



The Arc
of San Antonio

Serving People with Intellectual and Developmental Disabilities

Planning for the Future Series

Long-term Services & Supports

Presented by Tony Ritter

What is a Medicaid Waiver Program?

- A Medicaid waiver allows the state to be more flexible in how it spends money to provide long-term services to some people with disabilities or elderly persons eligible for Medicaid.
- In the past, people had to be in nursing homes or other large institutions for Medicaid to pay for long-term services (LTSS).
- Waivers override certain rules for how that funding can be used. Waivers “waive” (some rules do not apply) certain requirements for Medicaid. If someone meets the eligibility requirements, individuals can get the services they need in their own homes or other community settings, instead of nursing homes.
- There are different rules, qualifications, and funding amounts for each of the different waivers.
- Also called Long Term Services and Supports (LTSS)
- Most Medicaid Waivers do not look at parental income or resources for any person

What do I need to know about Medicaid Waiver Programs?

- **Medicaid Waivers** have extensive interest lists (some up to 12+ years).
- An individual does not have to have Medicaid to be placed on a **Medicaid Waiver** interest list.
- Place your child on all interest lists that they qualify for. A person can be on several different interests lists at one time.
- Keep all correspondence mailed to you.
- Contact the interest lists annually to verify status.
- Notify the Programs of any changes in address or telephone number.
- Note about HIPP- Health Insurance Premium Payment

Community First Choice (CFC)

- To be eligible for CFC, an individual must:
 - Be a child or an adult who is eligible for Medicaid.
 - Meet an institutional level of care, including:
 - hospital,
 - a nursing facility,
 - an intermediate care facility for individuals with an intellectual or developmental disability,
 - an institution providing psychiatric services for individuals under age 21, or
 - an institution for mental diseases for individuals age 65 or over.
 - Need help with activities and instrumental activities of daily living, such as dressing, bathing and eating.
- There is not an interest list for CFC. CFC is a Medicaid State Plan entitlement service and must be provided to those individuals that meet the eligibility criteria. Individuals receiving services through the Department of Health and Human Services (HHS) Intellectual and Developmental Disabilities (IDD) waivers who have an identified need for CFC will receive these entitlement services through their current IDD waiver provider.

Community First Choice (CFC) cont.

- For individuals in STAR+PLUS who meet medical necessity, the MCO will be responsible for assessing and authorizing CFC services. Individuals with IDD will be assessed by the Local Intellectual and Developmental Disability Authority (LIDDA).
- Service explanations:
 - Personal Assistance Services (PAS) and Primary Home Care (PHC) provide hands on assistance with activities of daily living and instrumental activities of daily living. CFC includes personal assistance services, but adds habilitation, which is assistance with skills necessary for the individual to perform Activities of daily living (ADLs) and Instrumental activities of daily living (IADLs). In addition, individuals receiving CFC must meet institutional level of care requirements. Individuals in PHC and many receiving PAS do not have needs, which meet an institutional level of care. Emergency Response Systems are also an available service.

Medicaid Waiver Programs in Texas

- Community Living Assistance and Support Services (CLASS)
 - Home and Community-Based Services (HCS)/Texas Home Living Waiver*
 - Medically Dependent Children's Program (MDCP)
 - Deaf Blind Multiple Disabilities (DBMD)
 - Youth Empowerment Services (YES)
 - Star Plus Waiver*
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- Note regarding Community First Choice (CFC)
 - *An individual must already HAVE Medicaid to be considered for the Texas Home Living Waiver, Star Plus Waiver, and CFC

Community Living Assistance and Support Services (CLASS)

- The Community Living Assistance and Support Services (CLASS) program provides home and community-based services to people with related conditions as a cost-effective alternative to an intermediate care facility for individuals with an intellectual disability or related conditions (ICF/IID). A related condition is a disability, other than an intellectual disability, that originated before age 22 that affects the ability to function in daily life.
- You can be of any age.
- You must meet qualifications for a “disability” through Medicaid.
- You must meet level of care criteria for placement in an ICF/IID.
- You must need habilitation and case management services.
- You must live in your own or your family's home.
- Your income and resources may not exceed specified limits.
- You cannot be enrolled in another waiver program.
- Services available include Residential Habilitation, Pre-vocational, Dental, Adaptive Aids, Minor Home Modifications, Specialized Therapies, Respite, etc.

Home and Community-based Services (HCS)/Texas Home Living Waiver (TxHmL)

- The Home and Community-based Services (HCS) program provides individualized services and supports to people with intellectual disabilities who are living with their families, in their own homes or in other community settings, such as small group homes where no more than four people live. The local authority provides service coordination.
- You can be any age.
- You must qualify for care in an intermediate care facility for individuals with an intellectual disability or related conditions (ICF/IID).
- You must have a determination of an intellectual disability in accordance with state law or have a diagnosis of a related condition with an IQ of 75 or below.
- You cannot be enrolled in another waiver program.
- Your income and resources may not exceed specified limits.
- Services available include Residential Options, Dental, AA, MHM, Day Habilitation, Behavior Support, etc.

Medically Dependent Children's Program (MDCP)

- The Medically Dependent Children Program (MDCP) provides services to support families caring for children who are medically dependent and encourages the transition of children in nursing homes back to the community.
- Services are managed through an MCO (Managed Care Organization)
- You must be under 21. If under 18, you must live with an adult family member (such as a parent, guardian or sibling) or with a foster family that includes no more than four children unrelated to you.
- You must be a U.S. citizen or an alien with approved status who lives in Texas.
- You must meet Medicaid eligibility guidelines including:
 - be a low-income family with children, as provided in §1931 of the Social Security Act;
 - be receiving Supplemental Security Income;
 - be eligible for Medical Assistance Only; or
 - meet eligibility for all other mandatory and optional Temporary Assistance for Needy Families criteria in the Texas Medicaid State Plan.

Medically Dependent Children's Program (MDCP) cont.

- You must meet the medical necessity determination for nursing home care.
- You cannot be enrolled in another waiver program.
- Services available include Family Support Services, AA, MHM, Respite, etc.

Deaf Blind Multiple Disabilities (DBMD)

- The Deaf Blind with Multiple Disabilities (DBMD) program provides home and community-based services to people who are deaf blind and have another disability. This is a cost-effective alternative to an intermediate care facility for individuals with an intellectual disability or related conditions (ICF/IID). The DBMD program focuses on increasing opportunities for consumers to communicate and interact with their environment.
- You must have a diagnosis of deaf blindness (or a related condition that will result in deaf blindness) as well as another disability resulting in a demonstrated need for one or more service on a monthly basis.
- Your related condition must have manifested before age 22.
- You must meet level of care criteria for placement in an ICF/IID.
- Your income and resources may not exceed specified limits.
- You **cannot** be enrolled in another waiver program.
- Services available include Residential Habilitation, Assisted Living, Chore Provider, AA, MHM, etc.

Youth Empowerment Services (YES)

- The Health and Human Services Commission (HHSC) and the Department of State Health Services (DSHS) developed the Youth Empowerment Services (YES) Waiver, which provides comprehensive home and community-based mental health services to youth between the ages of 3 and 18, up to a youth's 19th birthday, who have a serious emotional disturbance.
- The YES Waiver not only provides flexible supports and specialized services to children and youth at risk of institutionalization and/or out-of-home placement due to their serious emotional disturbance, but also strives to provide hope to families by offering services aimed at keeping children and youth in their homes and communities.
- YES is a “short” term program
- Bexar County- 210-261-1135

Star Plus Waiver (HCBS Star+ Waiver)

- Candidates must have a need for care services typically provided in nursing homes. Aged Texas residents must meet the income and assets levels for Texas Medicaid.
- Services are provided through an MCO
- For individuals over 21 years
- Coordinated transition between MDCP and HCBS at age 21
- Services available include Residential Options, Nursing, Dental, AA, MHM, etc.

Questions?

- If you would like to speak with an Arc Case Manager, please complete a “Referral to Intake” Form. Ask any Arc Staff for one of these forms.

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