

## **How do I find out if I am eligible for a waiver?**

First, call or visit an Aging and Disability Resource Center (ADRC) or Short Term Assistance and Referral (STAR) agency to identify the types of programs you may qualify for. If you are a person with an intellectual or developmental disability, a STAR can help you get on a waiting list for waiver services first. If it looks like you will qualify for waiver services, you will be given a list of care coordinators who can help you apply for a waiver.

## **What happens next?**

Your care coordinator will arrange for someone to come to your home to do an assessment that finds out what your medical and functional needs are. You will get a letter that tells you if you are approved for waiver services or not.

## **How do I know what services I can get?**

If you are found eligible, your care coordinator will help you to develop a support plan for your waiver. To learn what services are available in your area, visit the Provider Search Tool: <https://akaccesspoint.com/SitePages/Home.aspx>

## **Do I have to have a care coordinator?**

**Yes.** Your care coordinator will submit your support plan, help you to find service providers, check on your services, and also contact you at least once each month, depending which waiver you are on. You may contact your care coordinator at any time to discuss your services and any concerns you may have.

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

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

## **Contact information:**

### **Division of Senior & Disabilities Services**

550 W Eighth St.

Anchorage, AK 99501

1-907-269-3666

1-800-478-9996 (toll-free)

<http://dhss.alaska.gov/dsds/Pages/default.aspx>

### **SDS Service & Provider Search Tool**

<https://akaccesspoint.com/SitePages/Home.aspx>

### **Aging & Disability Resource Centers**

1-877-6AK-ADRC (toll-free)

(1-877-625-2372)

<http://dhss.alaska.gov/dsds/Pages/adrc/default.aspx>

### **STAR (Short-Term Assistance & Referral)**

<http://dhss.alaska.gov/dsds/Pages/grantservices/starmini.aspx>



# **Alaska's Home and Community Based Medicaid Waivers**



- Alaskans Living Independently Waiver
- Adults with Physical and Developmental Disabilities Waiver
- Children with Complex Medical Conditions Waiver
- Intellectual and Developmental Disabilities Waiver
- Individualized Supports Waiver

**ALI** = Alaskans Living Independently; **APDD** = Adults with Physical and Developmental Disabilities;

**IDD** = Intellectual and Developmental Disabilities; **CCMC** = Children with Complex Medical Conditions; **ISW** = Individualized Supports Waiver

<h2 style="margin: 0;">WAIVER SERVICES</h2> <p style="margin: 0;">Alaska's five Medicaid waivers support the independence of Alaskans who experience physical or developmental disabilities by providing services in their homes and in the community rather than in an institution such as a nursing home. Each waiver covers a different set of services. Which services are available depend on a person's age and where the person lives. Services approved for each waiver are marked with a ✓; FT=full time; PT=part time; ALH=assisted living home.</p>	ALI	APDD	IDD	CC MC	ISW
<p><b>*** Care coordination:</b> All waivers require clients to work with a care coordinator. Your care coordinator will work with you to identify which services you need, and make sure that you get them.</p>	***	***	***	***	***
<p><b>In-home supports:</b> Help to get, keep or improve self-help and social skills; live FT with unpaid caregiver, for ages &lt;18.</p>			✓	✓	✓
<p><b>Family habilitation:</b> Help to get, keep or improve self-help and social skills; live FT in the licensed home of a paid caregiver.</p>		✓	✓	✓	
<p><b>Group home:</b> Help for ages 18+ to get, keep or improve self-help and social skills; live FT in a licensed ALH.</p>		✓	✓	✓	
<p><b>Supported living:</b> Help for ages 18+ to get, keep or improve self-help and social skills; live FT in your own residence.</p>		✓	✓	✓	✓
<p><b>Residential supported living:</b> Help with activities of daily living for adults who can't live alone &amp; are FT in a licensed ALH.</p>	✓	✓			
<p><b>Day habilitation:</b> Recreational, other activities outside the home to develop self-help and social skills for community life.</p>		✓	✓	✓	✓
<p><b>Adult day services:</b> Group adult day care provided by an organization.</p>	✓	✓			
<p><b>Respite:</b> Occasional breaks for unpaid caregivers.</p>	✓	✓	✓	✓	✓
<p><b>Supported employment:</b> Training, support, and supervision to help keep a job.</p>		✓	✓	✓	✓
<p><b>Transportation:</b> To get to work and access community resources and activities.</p>	✓	✓	✓	✓	✓
<p><b>Environmental modifications:</b> Health- and safety-related home modifications.</p>	✓	✓	✓	✓	
<p><b>Chore services:</b> Regular cleaning and heavy household chores in a home where no one else can do the work.</p>	✓	✓	✓	✓	✓
<p><b>Meals:</b> Food for 18+ at home or in a group setting other than an ALH.</p>	✓	✓	✓	✓	
<p><b>Specialized medical equipment and supplies:</b> Help to communicate, perform daily activities and access the community.</p>	✓	✓	✓	✓	
<p><b>Nursing oversight:</b> A registered nurse ensures that care of a medical nature is delivered safely.</p>			✓	✓	
<p><b>Intensive active treatment:</b> Professional treatment/therapy for ages 21+ to prevent behavior regression or to address a family, personal, social, mental, behavior, or substance abuse problem.</p>		✓	✓	✓	✓
<p><b>Specialized private duty nursing services:</b> Continuous services for ages 21+ by a licensed nurse, specific to your needs.</p>	✓	✓	✓		