

SENIOR and DISABILITIES SERVICES (SDS)

State of Alaska Waiver Steps



1. Aging and Disability Resource Centers (ADRC) and Developmental Disabilities Resource Connection (DDRC)

Aging and Disability Resource Center (ADRC)
Developmental Disability Resource Center (DDRC)
and Care Coordinator

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

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

MEDICAL DOCTOR
Finds out what your physical disability is. A physical disability affects how your body can do everyday things.

CARE COORDINATOR
You will get a list of Care Coordinators. You can choose a care coordinator from the list.

2. Apply with Division of Public Assistance (DPA)

Apply for Medicaid With Division of Public Assistance To Get Medicaid Approved

MEDICAID APPLICATION
Fill out the application with the Division of Public Assistance. It asks about money you get, and your disability. Fill it out all the way and sign it.

DIVISION OF PUBLIC ASSISTANCE
A caseworker will help you after you turn in your application. They may ask you for more facts. You may apply for other benefits too.

To get a Waiver, you must have Medicaid. Medicaid pays for medical care. It also pays for Waiver care.

3. Applying for your child

Apply for Medicaid for your child with a disability.

CARE COORDINATOR
A Care Coordinator can help you apply for Medicaid for just your child. The program is called TEFRA, Tax Equity and Fiscal Responsibility Act of 1982.

An assessor from SDS will ask 3 people who know your child well to explain how your child understands and does everyday things. The assessor may visit in person or online.

If your child has a disability and your family has too much money for Medicaid, you may still get Medicaid for just your child.

3A. Get a diagnosis

DIAGNOSIS
A professional tells you the name of your disability and what it means.

MEDICAL DOCTOR
Finds out what your physical disability is. A physical disability affects how your body can do everyday things.

DEVELOPMENTAL PROFESSIONAL
Finds out what your developmental disability is. A developmental disability happens before you turn 22 years old and affects how you understand everyday things.

To get a Waiver, you must need the same kind of help as people who live in a nursing home or an institution. Because of Waiver rules, if you already have a diagnosis, you may need to get another one before you apply for a Waiver. If you DO NOT have a developmental disability, go to Step 4.

3B. Getting on the Wait List

DEVELOPMENTAL DISABILITY ONLY
Apply to Registry wait list with DDRC. Wait to be picked from list.

THE WAIT LIST
If you have a developmental disability, your name will be placed on a Registry also called the wait list. Wait time can be a few months to a year or more.

REGISTRY LETTER
You will get a Registry letter from SDS saying if you are on the Developmental Registry wait list. The letter may also tell you if you need to apply again later.
Registry letter is NOT your Waiver.

4. Receiving Approval Letter

GET MEDICAID APPROVAL LETTER

MEDICAID APPROVAL LETTER
After you apply for Medicaid, you will get a letter saying you are approved, or you are not and the reasons why. Keep this letter. You must be approved for Medicaid to get a Waiver.

Medicaid approval letter tells if Medicaid will pay for your or your child's medical needs.
Medicaid approval letter is NOT your Waiver.

4A. Application Letter for Developmental Disability

DEVELOPMENTAL DISABILITY ONLY
Letter asking you to apply for the Waiver

Make sure to re-apply to the Registry wait list every year with DDRC. Tell DDRC if anything changes regarding the help you need.

When your name is picked, you will receive a letter from SDS asking you to apply for the waiver.
Letter to apply is NOT your Waiver.

5. Care Coordinator applies for you. ADRC/DDRC can help you find a care coordinator.

ASK CARE COORDINATOR TO APPLY FOR WAIVER

Ask Care Coordinator to apply for Waiver for you. They will explain services and will give you choices.

6. Assessment from SDS

ASSESSMENT FROM SENIOR AND DISABILITIES SERVICES (SDS)

PHYSICAL DISABILITY
A nurse from SDS will visit you. The nurse will ask you how you understand and do everyday things. The nurse will ask you to do some simple movements to show how you do them.

DEVELOPMENTAL DISABILITY
An assessor from SDS will ask 3 people who know you well to explain how you understand and do everyday things. The assessor may visit in person or online.

Your assessment will tell if you need the same kind of help as people living in a care facility.

7. Support Plan

LEVEL OF CARE APPROVED. CARE COORDINATOR WRITES YOUR SUPPORT PLAN

LEVEL OF CARE APPROVAL LETTER
You will get a letter from SDS saying you are approved for a Waiver, or you are denied and the reasons why.

Your Care Coordinator will explain the Waiver Services and choices to you. The Care Coordinator will write your support plan for services for you.

"Level of Care" means you need the same care as people living in a care facility. If you are not approved for Medicaid services, you have the right to contest it in a fair hearing.