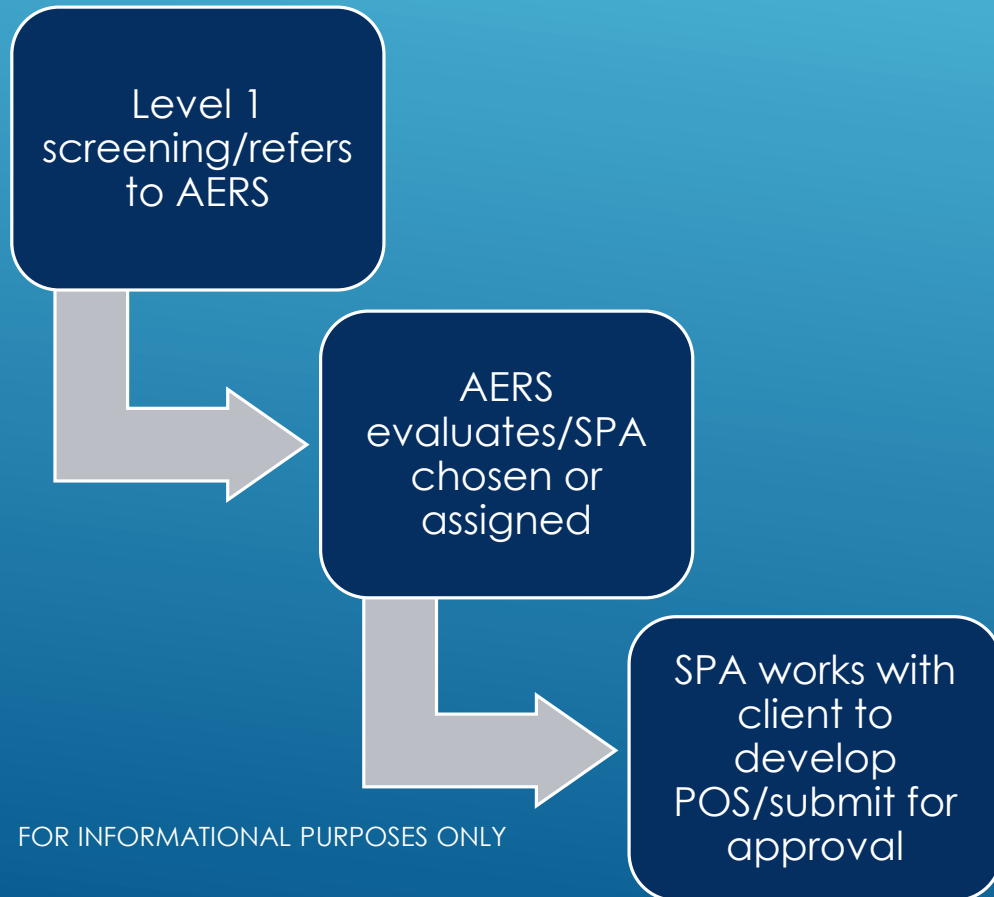
## ► Long Term Care



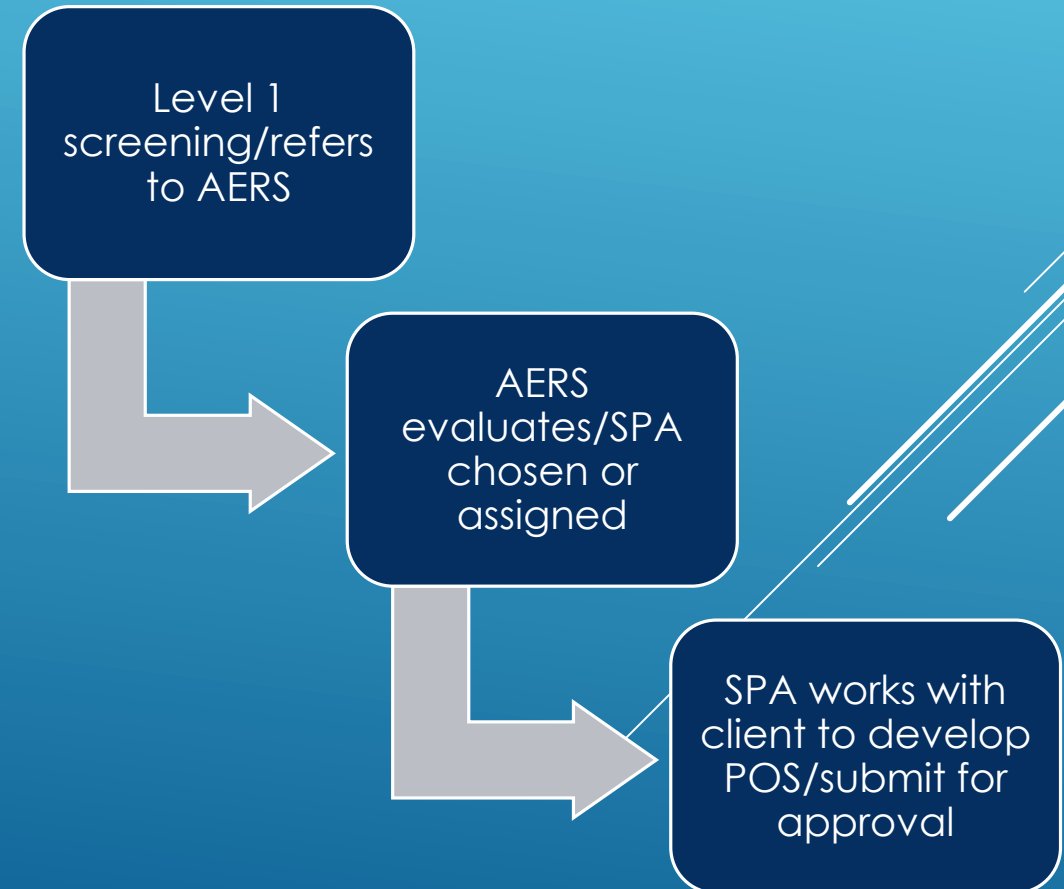
FOR INFORMATIONAL PURPOSES ONLY

# 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 Backup 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