

Need help getting started?

First, call or visit an Aging and Disability Resource Center (ADRC) or a Developmental Disabilities Resource Connection (DDRC). They can help you find out which programs you might qualify for. If it looks like you qualify, you'll get a list of care coordinators who can help you apply for a waiver.

Alaska's ADRCs connect seniors, people with disabilities, and caregivers with long-term services and support of their choice.

The DDRC program assists individuals with intellectual and developmental disabilities and their families with accessing support and services. The DDRC Program is the point of entry for accessing the State of Alaska developmental disabilities waivers and other services.

Aging & Disability Resource Centers (ADRC)

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

Visit: <https://health.alaska.gov/en/services/aging-and-disability-resource-centers-adrc/>

Developmental Disabilities Resource Connection (DDRC)

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

Visit: <https://health.alaska.gov/en/services/developmental-disabilities-resource-connection>



What we do

The Division of Senior and Disabilities Services (SDS) is the state agency within the Department of Health (DOH) involved in making sure that the state meets the health needs of seniors, people with disabilities, and vulnerable adults.

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

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

Developmental Disability Waiver programs help people who need a high level of care get that care at home or in their community instead of having to live in an institution. Those include Intellectual and Developmental Disabilities (IDD) and Individualized Supports (ISW) waivers.

Waiver programs help people who have a Nursing Facility Level of Care (NFLOC) get help at home or in their community instead of in an institution. Those include Alaskans Living Independently (ALI waiver), Adults with Physical and Developmental Disabilities (APDD) waiver, and Children with Complex Medical Conditions (CCMC) waiver.



What to expect from SDS Assessment

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 support that fosters independence, personal choice and dignity.



Division of Senior & Disabilities Services (SDS)

1835 Bragaw Street, Suite 350

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1-907-269-3666

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

Visit: health.alaska.gov/en/senior-and-disabilities-services



Nursing Facility Level of Care (NFLOC)

Consumer Assessment Tool (CAT)
ALI, APDD, CCMC, PCA and CFC

Prior to an NFLOC Assessment:

- Have your medical information ready.
- Have your Photo ID available.
- If an assessor is coming to your home, please put away pets, weapons, and items you want to keep private like drugs and other items.

Who may attend an NFLOC Assessment:

- You will be at the meeting.
- Your Power of Attorney (POA), or parent/guardian, should be there if you are not your own guardian.
- Your Care Coordinator and Personal Care Assistant (PCA) may attend the assessment.
- You can bring your main caregiver to an assessment.
- An interpreter may be in attendance if needed.

During an NFLOC Assessment:

- Please avoid smoking or using tobacco or consuming alcohol during the assessment.
- The assessor will ask many questions. They will ask about your diagnoses, about your health, and medications. They may ask you to show how to sit, stand, and walk.
- Answer all questions honestly. Providing false information may cause you to lose your right to supports.

After an NFLOC Assessment:

- The Assessor will fill out a document 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.
- If you want to disagree with your assessment, you can appeal. The letter will tell you how.

Things to know

- An Assessor may visit you at home or use technology: video call you on your cell phone, tablet, or computer (also called teleassessment).
- If you will participate in a teleassessment, please make sure you are in a private room so others cannot overhear your discussion with the assessor.
- If you have a legal representative, they should be at your assessment.
- 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.
- The assessment can take up to two hours to complete. Choose a time when you will be free for the whole meeting.
- If you need an interpreter, ask SDS for one.
- If you need to reschedule, tell your care coordinator right away. They can help tell us about what you need.

Intermediate Care Facility for Individuals with Intellectual disabilities (ICF/IID) Level of Care

Inventory for Client and Agency Planning (ICAP)
IDD and ISW

Prior to an IDD/ISW Assessment:

- Choose three adults who know your limits and skills. They will need to answer questions about things you do or need help with in everyday life.
- You need to notify the three (3) chosen people that SDS will contact them.
- An Assessor will contact you to schedule the ICAP.
- Be ready to schedule a time for the observation. It is part of the assessment.

During an IDD/ISW Assessment:

- You will have an observation time with an assessor in a regular place.
- You can complete the ICAP over the phone. You do not need to complete ICAP and Observations at the same time.
- Be honest when answering questions.

After an IDD/ISW Assessment:

- The Assessor will fill out a document based on observations and what the 3 people interviewed told the Assessor.
- SDS staff will look over your assessment and send a letter to let you know if you meet the level of care for the program.