

The **Division of Senior and Disabilities Services**, or **SDS**, has programs to support Alaskans who need help with daily tasks, or who need the kind of care a nursing home gives. **Personal Care Services (PCS)** and **Community First Choice (CFC)** are programs for people who need help doing everyday things like:

- getting dressed
- cooking
- cleaning
- bathing
- eating
- doing laundry

Home and Community Based Waiver (HCBW) programs (waivers) help Alaskans who need nursing-home-level help.

Waivers give support in people's homes and their community instead of in a nursing home. Waivers can help with

- medical equipment
- finding assisted living
- respite care

There are five Waiver service programs:

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

Our Mission

Senior and Disabilities Services promotes health, well-being and safety for individuals with disabilities, seniors and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice and dignity.



Division of Senior and Disabilities Services Assessment Unit

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Anchorage, AK 99508-3487

*"Connecting Alaska
to Better Serve Its People"*

**for further information go to the
teleassessment web page at**

[https://health.alaska.gov/dsds/Pages/
telehealth.aspx](https://health.alaska.gov/dsds/Pages/telehealth.aspx)

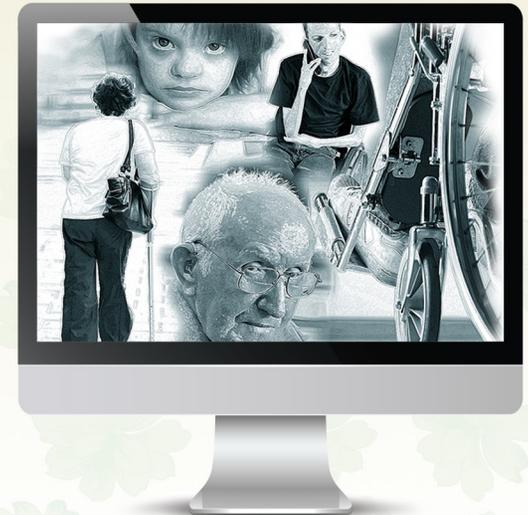
Revised 12/05/2023



Applying for:

Medicaid Waiver (HCBW)
Personal Care Services (PCS)
Community First Choice Services (CFC)

What to Expect from the SDS Teleassessment



To apply for Personal Care Services or a Medicaid waiver program, you need a professional to help you. You can choose your personal care services agency or care coordinator

Need help getting started?

*Call your nearest
Aging and Disability Resource Center
(ADRC)*

1-855-565-2017

The ADRC will refer you to a Care Coordinator or a PCS Agency to help you complete an application for services. To help determine your eligibility for services, SDS will schedule and conduct an assessment or a teleassessment.

The ADRC will give you a list of care coordination agencies or PCS agencies to choose from. The agency you choose will help you complete an application. Your agency will help you gather documents and medical records that the SDS Assessor will need. This documentation is required for a complete application and will help your Assessor prepare for your assessment.

Teleassessment

The assessment will likely be done using technology. Most teleassessments will be conducted with the applicants in their homes using web-based video conferencing systems (e.g. HIPAA compliant secure Zoom) It takes about one to two hours. **Before your teleassessment** is scheduled, your agency helper or care coordinator will help you fill out two forms:

- Teleassessment – Environmental Questionnaire
- Consent for Teleassessment or Consent for IDD Teleassessment

The day of your teleassessment, please wear a pale solid color shirt like light blue or yellow (not white). During your teleassessment, please make sure you are in a private room and you have access to the necessary secure technology and support. The assessor will

- ask about your health
- ask you to show how you sit, stand and walk
- ask you to show and tell what you do to take care of yourself every day.

You may have a family member or friend with you for the teleassessment, but it is important that you are the one who answers questions. They can talk to the assessor after the assessor talks to you.

If you have a legal representative, he or she must be at your assessment.

If you need an interpreter, SDS will get one for you.

It is very important that you are honest. If you are not,

- you could lose your right to get help,
- you may have to pay back the cost of any help you got, and
- you may be charged with a crime.

The Assessor will fill out a Consumer Assessment Tool (CAT) based on observations and what you tell the Assessor.

SDS staff will look over your assessment and send you a letter that tells you if you can get help from one of the programs.

The letter will share with you what the assessor wrote in your assessment.

If you want to disagree with your teleassessment, you can. The letter will tell you how.

