CFC Service Options

Community First Choice

About CFC services

The services listed are the services offered under Community First Choice (CFC) for eligible clients. There are limits on how much of each service you may choose. There are many people, options, and resources available to help as you consider your options.

Personal Care and Relief Care

Personal care services provide assistance with everyday tasks like bathing, dressing, or managing your medication. If you qualify, you choose a qualified provider and where you would like to receive your care. Depending on your income, DSHS will pay for all or part of these services. DSHS also pays for basic caregiver training for all qualified caregivers.

Here are the options for where you can receive personal care services:

- ✓ Your home
- ✓ An Adult Family Home
- ✓ An Assisted Living Facility

How to manage a caregiver and be an employer

Your caregiver is an important part of your care team. If you live at home or are thinking about moving to your own home, you will need to manage your caregiver's daily routine. Training tools are available that explain how to select, manage, and dismiss caregivers.

These materials are available to any client that requests this information. Ask your case manager if you would like a booklet, video training on DVD, or a link to the video training on the DSHS website.

Relief Care

When you live in your own home, relief care pays a backup caregiver to provide short-term relief for your caregiver. A relief caregiver can be used to give your regular caregiver a break, or to step in if your regular caregiver is sick or is not available. You determine how many of your authorized hours will be used for the relief care provider.

Skills Acquisition Training

Skills Acquisition Training provides training if you want to complete a task more independently. You may want to learn how to prepare a meal or do your laundry. Training on daily tasks is available in your home, or in the location where the task occurs.

Assistive Technology

Assistive technology items can help you complete tasks without the help of another person or help you to be more independent with daily tasks.

To get assistive technology, you should contact your physician and ask for a referral for an evaluation by a therapist. The therapist will recommend the right technology for you and help you learn how to use it once you get it.

Personal Emergency Response System (PERS)

A PERS is an electronic device connected to your phone which allows you to get help in an emergency. When activated, staff at a response center will follow the directions you have provided to call for help.

Assistive technology services are available if you qualify to have your PERS equipped with fall detection, a GPS locator, or a medication management system.

Not everyone is eligible to receive a PERS. Your case manager will help you determine if you qualify for these systems.

Community Transition Services

Community Transition Services can help you move from a Nursing Facility or State Institution into the community. You may choose to move to your own home, or to an adult family home or assisted living facility.

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