

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

First, contact a care coordinator, who will help you apply. S/he 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 if you are approved for services or not.

How do I find a care coordinator?

Contact an Aging and Disability Resource Center at **1-877-6AK-ADRC (1-877-625-2372)** or Senior & Disabilities Services at **269-3666**.

How do I know what services I can get?

Once you are found eligible for a waiver, your care coordinator will help you to develop a plan of care that is based on the assessment of your functional or medical needs. Sometimes there are rules that might limit what service(s) you can have. To find out what services are available in your area, visit the Service and Provider Search Tool web site: <http://dhss.alaska.gov/dsds/Pages/provider-search-redirect.aspx>

Do I have to have a care coordinator?

Yes. S/he will write your plan of care, find service providers, and check on your services. Your care coordinator will contact you at least twice each month. Once must be in person to make sure your services are working for you. 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

550 W Eighth St.
Anchorage, AK 99501

1-907-269-3666

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

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

Aging & Disability Resource Centers

1-877-6AK-ADRC (toll-free)

(1-877-625-2372)

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

SDS Service & Provider List

<http://dhss.alaska.gov/dsds/Pages/provider-search-redirect.aspx>



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

WAIVER SERVICES

Alaska's four 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 covers a different set of services. Which services are available depend on a person's age and where s/he lives.

Services approved for each waiver are marked with a ✓; FT=full time; ALH=assisted living home.

	ALI	IDD	APDD	CCMC
*** Care coordination: All waivers require a care coordinator. Your care coordinator will work with you to identify which services you need, and make sure that you get them.	***	***	***	***
In-home supports: Up to age 18; help to get, keep or improve self-help and social skills; must live FT with unpaid caregiver.		✓		✓
Family habilitation: Help to get, keep or improve self-help and social skills; live FT in the licensed home of a paid caregiver.		✓	✓	✓
Group home: Help for ages 18+ to get, keep or improve self-help and social skills; live FT in a licensed ALH.		✓	✓	✓
Supported living: Help for ages 18+ to get, keep or improve self-help and social skills; must live FT in your own residence.		✓	✓	✓
Tgulf gplcndUwr r qt vgf 'Nkelpi : Help with activities of daily living for adults who can't live alone & live FT in a licensed ALH.	✓		✓	
Specialized private duty nursing services: Nursing services for ages 21+ by a licensed nurse, specific to your needs.	✓	✓	J	
Day habilitation: Ages 3+; Recreational, other activities outside the home to develop self-help and social skills.		✓	J	✓
Adult day services: Group adult day care provided by an organization.	✓		✓	
Respite: Occasional breaks for unpaid caregivers.	✓	✓	✓	✓
Supported employment: Training, support, and supervision to get job skills and to help find and keep a job.		✓	✓	✓
Transportation. 'Gueqt v: Rides to get to community resources and activities. If necessary, help during the ride.	✓	✓	✓	✓
Environmental modilications: Health- and safety-related home modifications to your own residence.	✓	✓	✓	✓
Chore services: Regular cleaning and heavy household chores in your own residence, when no-one else can do the work.	✓	✓	✓	✓
Meals: For 18+; Ready to eat meals delivered to your own residence (other than an ALH) or served in a group setting.	✓	✓	✓	✓
Specialized medical equipment and supplies: Items that help you communicate, perform daily activities and get out & about.	✓	✓	✓	✓
Nursing oversight: A registered nurse who ensures that care of a medical nature is delivered safely.		✓		✓
Intensive active treatment: Professional treatment/therapy to prevent behavior regression or to address a family, personal, social, mental, behavior, or substance abuse problem.		✓	✓	✓