

## Long Term Services and Supports

10/2020

Please consider the service options listed below when deciding which long-term care services are most appropriate for you or someone you are caring for. Because some programs can serve only a limited number of clients, not all programs are available in all areas of the state. For more information, contact HHSC by dialing 2-1-1.

**Adult Foster Care (AFC)** — Services such as assistance with personal care, activities of daily living and transportation provided in a 24-hour living arrangement with supervision for persons unable to independently function in their own homes.

**Community Attendant Services (CAS)** — Provides non-skilled, non-technical in-home attendant services to eligible individuals who have a medical condition resulting in a functional limitation in performing activities of daily living and whose income makes them ineligible for Primary Home Care (PHC)

**Consumer Managed Personal Attendant Services (CMPAS)** — Personal assistance services provided to persons with physical disabilities who can supervise their attendants or delegate the supervision. Services are available in Lubbock, Dallas, Nacogdoches, Harris, Travis, Bexar and El Paso county areas and all of the lower 19 counties of south Texas.

**Day Activity and Health Services (DAHS)** — Structured program services designed to meet the needs of an adult by providing health, social and related services in a DAHS facility.

**Emergency Response Services (ERS)** — An electronic monitoring system for emergency assistance available for adults with functional impairments who spend significant time, at least 8 hours daily, alone or live with an incapacitated individual who could not call for help or otherwise assist in an emergency.

**Family Care Services (FCS)** — Non-skilled, non-technical attendant care services, such as home management or personal care services, available to individuals with functional limitations to assist with activities of daily living.

**Home Delivered Meals (HDM)** — Delivery of a nutritious meal to a person's home to ensure at least one healthy meal per day.

**Hospice Services** — A program of palliative care consisting of medical, social and support services provided to individuals with a terminal illness and a physician's prognosis of six months or less to live. *Additional information can be obtained by calling 512-438-3519.*

**Medically Dependent Children Program (MDCP)** — Home and community-based services and supports to families caring for a medically dependent child in their home who is less than 21 years of age. These services may include adaptive aids, flexible family support services (such as those that support independent living, participation in child care and participation in post-secondary education), minor home modifications, respite, employment assistance, supported employment and transition assistance services. The MDCP is administered through the STAR Kids Managed Care Program.

**Primary Home Care (PHC)** — Provides non-skilled, personal care services for people with Medicaid whose chronic health problems impair their ability to perform activities of daily living.

**Program of All-Inclusive Care for the Elderly (PACE)** — Provides comprehensive community-based services and supports, including preventative, acute care and long-term services and supports. Services include adult day care services, inpatient and outpatient medical care, specialty services (e.g., dentistry, podiatry, physical therapy and occupational therapy), social services, in-home care, meals and transportation for individuals age 55 or older as an alternative to nursing facility care. These services are currently available in the Amarillo, Lubbock and El Paso areas. *Additional information about PACE can be obtained by calling 512-438-2013.*

**Residential Care (RC)** — Access to 24-hour assistance, including personal care, home management and social and recreational services, for persons who do not require daily nursing intervention.

**STAR+PLUS HCBS Program** — A Texas Home and Community-based program which provides long term services and supports as an alternative to nursing facility placement through a STAR+PLUS managed care health plan. Covered services include unlimited prescription medication, adult day activity and health services, respite, adult foster care, assisted living, personal attendant services, dental services, nursing services, professional therapies, employment services, adaptive aids, emergency response services and minor home modifications. *Additional information can be obtained by calling 1-877-438-5658 (toll free).*

**Special Services to Persons with Disabilities (SSPD)** — Services provided in a variety of settings designed to assist persons in developing the skills needed to live in the community as independently as possible. Services are available in the Austin, Dallas and Tyler areas.

## **Services for Adults Age 60+ and Caregivers**

Please consider the service options listed below when deciding which services are most appropriate for you or someone you are caring for. Because some programs can serve only a limited number of clients, not all programs are available in all areas of the state. *For more information about the services listed below, call 1-800-252-9240 and you will be routed to the Area Agency on Aging nearest you.*

**Access and Assistance Services** — Provide access to information and assistance in identifying, supporting and meeting the needs of individuals who are older and their family caregivers. Access and assistance services include information, referral and assistance, care coordination, caregiver support and coordination, benefits counseling and awareness and advocacy for residents of long term care facilities through the Ombudsman program.

**Caregiver Support Services** — Caregiver support services are services for families to assist them in maintaining their caregiver roles. A caregiver is an adult family member or another individual who provides in-home and community care to an individual who is older or to an individual with Alzheimer's disease or a related disorder with neurological and organic brain dysfunction. Additionally, a grandparent or individual who is older who is a relative caregiver, who lives with the child, is the primary caregiver based on certain circumstances, and has a legal relationship to the child, or is raising the child informally, may be eligible for services when the child is 18 years of age or younger or has severe disabilities regardless of age. Services provided under this program include caregiver support coordination, caregiver information services, caregiver education and training, caregiver respite care-in-home, institutional and non-residential (such as the caregiver's day out program) support.

**In-Home Support Services** — In-home and community services are designed to assist individuals who are older in avoiding institutionalization, assist individuals who are older in long-term care institutions who are able to return to their communities and assist individuals who are older in living independently in

a home environment. In-home and community services include homemaker and personal assistance services, chore maintenance, adult day care, residential repair, health screening, monitoring and maintenance, emergency response, instruction, training, transportation, hospice services and services provided in a senior center.

**Nutrition Services** — Nutrition programs are designed to reduce hunger and food insecurity, promote socialization of individuals who are older. Programs are also designed to promote the health and well-being of individuals who are older by assisting such individuals to gain access to nutrition and other disease prevention and health promotion services to delay the onset of adverse health conditions resulting from poor nutritional health or sedentary behavior. Nutrition programs provide meals and educational services to ensure individuals who are older have access to appropriate nutrition and access to socialization. Services include congregate and home delivered meals, nutrition education and nutrition counseling.

## **Programs/Services for Adults and Children with Intellectual Developmental Disabilities**

*For more information about the services listed below, by dialing 2-1-1 or other contacts as listed.*

**Community Living Assistance and Support Services (CLASS)** — Home and community-based services and supports, such as personal assistance services and habilitation (PAS/HAB), adaptive aids, dental treatment, minor home modifications, nursing, skilled and specialized therapies, behavioral support, respite, case management, support/continued family services and transition assistance services available to individuals diagnosed with an intellectual or developmental disability classified as a related condition as an alternative to institutional placement. *Additional information can be obtained by calling 1-877-438-5658 (toll free).*

**Deaf Blind with Multiple Disabilities (DBMD)** — Home and community-based services for individuals diagnosed with deaf-blindness or a condition that leads to deaf-blindness, and an additional disability that results in an impairment in independent functioning. This program is an alternative to institutional care and offers services such as intervener, orientation and mobility, personal assistance services/habilitation (PAS/HAB), adaptive aids, minor home modifications, dental treatment, professional therapies and assisted living. *Additional information can be obtained by calling 1-877-438-5658 (toll free).*

**Home and Community-based Services (HCS)** — Services and supports available to individuals diagnosed with an intellectual disability or a related condition, who are living with their family, in their own home or in three-person, four-person, or host home/companion care settings. Services include residential assistance (host home/companion care, supervised living, residential support), personal assistance services and habilitation (PAS/HAB), adaptive aids, dental treatment, minor home modifications, professional therapies, behavioral support, nursing, day habilitation, employment assistance, supported employment and respite. Additional information can be obtained by contacting your local intellectual and developmental disability authority (LIDDA) through the following website: <https://hhs.texas.gov/about-hhs/find-us/where-can-i-find-services>.

**Intermediate Care Facility for Individuals with an Intellectual Disability or Related Conditions (ICF/IID)** — 24-hour residential and habilitation services provided in homes for groups ranging in size from six to more than 100 people. Additional information can be obtained by contacting your LIDDA through the following website: <https://hhs.texas.gov/about-hhs/find-us/where-can-i-find-services>.

**IDD Community Services** — These services are administered by or through local intellectual and developmental disability authorities (LIDDAs) and are primarily intended to help persons remain in their own or their family's home. All LIDDAs provide screening for IDD services, eligibility determination, service coordination, and respite. Optional services may include crisis intervention services, crisis respite, employment assistance, supported employment, community support, nursing, behavioral support, specialized therapies, vocational training and day habilitation. Not all optional services described in this section are available in all areas of the state. Additional information can be obtained by contacting your LIDDA through the following website: <https://hhs.texas.gov/about-hhs/find-us/where-can-i-find-services>.

**Preadmission Screening and Residential Review (PASRR)** — PASRR is a federally mandated program for people entering or living in nursing facilities (NFs). PASRR is responsible for screening individuals seeking admission to a Medicaid-certified NF for mental illness (MI) or intellectual disability/developmental disability (ID/DD); ensuring appropriate placement, whether in the community or the NF; assisting eligible individuals with access to specialized services; and assisting individuals who wish to divert or transition from NFs.

- The following NF specialized in services are available for an individual who is positive for ID/DD: habilitative therapies (speech therapy, physical therapy, and occupational therapy), durable medical equipment, and customized manual wheelchair.

- The following IDD habilitative specialized services are available for an individual who is positive for ID/DD: independent living skills training, day habilitation, behavioral support, supported employment, and employment assistance.
- The following MI specialized services are available for an individual who is positive for MI: medication training and support services, psychiatric diagnostic interview examination, psychosocial rehabilitation services, routine case management, and skills training and development.
- Additional information can be obtained by contacting your LIDDA through the following website: <https://hhs.texas.gov/about-hhs/find-us/where-can-i-find-services>.

**State Supported Living Center (SSLC)** — State-operated centers that provide 24-hour residential and habilitation services for people with a severe or profound intellectual disability, or those people with an intellectual disability who are medically fragile or have behavioral problems. Additional information can be obtained by contacting your LIDDA through the following website: <https://hhs.texas.gov/about-hhs/find-us/where-can-i-find-services>.

**Texas Home Living Program (TxHmL)** — Services and supports available to individuals diagnosed with an intellectual disability or a related condition, who live in their family homes or their own homes. Services include adaptive aids, dental treatment, minor home modifications, professional therapies, behavioral support, nursing, day habilitation, employment assistance, personal assistance services and habilitation (PAS/HAB), supported employment and respite. Additional information can be obtained by contacting your LIDDA through the following website: <https://hhs.texas.gov/about-hhs/find-us/where-can-i-find-services>.

## **Additional Services**

**Relocation Assistance** — Assistance available to individuals living in a nursing facility to transition back to their own homes or community setting. *For more information, contact the local Community Care Services Eligibility Office by dialing 2-1-1.*

**Texas Health Steps** — Available through the Texas Department of State Health Services, this program provides periodic preventive medical checkups, diagnosis and treatment, including the activities that promote and support preventive health care, for Medicaid enrolled children through age 20. An expanded portion

of the Texas Health Steps program, called the Comprehensive Care Program, includes treatment in freestanding psychiatric hospitals, developmental speech therapy, developmental occupational therapy, augmentative communication devices/systems and private duty nursing. *For more information, call 1-877-847-8377.*

**Community First Choice** — A state plan Medicaid entitlement program available to individuals who meet an institutional level of care (i.e., nursing facility, ICF/IID, hospital or Institution for Mental Disease) that provides personal assistance services, habilitation, emergency response services, financial management services and support management to eligible individuals in any Medicaid program. *For interest in CFC, contact your Local Intellectual and Developmental Disability Authority (LIDDA) service coordinator or the Managed Care Organization (MCO) service coordinator. For additional information, visit the following website: <https://hhs.texas.gov/services/health/medicaid-chip/programs-services/community-first-choice>.*

**Medicaid for Elderly and People with Disabilities Programs — MEPD** Medicaid programs are available for persons who are aged, blind or disabled. Medicaid matching federal funding provides for medical care and supportive services (for example, vendor drugs, nursing facility and institutional care) to persons who qualify for Medicaid under one of the MEPD programs to include Qualified Medicare Beneficiary, Specified Low-income Medicare Beneficiaries, Qualifying Individual's, and Qualified Disabled Working Individuals. MEPD also determines eligibility for buy-in Medicaid for working persons with disabilities, working adults, and children. For more information, dial 2-1-1 or visit the following website: <https://yourtexasbenefits.hhsc.texas.gov/programs/health>.

**Youth Empowerment Services (YES) Waiver** — Home and community-based services and supports provided to children and youth at risk of institutionalization due to a serious emotional disturbance (SED). Services through the YES Waiver are short term, intensive services delivered through a strengths-based planning process called Wraparound. Duration of care varies based on individual need, but the average duration of care is 11-18 months. Services include specialized therapies, community living supports, family support, employment assistance and supported employment, paraprofessional services, respite, non-medical transportation, supportive family-based alternatives, adaptive aids and supports, minor home modifications, and transition services. For more information, [Contact your local mental or behavioral health authority YES waiver inquiry line](#)