



If you need help with:

- *Activities of daily living*
- *Learning how to manage your personal care assistant*
- *Learning to be more independent*
- *Supervision and reminders*
- *Getting a Personal Emergency Response System*
- *Care coordination*
- *Person-centered support plan*

You may receive this help through Community First Choice, a Medicaid option.

CONTACT

your care coordinator
or

**Alaska Division of Senior
and Disabilities Services**

550 W. Eighth Ave
Anchorage, AK 99501

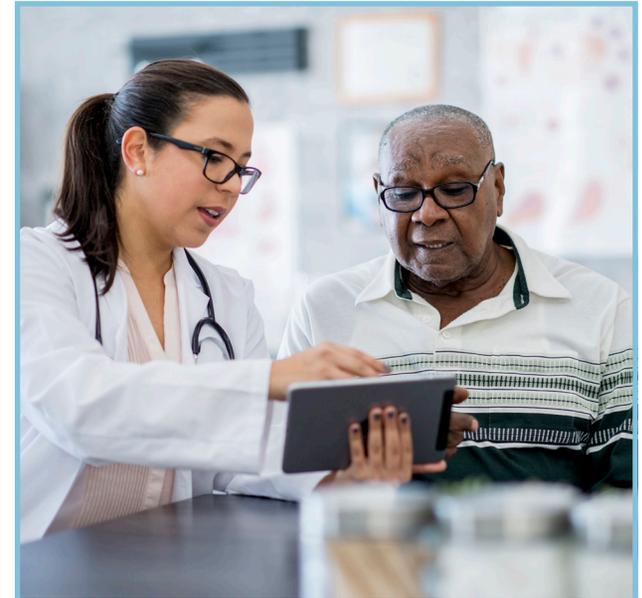
Anchorage: **1.907.269.3666**

Toll free: **1.800.478.9996**

dhss.alaska.gov/dsds



October 2018



**A Medicaid Option
For Help With
Daily Living**



Community First Choice

**Senior &
Disabilities
Services**

Alaska Department of Health and Social Services

Community First Choice

A Medicaid Option

How do I find out if I am eligible for Community First Choice?

First contact an Aging and Disabilities Resource Center at 1-877-6AK-ADRC (1-877-625-2372) to schedule a Person Centered Intake. This process will inform you about your choices and indicate if you might be eligible for the Community First Choice (CFC) Option. ADRC staff will then assist you with selecting a care coordinator.

The care coordinator will help you apply for CFC and arrange for someone to come to your home to do an assessment to learn about your medical and functional needs. You will get a letter that tells you if you are approved for CFC or not.



What does Community First Choice include?

- *Help with activities of daily living (like bathing, personal hygiene, and dressing)*
- *Help with Instrumental activities of daily living (like laundry, shopping and cleaning your home)*
- *Training to help you manage your personal care assistant*
- *Training to help you be more independent*
- *Supervision and reminders*
- *Case Management*
- *Personal emergency response system*
- *A Person Centered Support Plan*

How do I know what services I can get?

Once you are found eligible for Community First Choice, your care coordinator will help you to develop a person-centered support plan, based on your choice of services and the assessment of your functional or medical needs. Sometimes there are rules that might limit what service(s) you can have.

Do I have to have a care coordinator?

Yes. The care coordinator will write your support plan and help you find service providers. You may contact your care coordinator to discuss your services and any concerns you may have. This is called “case management”.

Do I have to get all my services from the same agency?

No. You may choose to get approved services from any certified CFC provider in your area.

Can I receive CFC services and HCBS waiver services at the same time?

Yes, if you are eligible for HCBS waiver services you may also receive CFC services. You may need to have a different assessment to identify your need for help with activities of daily living.

Will CFC services affect my Personal Care Services?

Your Personal Care Assistant (PCA) and services will not be affected. If you would like to have your PCA train you to become more independent or help with supervision and reminders, you may need another assessment.

Visit us on the web: dhss.alaska.gov/dsds.