



Long Term Services and Supports: Part 1

Health Home Care Coordinators and Allied Staff Training
July 13, 2017



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Today's Presenters

- Jacqueline Echols, M.Ed.
 - Home and Community Services
 - Community First Choice Program Manager
- Jamie Tong
 - Home and Community Services
 - Waiver Program Manager



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Training Objective

Introduce DSHS Home and Community Services programs for disabled and older adults



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Home and Community Services

Programs, services and benefits

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Waivers Comparison Chart

ALISA and DDA Service Comparison Chart
1915(c) Waivers vs. State Plan Programs
Effective July 1, 2015

	DDA 1915c Waivers					ALISA (HCS) Waivers		State Plan Programs		Grant		State Funds	
	BASIC PLUS	CORE	C.P.	CIIBS	IFS	COFES	RESIDENTIAL SUPPORT WVR	1915skoption CFC (DDA & HCS)	MPC (DDA & HCS)	Roads to Community Living (RCL) HCS	DDA	HCS Washington Roads	
Adult Day Care						X				X			
Adult Day Health						X				X			
Adult Family Home Specialized Behavior Support Service							X						
Assistive Technology				X	X			X		X	X	X	
Behavior Support & Consultation	X	X	X	X	X					X	X	X	
Behavioral Health Crisis Diversion Bed Services	X	X	X	X							X		
Behavioral Health Stabilization Services	X	X	X	X	X					X	X	X	
Caregiver Management Training*						X	X	X	X	X	X	X	
Client Support Training							X						
Client Support Training/Wellness Education						X							
Community Access	X	X									X		
Community Engagement					X								
Community Guide	X	X								X (CCG)	X	X (CCG)	
Community Transition			X					X		X	X	X	
Emergency Assistance	X											X (RENT ONLY)	
Enhanced Residential Services							X						
Environmental Modifications	X	X	X	X	X	X				X	X	X	
Home Delivered Meals						X				X			

Revised March 2016

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What Is a State Plan?

- Describes
 - ✓ Who is eligible
 - ✓ What is offered (amount, duration, scope)
 - ✓ What are the provider qualifications
 - ✓ How the state sets payment rates and makes payment



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Additional Information

- A State Plan

- ✓ Includes services required of every state
- ✓ Includes optional services offered by the state
- ✓ Must offer services statewide
- ✓ Cannot use capacity limits
- ✓ Contains the state's priority programs
 - Must be used before using waiver services

Medicaid.gov
Keeping America Healthy

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Community First Choice (CFC)

WAC 388-106- 0270 through 0295



Community First Choice

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Community First Choice (CFC) (cont.)

- 1915(k) State Plan Option program
- Priority Program
- Higher Medicaid match at 56%
- Community based care is cornerstone of program



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Who is Eligible for CFC?

A client who meets:

- Nursing Facility Level of Care (NFLOC)
- Categorically Needy (CN) or Alternative Benefit Plan (ABP) financial eligibility



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CFC Services

- Personal Care
- Skills Acquisition Training (SAT)
- Backup Systems
 - Personal Emergency Response Systems (PERS)
 - Relief Care
- Caregiver Management Training



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CFC Services (cont.)

- Assistive Technology (AT)
- Community Transition Services



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CFC Services (cont.)



Annual Limit:

- May be used for SAT and/or AT purchases
- For 2015-2016, it is \$550 per fiscal year
 - Fiscal year = July 1 through June 30
 - May not be carried over or saved up between years
 - New \$550 is not given at significant change or annual assessments, only every July 1
 - Is not pro-rated

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A Closer Look



CFC Monthly Services:

- Clients may allocate CARE* generated hours toward:
 - Personal Care,
 - Skills Acquisition or
 - Relief care
- They can change the allocation any time
 - The authorization will need to be updated when changes are made
 - A new Planned Action Notice is not required when changes are made

*Comprehensive Assessment Report and Evaluation assessment

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A Closer Look (cont.)

Skills Acquisition Training:

- Individual Providers, Agency Providers, and SL providers are limited and may only provide SAT for the following:
 - Cooking and preparing meals
 - Shopping
 - Housekeeping and laundry
 - Limited personal hygiene tasks:
 - Dressing, applying deodorant, applying make up, brushing teeth/dentures, shaving with an electric razor, brushing/styling hair, menses care
 - Washing hands, face, hair, bathing (except transfer)



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A Closer Look (cont.)

Skills Acquisition Training:

- Home Health Agencies
 - Any Activity of Daily Living
 - Any Independent Activity of Daily Living
 - Any health related task
- May not trade CARE hours, must use annual limit
- Charged to the annual limit at the provider's actual paid amount
- All other payer sources must be exhausted first



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A Closer Look (cont.)

Assistive Technology:

- Requires recommendation from a health care professional
- Technology items that increase independence or substitute for human assistance
 - Braille watch
 - Motion sensing equipment
 - PERS add-ons



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A Closer Look (cont.)

Assistive Technology:

- Covered Items List
- SES/AT Vendors List



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A Closer Look (cont.)



Community Transition Services :

- Roads to Community Living is always the priority program
- Client must be discharging from a nursing facility or a state hospital (i.e. ESH/WSH)
- Limit: \$850/discharge

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Medicaid Personal Care (MPC)

WAC 388-106- 0200 through 0235



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Who Is Eligible For MPC?

A client who:

- Does not meet NFLOC
- Has been determined functionally eligible per CARE
- Categorically Needy (CN) scope of care OR
- Alternative Benefit Plan (ABP) scope of care



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What Services Are Available In MPC?

- Personal Care is the primary service
- Nurse Delegation on an as needed basis
 - Nurse Delegation allows RNs to delegate certain tasks to certain types of paid caregivers under the instruction and supervision on an RN



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What Is a Waiver?

A federal program allowing states to *waive* state plan Medicaid rules in order to provide services outside an institutional setting:

- ✓ Income and Resources (financial eligibility)
- ✓ Comparability (targeting a specific population)
- ✓ Statewideness (targeting a specific geographic area)

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Community Options Program Entry System (COPES)

WAC 388-106- 0300 through 0335



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Who Is Eligible For COPES Services?

A client who:

- Is age 18 or older & blind or has a disability; or
- Is age 65 or older;
- Meets Nursing Facility Level Of Care as determined by CARE;
- Has needs that exceed the scope of CFC and MPC; and
- Is financially eligible.



Functional and financial eligibility is completed concurrently to ensure timely access to services!

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What Services Are Available?

- Home Delivered Meals
- Skilled Nursing
- Transportation
- Client Support Training/Wellness Education
- Environmental Modifications
- Specialized Medical Equipment
- Adult Day Care & Adult Day Health



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Where Can Services Be Received?

- Own home
- Adult Family Home - AFH
- Adult Residential Center - ARC
- Enhanced Adult Residential Center - EARC
- Assisted Living – AL



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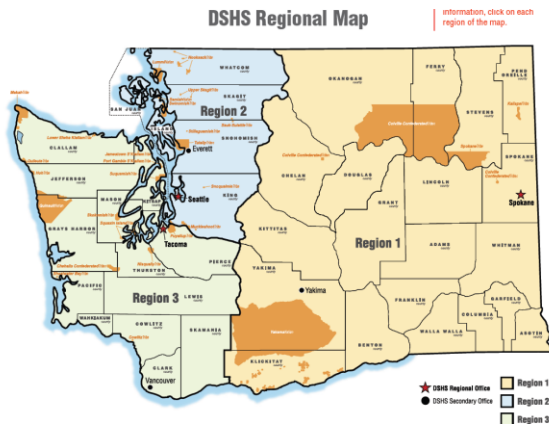
What Services Are Not Allowed?

- Child Care
- Services provided over the phone
- Services to other household members
- Community living skill development
- Skilled Nursing Care
- Pet Care
- Managing Finances
- Respite
- Yard Care



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Contact Information



Region 1 (Spokane)
509-329-2900

Region 2 (Seattle)
206-568-5700

Region 3 (Tacoma)
253-404-5500

For complete contact information, please see:
<https://www.dshs.wa.gov/DDA/dda/find-an-office#>

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Who to Contact to Find Local Services

Washington State Department of Social and Health Services

How may we help you?

Aging and Long-Term Support Administration

About AL TSA | Frequently Asked Questions | Find Local Services, Information and Resources | ProviderOne

Home > AL TSA > Long-Term Care Services & Information > Find Local Services, Information, and Resources > Who to Contact to Find Local Services

AL TSA

Long-Term Care Services & Information

- Find Local Services, Information, and Resources
- Long-Term Care Housing Options
 - In-Home Care for Adults
 - Kinship Care
 - Caregiver Resources
 - Adult Abuse and Prevention
- Long-Term Care Professionals & Providers
 - Office of the Deaf and Hard of Hearing
- Stakeholders
- Contact Information
- About AL TSA
- Report Adult Abuse
- Register to Vote

Who to Contact to Find Local Services

The types of care (services and programs) available for an adult is different in each community. Who to contact to know what services and programs are available locally depends on where the person who needs the care lives, how old he/she is, and whether or not state funding is needed to help pay for care.

For people 60 and Older

Senior Information and Assistance (I & A) is a free information and referral service for adults 60 and over and for family and friends helping care for the older adult.

Find your local I & A office. Learn more about what your local I & A office can do for you.

For People Under 60

If the person is between the ages of 18 and 59, contact your local Home & Community Service Office (HCS) for assistance. Learn more about what your local HCS office can do for you.

For Adults Who Need Medicaid or Other State Funding

If you think state funding (Medicaid) may be needed to help pay for services, contact your local Home and Community Services (HCS) office.

For People Living with a Developmental Disability

If the person needing care is an adult living with a developmental disability, see the Division of Developmental Disabilities Local Offices (DDO) for the phone number and location of the nearest local office or DDO Services for a list of services that may be available.

The types of services that help an adult remain at home.

Finding other places to live and get care if the adult can no longer live at home.

Ways to stay independent as long as possible.

<https://www.dshs.wa.gov/altsa/home-and-community-services/who-contact-find-local-services>

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Assessing for Functional Eligibility

Katz ADL:

- Bathing
- Dressing
- Toileting
- Transferring
- Continence
- Feeding

Katz Index of Independence in Activities of Daily Living

ACTIVITIES (POINTS 1 OR 0)	INDEPENDENCE: (1 POINT) NO supervision, direction or personal assistance	DEPENDENCE: (0 POINTS) WITH supervision, direction, personal assistance or both
BATHING POINTS: _____	(1 POINT) Bathes self completely or needs help in bathing only a single part of the body such as the back, genital area or disabled extremity.	(0 POINTS) Needs help with bathing more than one part of the body, continues to bathe or the tub or shower requires total bathing.
DRESSING POINTS: _____	(1 POINT) Gets clothes from closet and dresses and puts on clothes and/or gowns to complete with. Needs help only with tying shoes.	(0 POINTS) Needs help with dressing self or needs to be completely dressed.
TOILETING POINTS: _____	(1 POINT) Goes to toilet, gets on and off, manages toilet, cleans genital area without help.	(0 POINTS) Needs help transferring to the toilet, cleaning self or gets help on or commode.
TRANSFERRING POINTS: _____	(1 POINT) Moves in and out of bed or chair unaided. Mechanical wheelchair, walker are acceptable.	(0 POINTS) Needs help in moving from bed to chair or requires a complete transfer.
CONTINENCE POINTS: _____	(1 POINT) Exercises completely self without chair, catheter and collection.	(0 POINTS) Incontinent or fully incontinent or needs or bladder.
FEEDING POINTS: _____	(1 POINT) Gets food from plate with mouth without help. Preparation of food may be done by another person.	(0 POINTS) Needs partial or total help with feeding or requires parental feeding.

TOTAL POINTS = _____ 0 = High (partial independence) 1 = Low (partial very dependent)

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July is Adult Abuse Awareness Month

- In 2016 Adult Protective Services completed 35,000 referrals
 - Top four types: financial exploitation, self-neglect, mental abuse, and neglect
- Link to Tips for Preventing Abuse:
 - <https://www.dshs.wa.gov/altsa/home-and-community-services/preventing-abuse>
- Link to PowerPoint for the webinar on Mandatory Reporting:
 - <https://www.dshs.wa.gov/altsa/home-and-community-services/washington-health-home-program-going-training>

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July is Adult Abuse Awareness Month (cont.)

• 6 Tips on what you can do to help prevent abuse of a vulnerable adult

- Keep a watchful eye out for family, friends, and neighbors who may be vulnerable.
- Understand that abuse can happen to anyone and know [what to look for](#).
- Speak up if you have concerns. Trust your instincts!
- Find ways to limit the person's isolation if that is an issue. Discuss options with him/her or encourage him/her to contact someone who can.
- [Report](#) any suspicions you have of abuse.
- Spread the word. Share what you've learned.

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Certificate of Completion

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presented by Jacquiene Echols and Jamie Tong
Department of Social and Health Services – Aging and Long Term Support Administration
Lacey, Washington

*Webinar aired on: July 13, 2017 in Lacey, Washington
for Health Home Care Coordinators and Allied Staff*

Training Credit of 1 Hour

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Your Signature

Date

Supervisor's Signature

Date



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Post Webinar Discussion

1. Do you have clients on your caseload who receive Long Term Services and Supports (LTSS) either through DDA or HCS?
2. Have you held care conferences with case managers, social workers, case resource managers or nurses from DSHS or your local Area On Aging?
3. Have any clients reported receiving their individualized Wellness Education newsletter?
4. Have you considered reviewing the newsletter to provide health promotion and education, one of the six Health Home services?
5. Do you have any clients who are taking advantage of some of the additional CFC benefits such as the Skills Acquisition Training?

