



Community First Choice

Overview

Community First Choice is DSHS Developmental Disabilities Administration's state plan that supports individuals to remain living in the community. Services are provided to children or adults in their own home, an adult family home or an assisted living facility.

Services

- **Personal Care** Assistance with everyday tasks like bathing, dressing or managing medication.
- **Relief Care** Can be used if the regular caregiver is unavailable.
- **Skills Acquisition** Training to become more independent with daily personal care tasks.
- **Assistive Technology** Devices that can help to complete personal care tasks more independently.
- **Personal Emergency Response System** An electronic device connected to a phone that calls for help in an emergency.
- **Caregiver Management Training** Learn to help hire, manage and dismiss caregivers.
- **Community Transition Services** Help with moves from a qualified institutional setting to the community.
- **Nurse Delegation** Training and nursing oversight for caregivers to perform certain tasks in the home.

Eligibility

Individuals who:

- Are clients of DDA or, if under 18, have a qualifying functional disability.
- Qualify for under Apple Health or other alternative benefit plan.
- Have unmet personal care needs due to functional limitations of a disability.
- Meet institutional level of care.
- Agree to accept home and community-based services rather than institutional services.
- Live in their own home, an assisted living facility or an adult family home



Authority

Community First Choice is a Medicaid entitlement state plan option established by the Affordable Care Act, under 1915(k) of the Social Security Act. It is administered by the Washington State Department of Social and Health Services.

[RCW 74.39A.400](#), personal care services – Community First Choice option

[Chapter 388-106 WAC](#), long-term care services



Budget

Approximately 16,500 DDA enrolled individuals receive support through the Community First Choice program. These expenses cross multiple budget units and we do not currently track at this level.

Rates

CFC services are delivered by many different contracted service providers whose rates are dependent upon the service offered.

Partners

- Individuals receiving services.
- Families of program participants.
- DSHS' Aging and Long-Term Support Administration.
- Department of Children, Youth and Families.
- The Arc of Washington.
- DD Ombuds.
- Disability Rights Washington.
- Washington State Developmental Disabilities Council.
- Health Care Authority.
- Informing Families.



Oversight

External

- AL TSA Residential Care Services Division.
- Centers for Medicare and Medicaid Services.
- State Auditor's Office.
- Washington State Department of Health.

Internal

- DDA Office of Quality Programs and Services.
- DDA Office of Compliance, Monitoring and Training.
- DDA Statewide Investigation Unit.

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