

## Who Qualifies for CHOICES?

*There are three (3) groups in CHOICES.*

**CHOICES Group 1** is for people of all ages who receive **nursing home care**.

**CHOICES Group 2** is for adults (age 21 and older) with a physical disability and older adults (age 65 and older) who qualify to receive nursing home care but choose to receive **home care** services instead.

**CHOICES Group 3** is for adults (age 21 and older) with a physical disability and older adults (age 65 and older) who **don't** qualify for nursing **home care** but need a more moderate package of home care services to delay or prevent the need for nursing home care.

**To enroll in CHOICES** and begin receiving home care, your TennCare health plan (or MCO) must be able to safely meet your needs at home; **AND...**

- If you qualify for nursing home care, the cost of your home care can't be more than the cost of nursing home care. The cost of your home care includes any home health or private duty nursing care you may need.
- If you don't qualify for nursing home care but are "at risk" of needing nursing home level of care, the cost of your CHOICES home care can't be more than \$18,000 per year. That doesn't include the cost of any minor home modifications you may need.

**To qualify for and remain in CHOICES Groups 1 and 2, you must:**

- Need the level of care provided in a nursing home; **AND**
- Qualify for Medicaid long-term services and supports.

**To qualify for Medicaid long-term services and supports: (1)** Your income can't be more than 300% of the Supplemental Security Income (SSI) Federal Benefit Rate (If it is, you may be able to set up a Qualifying Income Trust); **(2)** The total value of things you own can't be more than \$2,000 (The home where you live doesn't count); **AND (3)** You can't have given away or sold anything for less than what it's worth in the last five (5) years.

**To qualify for and remain in CHOICES Group 3 you must be "at risk"** of needing the level of care provided in a nursing facility and either receive Supplemental Security Income (SSI) payments from the Social Security Administration or qualify for Medicaid.

**CHOICES** services will not take the place of care you get from family and friends. The home care you get through CHOICES will work together with the help you already receive to help you stay in the community longer. Care in CHOICES will be provided as cost-effectively as possible so that more people who need care will be able to get help.

## How do I apply for CHOICES?

If you have TennCare, you can call your TennCare health plan (MCO). The number is on your TennCare card.

If you don't have TennCare, contact your local Area Agency on Aging and Disability (AAAD) for free at **1-866-836-6678**.

If you don't qualify for Medicaid, they can tell you about other programs that may help.

You can also visit <http://www.tn.gov/tenncare/long-term-services-supports/choices.html> for more information.



### Spanish: Español

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-259-0701 (TTY: 1-800-848-0298)

### Kurdish: كوردی

ئاگاداری په‌پوهندی به. ئو ئو به‌رده‌سته ئه‌گهر به زمانی کوردی قهسه ده‌کهرت خزمه‌تگوزاریه‌کانی یارمه‌تی زمان. به‌خۆرای

Do you need help with your health care, talking with us, or reading what we send you? Call us for free at: 1-855-259-0701 (TTY: 1-800-848-0298)

We do not treat people in a different way because of their race, color, birth place, language, age, disability, religion, or sex.

To see if you qualify, contact your TennCare health plan or call this toll-free number today. 1-866-836-6678

To report different treatment, call our Office of Civil Rights for free at 1-855-857-1673 (TRS 711).



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## TennCare CHOICES

### in Long-Term Services and Supports

To see if you qualify, contact your TennCare health plan or call this toll-free number today **1-866-836-6678**.





## What Is CHOICES?

### The **Right Care** in the **Right Place** at the **Right Time**

TennCare CHOICES in Long-Term Services and Supports (LTSS) is **a program for older adults and adults with physical disabilities**. CHOICES offers help doing everyday activities that you may no longer be able to do for yourself as you grow older, or if you have a physical disability – things like bathing, dressing, getting around your home, preparing meals, or doing household chores. CHOICES include care in a nursing home, as well as services to help you remain at home or in the community and participate in community activities. The kind and amount of care you get depends on what you need.



## What home care services are covered in CHOICES?

- **Personal care visits:** Hands-on help with self-care tasks like getting out of bed, taking a bath, getting dressed, eating meals, or using the bathroom. If you need hands-on care, it may also include help with household chores or errands.
- **Attendant care:** The same kinds of help you'd get with personal care visits but for longer periods of time.
- **Home-delivered meals:** Up to 1 meal per day.
- **Personal Emergency Response System:** A call button so you can get help in an emergency.
- **Adult day care:** A place that provides supervised care and activities during the day.
- **In-home respite care:** Someone to stay with you in your home for a short time so your caregiver can get some rest.
- **In-patient respite care:** A short stay in a nursing home or assisted care living facility so your caregiver can get some rest.
- **Assistive technology:** Certain low-cost items that help you do things more easily or safely in your home like grabbers to reach things.
- **Enabling technology:** Various forms of devices and technology to support independent living such as sensors, mobile applications, remote support systems and other smart devices.
- **Minor home modifications:** Changes to your home that will help you get around more easily and safely like grab bars or a wheelchair ramp.
- **Pest control-** Spraying your home to get rid of bugs or mice.
- **Community-Based Residential Alternatives:** Places to live that offer care and support for someone who can no longer live alone.
- **Critical Adult Care Home:** A home where you and no more than 4 other people live with a health care professional.
- **Companion care:** Someone you hire who lives with you in your home to help with personal care or homemaker services (only available in Consumer Direction).



## Some of these services can be provided through Consumer Direction.

**Consumer Direction** is a way of getting some of the home care you need. It offers more choice and control over WHO gives you your home care and HOW your care is given. You employ the people who provide some of your home care services – they work for you (instead of an agency). This means you must be able to do the things that an employer would do – like hire, train and schedule workers.

You can hire a family member, friend, neighbor or other person you know to provide care in Consumer Direction, but there are some limits. We want to support, but not replace care provided by family and friends. You'll find out more if you sign up for CHOICES.

**What if you want home care but are no longer able to live alone?** CHOICES covers some types of residential care in the community, like Assisted Living or smaller shared living arrangements, but we only pay for the care you receive in those settings; you must pay the cost of room and board.

