

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>



Alaskans Living Independently Waiver

Adults with Physical and
Developmental Disabilities Waiver

Children with Complex Medical Conditions
Waiver

Intellectual and Developmental
Disabilities Waiver



ALI= Alaskans Living Independently, APDD= Adults with Physical and Developmental Disabilities,
IDD= Intellectual and Developmental Disabilities, CCMC= Children with Complex Medical Conditions

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.		✓	✓	✓
Residential Supported Living: 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.	✓	✓	✓	
Day habilitation: Ages 3+; Recreational, other activities outside the home to develop self-help and social skills.		✓	✓	✓
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, Escort: Rides to get to community resources and activities. If necessary, help during the ride.	✓	✓	✓	✓
Environmental modifications: 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.		✓	✓	✓

Grant Services

The Division of Senior and Disabilities Services makes grants to nonprofit organizational partners across Alaska. These partners use the funds to provide vital community based supportive services to families and individuals experiencing Developmental Disabilities (DD), Alzheimer's Disease and related Disorders (ADRD), family caregivers of seniors aged 60 and over, grandparents raising grandchildren aged 55 or over, seniors aged 60 and over, and/or frail or disable seniors who need assistance in the home.

These services are available to individuals who are waiting or do not qualify for Home and Community Based services under the Medicaid Waiver program, or who only require minimal supports that can be provided by the grant services. These grants are awarded to agencies every three or four years through a competitive process. Funding for these programs comes from the U.S. Administration on Aging, the Alaska Mental Health Trust Authority, and state general funds.

Grant Programs

For Seniors and Caregivers

- Adult Day Services
- ADRD Education, Support, and Mini-Grants
- National Family Caregiver Support Program
- Nutrition, Transportation and Support Services
- Senior Residential Services
- Senior In-Home Services

For Individuals with Developmental Disabilities

- Community Developmental Disabilities Grant Program
- Short-Term Assistance & Referral Program
- Mini-Grants
- OBRA

For Providers:

- Health promotion/Disease prevention
- NTS Senior Grant Program
- Grants and Contract Support Team
- HCB Senior Grant Programs
- STAR Program Manual - January 2013
- Grant Regulations 7 AAC 78 and 7 AAC 8
- Waiver Regulations and Conditions of Participation

Information and Referral Resources

- Aging and Disabilities Resource Center (Information, Assistance and Referral)
- DSDS Grants Unit Brochure
- Alaska 2-1-1
- Bridges Navigator Program
- Traumatic and Acquired Brain Injury
- Senior Grant Providers by Region
- Medicare Information Office

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PO Box 110680,
Juneau, Alaska 99811-0680
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Home & Community Based Senior Grants

Home and Community Based Senior Grants fund non-profit agencies to provide services to physically frail individuals 60 years of age and over, individuals of any age with Alzheimer's Disease or Related Disorders (ADRD) and caregivers to assist these Alaskans to maintain as much independence as possible and improve their quality at home or in a community-based setting. HCB Senior Grants include the following programs:

Adult Day Services:

Day care services at a center for adults with impairments, primarily, Alzheimer's Disease or Related Disorders, provided in a protective group setting that is facility-based. Therapeutic and social activities are designed to meet and promote the client's level of functioning through individual plans of care. Adult Day services provide support, respite and education for families and other caregivers, provide opportunities for social interaction and serve as an integral part of the aging network. **Adult Day Provider List**

Senior In-Home Services:

Services that provide a flexible menu of in-home services designed to meet the individual's and family's needs. Services include care coordination, chore, respite, extended respite and supplemental services. **SIH Provider List**

National Family Caregiver Support Program Services:

Services provided to the caregiver of anyone 60 and over or grandparents who are 55 and over raising grandchildren. Services include information and assistance accessing services, respite, caregiver support groups, caregiver training and supplemental services. **NFCSP Provider List**

ADRD Education and Support:

A statewide grant program providing outreach, information and referral, education, consultation and support provided to individuals with ADRD (Alzheimer's disease and related disorders), their family caregivers, professionals in the field and the general public about ADRD. A goal of the program is to raise awareness of ADRD and the issues faced by families and communities. **www.alzalaska.org**

ADRD Mini-Grants:

Grants available on a statewide bases to Alaskans diagnosed with ADRD [Alzheimer's disease and related disorders: including Parkinson's Dementia, Multi-infarct Dementia

(stroke related), Pick's Disease, Lewy Body Dementia, Huntington's Disease or Creutzfeldt-Jakob Disease.] The maximum benefit per individual per year is \$2,500 and pays for supplies or services that are not covered by other sources. Information and applications are available at www.alzaskala.org or by calling 561-3313 or 1-800-478-1080.

- Eligibility and Access to Services
- Program Specific Links for Consumers or Providers

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