

## **Home- and Community-Based Services (HCBS)**



Home- and Community-Based Services (HCBS) are available to help you stay in your home and in your community.

**Are Home- and Community-Based Services (HCBS) right for you?**

## Home- and Community-Based Services Programs

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The Iowa Home- and Community-Based Services (HCBS) programs are Medicaid programs where the federal government has set aside or “waived” rules. This gives you more choices about how and where you receive services. It is for people with disabilities and older Iowans who need services.

These services may allow you to stay in your home. You must be eligible for Medicaid and also meet the requirements of the program you are applying for and/or receiving. An assessment will be done to determine if you meet the criteria of being in need of nursing facility, skilled nursing facility level of care, hospital level of care, or being in need of care in an intermediate care facility for persons with intellectual disabilities.

Iowa currently has eight Medicaid HCBS programs that are as follows:

- **AIDS/HIV Waiver**
- **Brain Injury (BI) Waiver**
- **Children’s Mental Health (CMH) Waiver**
- **Elderly Waiver**
- **State Plan HCBS Habilitation Services Program**
- **Health and Disability (HD) Waiver**
- **Intellectual Disability (ID) Waiver**
- **Physical Disability (PD) Waiver**

This may help you decide if HCBS programs are right for you. For more information or to apply, contact your local Iowa Department of Human Services (DHS) office.

### What to Expect...

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**All HCBS programs have some common services that are described in this pamphlet.**

#### SERVICE COORDINATION

A service coordinator is there to help you plan for and receive the services you need. The service coordinator can be a:

- Managed Care Organization (MCO) Community-Based Case Manager (CBCM)
- Integrated Health Home (IHH) Care Coordinator
- Targeted Case Manager
- Waiver Case Manager

The service coordinator will be determined by your program. You have a choice of service coordinator.

## INDIVIDUAL PLANNING

All members who receive HCBS services have a Comprehensive Service Plan created through the person-centered planning process. Your plan should have important information about you, your goals, and the steps you and your Support Team need to take to get there. The people on your team are yourself, your case manager, and other people whom you choose.

Person-centered planning is a process directed by you; you will be encouraged and assisted in directing the planning process instead of having others make all decisions related to the supports you may need. The person-centered approach will identify your strengths, goals, preferences, needs and desired outcomes. Your service coordinator will assist you to identify and access services and to provide support during the service planning process.

## QUALITY ASSURANCE

It is important to make sure that you are happy with the services you receive, and that the medical support helps you move toward the goals that are in your Comprehensive Service Plan. Iowa must also be sure that HCBS funds are used appropriately and in a way that meets federal and state requirements. You may be asked about your services. These questions help ensure that HCBS services help you lead a full, happy, and safe life.

# **Waiver services are designed to help you to live in your home and community!**

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## EASY ACCESS

You should be able to receive the medical help you need. Just contact your local DHS office or visit the Iowa Medicaid website: [www.dhs.iowa.gov](http://www.dhs.iowa.gov)

## FLEXIBLE SUPPORTS

You should receive services and supports to ensure that your individual needs are met in the best way possible.

## PERSON-CENTERED APPROACH

You should feel you are a valued partner in the plan and delivery of the assistance given to you. Your team is there to help you make choices. You have the responsibility of letting your team know your needs.

## HEALTH AND SAFETY

DHS requires providers to give high quality support. These supports will help you stay healthy and safe while allowing you to make informed

choices, try new experiences, take reasonable risks, and assume new challenges and responsibilities in your life.

## **AIDS/HIV Waiver**

This waiver offers services for those who have been diagnosed with AIDS or HIV.

These are the services you may receive if there is a need for this waiver:

- Adult Day Care
- Consumer-Directed Attendant Care (CDAC)
- Counseling Services
- Home Delivered Meals
- Home Health Aide
- Homemaker
- Nursing
- Respite

## **Brain Injury (BI) Waiver**

This waiver offers services for those who have been diagnosed with a brain injury due to an accident or illness. You must be at least one month of age for this waiver.

These are the services you may receive if there is a need for this waiver:

- Adult Day Care
- Behavioral Programming
- Case Management
- CDAC
- Family Counseling and Training
- Home and Vehicle Modification
- Interim Medical Monitoring and Treatment
- Personal Emergency Response
- Prevocational Services and Career Exploration
- Respite
- Specialized Medical Equipment
- Supported Community Living
- Supported Employment
- Transportation

## **Children's Mental Health (CMH) Waiver**

This waiver offers services for children up to age 18, who have been diagnosed with serious emotional disturbance.

These are the services you may receive if there is a need for this waiver:

## HCBS Program Descriptions

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- Environmental Modifications and Adaptive Devices
- Family and Community Support Services
- In-Home Family Therapy
- Respite

### **Elderly Waiver**

This waiver provides services for elderly persons. An applicant must be at least 65 years of age.

These are the services you may receive if there is a need for this waiver:

- Adult Day Care
- Assistive Devices
- Assisted Living Service
- Case Management
- Chore
- CDAC
- Home and Vehicle Modification
- Home Delivered Meals
- Home Health Aide
- Homemaker
- Mental Health Outreach
- Nursing
- Nutritional Counseling
- Personal Emergency Response
- Respite
- Senior Companion
- Transportation

### **Habilitation Services Program**

Habilitation Services is a program to provide Home- and

Community-Based Services (HCBS) for lowans with the functional impairments typically associated with chronic mental illnesses.

Habilitation Services are designed to assist participants in acquiring, retaining and improving the self-help, socialization and adaptive skills necessary to reside successfully in home- and community-based settings.

## HCBS Program Descriptions

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These are the services you may receive if there is a need for this program:

- Case Management
- Home-Based Habilitation
- Day Habilitation
- Prevocational Services and Career Exploration
- Supported Employment

### **Health and Disability (HD) Waiver**

This waiver provides services for persons who are blind or disabled. An applicant must be less than 65 years of age for this waiver.

These are the services you may receive if there is a need for this waiver:

- Adult Day Care
- CDAC
- Counseling
- Home and Vehicle Modification
- Home Delivered Meals
- Home Health Aide
- Homemaker
- Interim Medical Monitoring and Treatment
- Nursing
- Nutritional Counseling
- Personal Emergency Response
- Respite

### **Intellectual Disability (ID) Waiver**

This waiver provides services for persons who have been diagnosed with an intellectual disability.

These are the services you may receive if there is a need for this waiver:

- Adult Day Care
- CDAC
- Day Habilitation
- Home and Vehicle Modification
- Home Health Aide
- Interim Medical Monitoring and Treatment
- Nursing
- Personal Emergency Response
- Prevocational Services and Career Exploration
- Respite
- Supported Community Living
- Supported Community Living-Residential Based

## HCBS Program Descriptions

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- Supported Employment
- Transportation

### **Physical Disability (PD) Waiver**

This waiver provides services for persons who are physically disabled. An applicant must be at least 18 years of age, but less than 65 years of age.

These are the services you may receive if there is a need for this waiver:

- CDAC
- Home and Vehicle Modification
- Personal Emergency Response
- Specialized Medical Equipment
- Transportation

### **Is the Consumer Choices Option right for you?**

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The Consumer Choices Option is available under most HCBS programs. It will give you control over some Medicaid dollars. You will use these dollars to make a budget plan to meet your needs by hiring employees and/or purchasing other goods and services. The Consumer Choices Option gives you more choice, control and flexibility over your services as well as more responsibility.

Look over the questions below:

- Do you want more control over how waiver Medicaid dollars are spent on your needs?
- Do you want to be the employer of the people that give you support?
- Do you want to be in charge of finding, hiring and firing your workers and service providers?
- Do you want to be in charge of training, managing and supervising your service providers?
- Do you want to be able to purchase goods or services in order to meet your needs?

More help is available if you choose this option. You will choose an Independent Support Broker who will help you make your budget and help you recruit employees. You will also work with a Financial Management Service that will manage your budget for you and pay your workers on your behalf.

If you feel the Consumer Choices Option is right for you, your case manager can provide help with accessing this option.

More information can also be found on the DHS website:

<https://dhs.iowa.gov/ime/members/medicaid-a-to-z/consumerchoices-option>





## Questions?

Home- and Community-Based Services are managed by a MCO.

**Amerigroup, 1-800-600-4441** [www.myamerigroup.com/IA](http://www.myamerigroup.com/IA)

**Iowa Total Care, 1-833-404-1061** <http://www.iowatotalcare.com>

Or, you can also call Iowa Medicaid Member Services with questions at **1-800-338-8366**.

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Estate recovery legal reference: 441 IAC 75.28(7)

Estate recovery applies to all persons who have received Medicaid on or after July 1, 1994, and are age 55 or older, or who live in a medical facility and cannot reasonably be expected to return home. This includes members on waiver programs such as the Elderly Waiver Program and Medically Needy Program.

When a Medicaid member dies, assets from their estate are used to reimburse the state for costs paid for medical assistance. This includes the full amount of capitation payments made to a Managed Care Organization (MCO) for medical and dental coverage, regardless of service use or how much the managed care entity paid for services.

Additional information may also be found at the website:

<https://dhs.iowa.gov/ime/members/members-rights-and-responsibilities/estate-recovery>

**Or contact:**

**Medicaid Member Services Toll Free: 800-338-8366  
515-256-4606 (Des Moines area)**

**or**

**Iowa Estate Recovery Program Toll Free: 1-877-463-7887  
8:00 a.m. – 5:00 p.m., Monday – Friday**

## Discrimination is against the law.

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DHS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

If you feel DHS has discriminated against or harassed you, you can send a letter of complaint to:

Iowa Department of Human Services  
Administrator, Diversity Program Unit  
1305 E. Walnut Street  
Des Moines IA 50319-0114  
Phone **(800) 972-2017**  
Fax **(515) 281-4243**

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*ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-338-8366 (TTY: 1-800-735-2942).*

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-338-8366 (TTY: 1-800-735-2942)。

**[www.dhs.state.ia.us](http://www.dhs.state.ia.us)**