Community First Choice

Community First Choice Service Options

About CFC Services

The services listed here are offered through the Community First Choice (CFC) Program for eligible clients.

Personal Care

Personal care services provide assistance with everyday tasks like bathing, dressing, or managing your medication. If your are eligible, you choose a qualified caregiver. DSHS pays 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. Training is available that explains how to select, 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 determine 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, styling hair
- Application of make-up
- Shaving with an electric razor
- Brushing teeth or care of dentures
- Menses care

Assistive Technology

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

To get assistive technology, you may need a professional recommendation on what item is best for you to increase your independence. 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 (PERS)

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

In addition, add on services are available to have your PERS equipped with fall detection, a GPS locator, 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.

Washington State Department of Social & Health Services

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