

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

First, call or visit an Aging and Disability Resource Center (ADRC) or a Developmental Disabilities Resource Connection (DDRC) to identify the types of programs you may qualify for. If you are a person with an intellectual or developmental disability, a DDRC 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 approved, your care coordinator will help you to develop a support plan for your waiver.

## **Do I have to work with 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 (SDS)**

1835 Bragaw Street, Suite 350

Anchorage, AK 99508-3487

1-907-269-3666

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

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

### **Aging & Disability Resource Centers (ADRC)**

1-855-565-2017 (toll-free)

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

### **Developmental Disabilities Resource Connection (DDRC)**

Visit: <http://health.alaska.gov/dsds/Pages/grantservices/ddrcmini.aspx>



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# **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

<h1>WAIVER SERVICES</h1> <p>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 offers a different set of services. Services are determined depending on a person’s age and needs.</p> <p>Services approved for each waiver are marked with a ✓</p>	A L I	A P D D	I D D	C C M C	I S W
<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.	✓	✓	✓	✓	✓
<b>In-home supports:</b> Help to get, keep, or improve self-help, and social skills; live full-time with unpaid caregiver, for ages <18.			✓	✓	✓
<b>Family home habilitation:</b> Help to get, keep, or improve self-help, and social skills; live full-time in licensed home of a paid caregiver.		✓	✓	✓	
<b>Group home:</b> Help for ages 18+ to get, keep or improve self-help, and social skills; live full-time in a licensed assisted living home (ALH).		✓	✓	✓	
<b>Supported living:</b> Help for ages 18+ to get, keep or improve self-help and social skills; live full-time in your own.		✓	✓	✓	✓
<b>Residential supported living:</b> Help with activities of daily living for adults who can’t live alone and live full-time in a licensed assisted living home.	✓	✓			
<b>Day habilitation:</b> Recreational, other activities outside the home to develop self-help and social skills for community life.		✓	✓	✓	✓
<b>Adult day services:</b> Group adult day care provided by an organization.	✓	✓			
<b>Respite:</b> Occasional breaks for unpaid caregivers.	✓	✓	✓	✓	✓
<b>Employment Services:</b> Training, support, and supervision to help keep a job.		✓	✓	✓	✓
<b>Transportation:</b> To access community resources and activities.	✓	✓	✓	✓	✓
<b>Environmental modifications:</b> Health and safety-related home modifications.	✓	✓	✓	✓	
<b>Meals:</b> Food for 18+ at home or in a group setting other than an assisted living home.	✓	✓	✓	✓	
<b>Specialized medical equipment and supplies:</b> Help to communicate, perform daily activities, and access the community.	✓	✓	✓	✓	
<b>Nursing oversight:</b> A registered nurse ensures that care of a medical nature is delivered safely.			✓	✓	
<b>Intensive active treatment:</b> Professional treatment/therapy for ages 21+ to prevent behavior regression or to address a family, personal, social, mental, behavioral, or substance abuse problem.		✓	✓		✓
<b>Specialized private duty nursing services:</b> Continuous services for ages 21+ by a licensed nurse, specific to your needs.	✓	✓	✓		