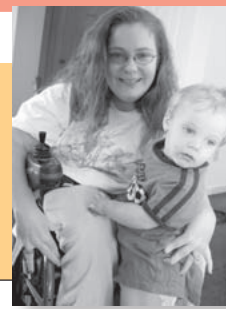


IndependentChoices

“I like to be able to arrange for my own care.”



About IndependentChoices

IndependentChoices provides a *direct cash allowance for you to arrange and pay for your own care*, while you live at home or with family. With this allowance, you may hire friends, relatives or other caregivers to help you with your daily personal care. It's *your* decision.

The cash allowance may also be used to purchase goods and services that you need.

IndependentChoices provides the following services

Because you are responsible for arranging your own care in **IndependentChoices**, you choose:

- ✓ Your caregiver
- ✓ When your caregiver works
- ✓ What your caregiver does for you
- ✓ How your caregiver takes care of your needs
- ✓ Any other items that support your care and independence

Call toll-free for more information: 1-866-801-3435

Eligibility

- ▶ To be eligible for **IndependentChoices** you must:
- ▶ Currently receive, or be eligible for, Arkansas Medicaid benefits
- ▶ Be age 18 or older
- ▶ Need personal assistant services
- ▶ Be interested in directing your own care

“I can live at home with my family providing the care that I need.”



Call toll-free for more information: 1-866-801-3435



Personal Care

“What if I need just a little help?”

About Personal Care

With **Personal Care**, help from trained caregivers is *arranged for you*, so that you can stay healthy and live comfortably on your own or with family.

Personal Care provides the following services:

Personal Care offers hands-on, personal assistance in your home. Services and supports include medical care, as well as help with daily activities such as:

- ✓ Bathing
- ✓ Dressing
- ✓ Eating
- ✓ Preparing meals
- ✓ And, much more

Eligibility

Anyone, regardless of age, may be eligible for **Personal Care**, but he or she *must*:

- ▶ Currently receive, or be eligible for, Arkansas Medicaid benefits
- ▶ Have a medical need for the types of personal care listed above

Call toll-free for more information: 1-866-801-3435

Other Services

“Who can I ask about this?”



About Targeted Case Management

In **Targeted Case Management**, you receive assistance in getting the care that you need. Knowledgeable case managers help you find and get the services that best meet your individual needs, so that you remain independent at home or live with family.

What Targeted Case Managers can do for you

Targeted Case Managers will:

- ✓ Meet with you to identify your personal needs
- ✓ Stay in contact with you in case your health needs change
- ✓ Make the appropriate contacts to arrange for the services that you need
- ✓ Monitor the services that you are receiving to make sure that your needs are being met

About Durable Medical Equipment and Supplies

With **Durable Medical Equipment (DME)/Medical Supplies**, you are provided with medical supplies or other equipment to meet your needs so that you can stay healthy, independent and out of a nursing home.

Call toll-free for more information: 1-866-801-3435

Options Counseling

About Options Counseling

Options Counseling is administered by the Arkansas Department of Human Services, Division of Aging and Adult Services, to help individuals stay independent and still get the assistance that they need.

Options Counseling is a *free service*. However, the programs available through **Options Counseling** are paid for by the Arkansas Medicaid program.

About Medicaid

Medicaid is a joint, federal/state program that is designed to pay for long-term care for older Americans with lower incomes and higher health-care expenses.

To qualify for **Medicaid**, you must meet specific income and asset limits.



“How much is all this going to cost me ?”

Call toll-free for more information: 1-866-801-3435

More about the Choices in Living programs

If you feel that one of these programs might benefit you, please contact the **Choices in Living Resource Center** at **1-866-801-3435**.

You will be asked to provide information regarding your needs, medical history, finances and other information. This information is necessary so that the Department of Human Services representative can guide you to the program that is best suited to you. Rest assured, the information that you provide will be kept strictly confidential.

Some questions that you will be asked include:

- ▶ What is your income?
- ▶ What are your total assets?
- ▶ Do you own your own house or rent?

So, please have this information available when you call.

Depending on your specific circumstances, the DHS representative will explain how to apply for a program, or refer you to a nurse or other office to obtain more detailed information.

“I need to talk to someone about my options. Who do I call ?”



Call toll-free for more information: 1-866-801-3435

The Objectives of the Choices in Living Programs

- ▶ The first objective of the Department of Human Services – Division of Aging and Adult Services is to provide you with information about available programs — information that you can use to make a smart decision regarding your care.
- ▶ We want you to stay healthy and *independent* as long as possible.
- ▶ We want you to know that you have *many good, and less expensive*, options that are alternatives to a nursing home.
- ▶ So, make your own choice about your future care. Call the **Choices in Living Resource Center** at **1-866-801-3435** today.

The Definition of Nursing Home Intermediate Level of Care

To qualify for Medicaid long-term care, you must meet **AT LEAST ONE** of the following three criteria (definitions of these terms begin on the next page):

- ▶ 1. You require **extensive assistance from, or total dependence upon, another person** *in at least one* of the following Activities of Daily Living:

- Transferring / locomotion
- Eating (this doesn't include meal preparation)
- Toileting

Or...

You require **limited assistance from another person** *in at least two* of the following Activities of Daily Living:

- Transferring / locomotion
- Eating
- Toileting

- ▶ 2. You have a **primary or secondary diagnosis of Alzheimer's disease or related dementia**, and you are **cognitively impaired** so as to require **substantial supervision from another person** because you engage in **inappropriate behavior that poses serious health or safety hazards to yourself or to others**;
- ▶ 3. You have a **diagnosed medical condition that requires monitoring or assistance at least once a day by a licensed medical professional**, and your condition, if left untreated, would be **life-threatening**.

Call toll-free for more information: 1-866-801-3435

Important Definitions

Eating

Means the intake of nourishment and fluids, *excluding* tube feeding and total *parenteral* (outside the intestines) nutrition. This definition does not include meal preparation.

Extensive Assistance

Means that you would not be able to perform or complete the Activity of Daily Living without another person to aid you in doing so by providing weight-bearing assistance.

Limited Assistance

Means that you would not be able to perform or complete the Activity of Daily Living three or more times per week without another person to aid you in performing the complete task by guiding or maneuvering your limbs or by other non-weight-bearing assistance.

Locomotion

Means the act of moving from one location to another, regardless of whether the movement is accomplished with aids or devices.

Substantial Supervision

Means the prompting, reminding or guidance of another person to perform a task.

Toileting

Means the act of emptying your bowels or bladder, and includes *the use of* a toilet, commode, bedpan or urinal, *transfers on and off* a toilet, commode, bedpan or urinal, *cleaning* yourself afterward, *changing* incontinence pads

Call toll-free for more information: 1-866-801-3435

Toileting *(continued)*

or diapers, managing ostomy or catheters, and adjustment of your clothing afterward.

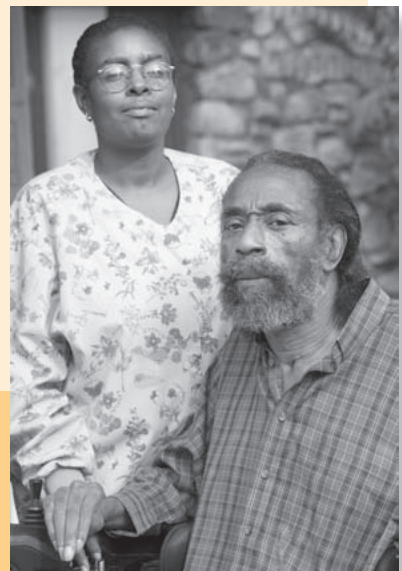
Total Dependence

Means you need another person to completely and totally perform Activity of Daily Living tasks for you.

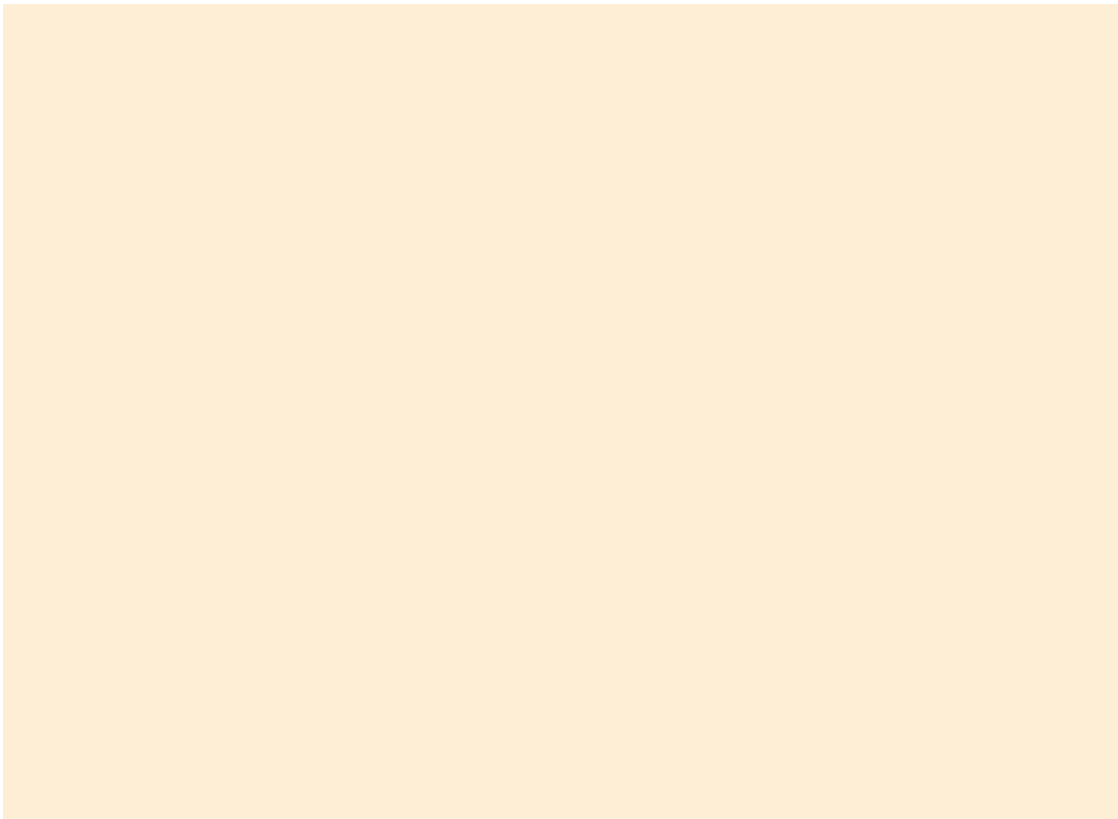
Transferring

Means when you move from one place to another, and includes getting up and moving from a chair, bed, wheelchair, walker or other locomotion device.

“It’s so much better to get the care you need from someone who loves you.”



SSI Annual Income Requirements



Call toll-free for more information: 1-866-801-3435

CHOICES *in Living*

RESOURCE CENTER

Call toll-free: 1-866-801-3435

8 a.m. to 4:30 p.m.

Monday through Friday



**ARKANSAS
DEPARTMENT OF
HUMAN
SERVICES**

Division of Aging and Adult Services