Another big change that’s been in the works for more than a year has recently been put into place. Effective July 1st, 2015, nearly everyone who had been receiving personal care through a waiver or Medicaid Personal Care (MPC) is now receiving personal care through a new Medicaid state plan called Community First Choice (CFC).

If you are currently receiving personal care services, there is nothing you need to do to get onto the new program; however, there are some new services included in CFC that you can request (now, or at your annual assessment).

### Community First Choice: Personal Care and More

#### Core Benefits*

**Personal Care**
- Assistance, supervision and/or cueing with Activities of Daily Living (ADLs), Instrumental Activities of Daily Living (IADLs), and health-related tasks, due to functional disability.

**Relief Care**
- Allows the individual to hire alternate personal care providers.

**Nurse Delegation**
- A licensed registered nurse assigns specific nursing task(s) to a certified person to perform under the nurse’s direction and supervision.

**Skills Acquisition Training**
- ADLs, IADLs, and health-related skills-training to help the individual gain independence in those areas. Skills acquisition can be accessed through personal care hours or purchased as an enhanced service.

**Personal Emergency Response System (PERS)**
- A basic electronic device that enables individuals to secure help in an emergency.

**Caregiver Management Training**
- Individuals will be offered the opportunity to receive training materials on how to select, manage, and dismiss their care providers. Training will be available in booklet, DVD, and web-based formats to both participants and their chosen representatives.

*number of service credits/hours based on assessment*

#### Enhanced Benefits*

**Assistive Technology**
- Devices and apps that increase the individual’s independence. Includes specialized add-ons to the basic PERS system such as fall detectors, medication reminders, and GPS locators for those who qualify.

**Additional Skills Acquisition Training**
- May be purchased along with, or instead of, assistive technology.

**Community Transition Services**
- Rent and utility deposits, bedding, basic kitchen supplies, and other expenses related to transitioning from a long term care facility (such as nursing home, hospital or RHC) to a person’s own home in the community.

*$500 annual limit for Assistive Technology and additional Skills Acquisition Training (combined).*

*$850 one time expenditure for Community Transition*

### ADLs and IADLs

**Activities of Daily Living (ADLs)** include:
- bathing, bed mobility, body care, medication management, eating, dressing, locomotion, personal hygiene, use of toilet, and transfers.

**Instrumental Activities of Daily Living (IADL)** is incidental to the provision of ADL assistance and includes:
- meal preparation, ordinary housework, essential shopping, and travel to medical services.