



## Learn about options for home and community-based services

We care about  
**what you need.**

We care about  
**what you want.**

But mostly, we care about  
**who you are.**

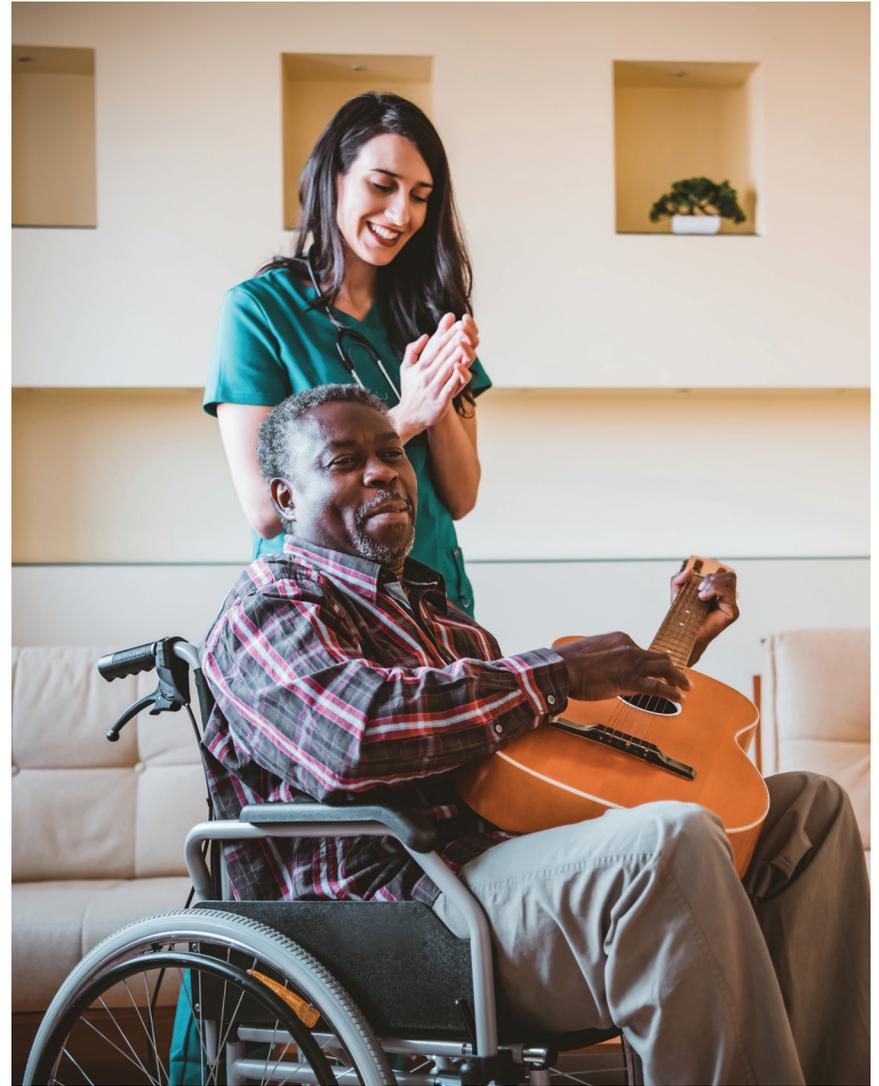
**MyOptionsRI**  
The help you need, wherever you live.



MyOptionsRI is a service of the  
State of Rhode Island.

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If you think some assistance could make it easier for you to continue living in your own home or residence (including assisted living and shared living), you might be interested in learning about in-home services that offer assistance with transportation, meals, household chores, personal care, and much more. These services are also called Long-Term Services and Supports (LTSS).

# Where to start

## Where to start

MyOptionsRI is the best place to start. We can help you learn about a variety of services that may meet your needs. More importantly, we'll get to know you as a person and discuss your goals. Our Options Counselors will talk with you about how some extra help could make your life easier and more enjoyable. We'll talk about different services that may be the best fit for you.

### MyOptionsRI

#### Main Call/Walk-in Center:

United Way of Rhode Island  
50 Valley Street, Providence, RI 02909  
[MyOptions.RI.gov](http://MyOptions.RI.gov) | (401) 462-4205

## How to decide if you want help

Although someone else may suggest that you might want or need certain kinds of help, it's ultimately your decision.

### Think about your everyday activities, such as:

- getting dressed
- eating
- bathing
- getting up from your bed or a chair
- moving around your living space

### Consider how you feel about routine tasks like:

- housework
- cleaning
- laundry
- meal preparation
- driving
- shopping

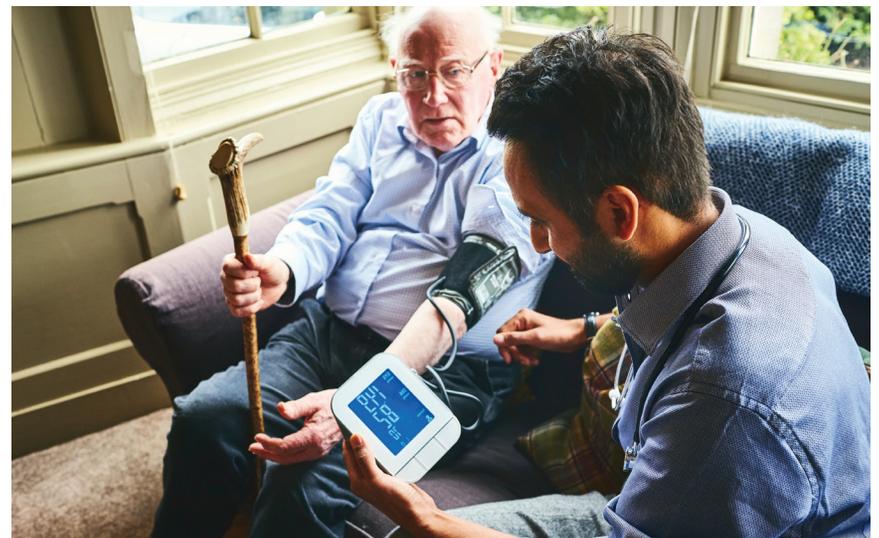
If any of these activities are becoming difficult for you to do alone, you might want some help.

# Plan ahead

## Plan ahead to arrange for care

You can't always predict when you'll need care. But if you know you'll be spending time in a hospital or nursing home, or are waiting to be discharged, planning ahead can help. Talk with health professionals like a doctor or nursing staff and your discharge planner about what services you will need when you are discharged to return home.

- Write down any questions you may have.
- Set up some of the services you will need ahead of time.
- Get help figuring out how to make your home ready. For example, have someone remove the area rugs. Talk to your discharge planner or your family about installing grab bars in the shower or bath, or about arranging for medical equipment (such as a wheelchair), if needed.
- If you will be living in someone else's home, think about whether you'll need help there, too.



# How to pay for care

## How to pay for care

Our Options Counselors will ask you a few questions about your finances to understand your eligibility for different services and supports. Services and supports could be paid by Medicaid and/or Medicare, private health insurance you may have, by you or your family, and/or by through other possible programs. The following are some ways to pay for services.

**Self-pay** – You pay for services from your own income or savings.

**Long-term care insurance** – If you have this type of insurance, it can help cover some or all of the cost of home and community-based services or nursing home care.



**Private health insurance plan** – If you have health insurance through an employer or another group, some of your services may be covered. Most private health insurance plans have limited coverage for long-term services and supports but can help pay all or a portion of your costs for prescriptions or short-term care at home or in a nursing home.

**Medicare** – This federal program will pay for some home care on a short-term basis after you leave the hospital. Medicare does not pay for long-term care services on an ongoing basis. Usually, it's after an illness or injury.

**Veterans Administration** – If you are a veteran, you and/or your spouse may be able to get help paying for home care or assisted living services.

**Medicaid Long-Term Services and Supports** – If your income and assets are within certain limits, you may qualify for Medicaid, which is a state/federal program that will pay for some or all long-term services and supports. You must also have health needs that require the level of care for Medicaid coverage. If you do qualify, Medicaid covers long-term care provided in your home, in another community-based setting like assisted living, or in a nursing home or other health care facility. See page 18 for more details.

**Rhode Island state agency programs** – there are several state-based programs that may help to pay for short and long-term services and supports. These include the Rhode Island Office of Healthy Aging (OHA) @Home Cost Share Program, the Rhode Island Department of Human Services (DHS) General Public Assistance Program and State Supplemental Payment program, and others. Talk to your Options Counselor to learn more. See page 19 for more details.

# Home and community-based services

## Home and community-based services

The following services may make living at home possible. If you don't see the type of assistance you're looking for, please contact us anyway. Chances are we can help you find what you want.

### Personal care and homemaker services

Have someone help you for a few hours each week or each day with personal care activities, such as

- Eating
- Getting in and out of bed
- Bathing
- Dressing
- Personal hygiene
- Using the toilet

You can also get help with household tasks, such as

- Grocery shopping
- Meal preparation
- Laundry
- Light housekeeping

Personal care and homemaker services are available through the Rhode Island Medicaid LTSS Program and the OHA @Home Cost Share Program. For information, see pages 16 and 17.

### Home health care

Home health care includes short-term nursing or therapy services to help you recover from an illness or injury. Such services include

- Skilled nursing services
- Physical therapy, speech therapy, or occupational therapy
- Limited CNA (Certified Nurse Assistant) services

Usually, a physician or other health professional approves these services when you're discharged from a hospital or other health

facility. Medicare or private health insurance often pay for these services. Medicaid and certain U.S. Veterans Affairs programs may help cover the cost in some instances too.

### Prescription drug assistance

You may be able to get help paying for part of the cost of some prescription drugs. If you are eligible for the Medicaid program, all your prescription costs will be covered. If not, there are several other programs that may be able to help.

## Contacts

### Medicare Part D Prescription Coverage

1-800-Medicare (1-800-633-4227), [www.medicare.gov/part-d](http://www.medicare.gov/part-d) or THE POINT at (401) 462-4444

### Rhode Island Pharmaceutical Assistance to the Elderly (RIPAE)

THE POINT at (401) 462-4444, OHA at (401) 462-3000, or go to <https://oha.ri.gov/what-we-do/access/health-insurance-coaching/drug-cost-assistance>.

### Partnership for Prescription Assistance

1-888-477-2669 or [www.pparx.org](http://www.pparx.org)

### Veterans Administration

helps veterans pay for prescriptions; Providence VA Medical Center at (401) 273-7100

Senior Health Insurance Program (SHIP) counselors can advise you about health insurance and prescription assistance programs, such as HealthSource RI and the Medicare Premium Payment Program (MPPP). SHIP counselors are located at sites throughout Rhode Island. Call THE POINT at (401) 462-4444 for a SHIP counselor near you.

## Food assistance

Good nutrition is important to health and independence. Food assistance services include:

- **Meals on Wheels** – If you can't prepare your own meals or can't leave home without help, a nutritious lunch can be delivered through the Rhode Island Meals on Wheels program. Call Meals on Wheels at (401) 351-6700 or go to [www.rimeals.org](http://www.rimeals.org).
- **Meals at Senior Centers and other locations** – Nutritious meals are offered at sites throughout Rhode Island. Transportation to the nearest site may be available. Call THE POINT at (401) 462-4444 for a site near you.
- **Supplemental Nutrition Assistance Program (SNAP)** – This program can provide extra money each month to buy food. Call URI SNAP Outreach Project at 1-866-306-0270 or go to [www.eatbettertoday.com](http://www.eatbettertoday.com).



## Personal emergency response system

A personal emergency response system is a button-type device that you wear or have near you that can connect you to a trained professional who can send help quickly in case of an emergency, such as a fall. It is available 24 hours a day, seven days per week.

### Contact

**The POINT**  
at (401) 462-4444

## Home modifications

Your home may need some changes to make it safer and easier to get around in. Some changes are simple and inexpensive, while other changes may be more involved and costly. You can get a professional assessment of your home or apartment.

### Contacts

**Ocean State Center for Independent Living (OSCIL)**  
at (401) 738-1013 or 1-866-857-1161 or [www.oscil.org](http://www.oscil.org)

**Tri-County Community Action Agency**  
at (401) 349-5760 or [www.tri-town.org](http://www.tri-town.org)

## Senior companions

Volunteers can provide companionship to you at home, at adult day centers, or at assisted living residences. Two programs that provide companionship are:

- **Senior Companion Program** at (401) 462-0569
- **Neighborhood Friendly Visitor Program** at (401) 421-7833, ext. 228



## Adult day services

Adult day services offer care and companionship during daytime hours at adult day centers. These centers are safe places to meet new people and enjoy the company of others. At the end of the day, you return home.

- You can have a meal and enjoy recreational activities.
- You can get help with medication, health, and personal care services while you are there.
- Services are offered weekdays and some weekends.
- Special programs are often available for people with dementia.

### Contacts

#### The POINT

at (401) 462-4444

Find a list of adult day services in Rhode Island at [www.leadingageri.org/adult-day-services](http://www.leadingageri.org/adult-day-services).

## Respite care

Respite care provides relief for your family, friends, and caregivers. It's important for them to have a chance to rest and recharge, so they can continue to offer you help and care. Respite care can include adult day services, homemaker services, or home health care. You can even have an overnight stay in a licensed facility, so your family, friends, or caregivers can have an opportunity to take care of themselves.

### Contact

#### The Diocese of Providence

at (401) 421-7833 or go to [www.dioceseofprovidence.org](http://www.dioceseofprovidence.org)

## PACE

If you're over age 55 and have disabilities or chronic conditions, the Program for All Inclusive Care for the Elderly (PACE) enables you to remain in your own community for as long as possible. PACE contracts with specific doctors, home health agencies, and other agencies to provide your care. Services include adult day care, home care, nursing and rehabilitative services, and nursing home care when necessary.

### Contact

#### PACE

at (401) 490-6566 or 1-877-781-7223 or visit [www.pace-ri.org](http://www.pace-ri.org)

## Assisted living

Assisted living residences have rooms or apartments that you can furnish with your own belongings. They provide 24-hour support, supervision, meals, housekeeping, and personal care. Meals are served in a common dining room, and there are activity areas for socializing. Assistance with medications is provided. As you need it, you may be able to get extra care such as help with dressing or bathing. Some residences take care of people with special dementia-related needs.

### Contacts

#### The POINT

at (401) 462-4444

#### Rhode Island Assisted Living Association

at (401) 435-8888 or [www.riala.org](http://www.riala.org)

#### LeadingAGE Rhode Island

at (401) 490-7612 or [www.leadingageri.org](http://www.leadingageri.org)



### Shared living

Shared living is an option if you are eligible for Medicaid LTSS, want services in a home-setting, feel that you cannot live alone, and need help with most activities of daily living. A shared living agency can help you find an appropriate host home or caregiver so you can continue to live in a home-setting in the community for as long as possible.

- The shared living agency will match you with a caregiver and will make sure the caregiver receives training and support.
- The caregiver can be someone you know, like a relative, neighbor, or friend, but cannot be your spouse.

### Contacts

#### Caregiver Homes of Rhode Island

at 1-866-797-2333

#### Seven Hills – Rhode Island

at (401) 597-6700

If you are seeking shared living for a person with intellectual/developmental disabilities, a similar program is available.

### Self-Directed Programs

If you qualify for Medicaid LTSS, you may choose a “self-directed” service option. These options enable you to hire your own caregiver and set the schedule for when the services you need are delivered. Depending on the self-directed option you qualify for, you may also be able to set the pay rate for the person you select and decide what kind of training is needed to get you the best care possible. Medicaid has several agencies in the community to help you with self-direction if this is your choice.

### Personal Choice Program

With the Personal Choice program, you may hire and manage your own caregiver who can help you with bathing, dressing, and other home activities. You will have a budget to cover the costs of your caregiver’s pay and other services you choose to receive through this program.

### Contacts

#### AccessPoint RI

at (401) 941-1112

#### Seven Hills – Rhode Island

at (401) 597-6700

#### Tri-County Community Action Agency

at (401) 349-5760 or [www.tri-town.org](http://www.tri-town.org)

### Independent Provider Program

The Independent Provider (IP) program includes personal care and home activity services. You can choose a personal care aide who you know or who is listed on a statewide registry. Personal care aids have gone through a training program and are CPR certified.

## I/DD Self-Directed Program

The I/DD Self-Directed Program provides a wide array of services and supports for individuals with intellectual and developmental disabilities. These include: community and residential-based support, assistive technology and home modifications, overnight shared supports, day programs, respite care, home health, professional services, job coaching. We will help identify and coordinate the supports and services you choose.



## Hospice and/or Palliative Care

The goal of hospice and/or palliative care services is to support individuals with serious medical conditions in maintaining a good quality of life so you can live as comfortably and as free from pain as possible. Services are often provided at home and are also available in nursing facilities and hospitals. Talk with your doctor

or medical professional to see if hospice or palliative care is the right option for you.

For more information, visit [www.health.ri.gov/lifestages/death/about/hospicecare](http://www.health.ri.gov/lifestages/death/about/hospicecare) or <https://health.ri.gov/healthcare/about/palliativecare/>.

## When nursing home care is needed

If the time comes that a nursing home is your best option, be sure to tour any facilities that interest you, and meet with the staff. State and federal websites can help you find nursing homes in your area.

- See lists of nursing homes or choose “Find Quality Nursing Home Care” on the Rhode Island Department of Health website at [www.health.ri.gov/nursinghomes](http://www.health.ri.gov/nursinghomes).
- Go to [www.medicare.gov/nursinghomecompare](http://www.medicare.gov/nursinghomecompare). This will take you to the Nursing Home

Compare page so you can search by area. Data gathered by Rhode Island state inspectors are uploaded into this national system.

## Nursing Home Transition Program

If you are eligible for Medicaid and you are in a nursing home but would like to live at home or in the community, the Nursing Home Transition Program provides support and services to make the transition possible for those who are ready. The program can arrange services, help with your move, assist in buying some basic items for setting up your home, and provide you support as you settle in.

## Contact

### Nursing Home Transition Program

at (401) 462-6393 or [OHHS.OCP@ohhs.ri.gov](mailto:OHHS.OCP@ohhs.ri.gov)

# Eligibility

## Eligibility information

Receiving help from the Rhode Island Department of Human Services or the Rhode Island Office of Healthy Aging depends on your level of need, your income, and other assets. Information about each program and the application process is available by contacting the specific program or by calling THE POINT at (401) 462-4444.



## Medicaid Long-Term Services and Supports

Medicaid Long-Term Services and Supports includes core/ home and community-based services, preventive services, and nursing home care.

Eligibility for Medicaid Long-Term Services and Supports is based on your income, your assets, and how much care you need.

### Contact/to apply

#### Rhode Island Department of Human Services (DHS)

at [www.dhs.ri.gov](http://www.dhs.ri.gov) or or call the LTSS call center at (401) 574-8474 or DHS at (855) 697-4347

## OHA @Home Cost Share Program

The @Home Cost-Share program is available to help with some care expenses. Eligible participants can access in-home services – such as help with housekeeping, meal preparation or personal care – and/or community-based programming at adult day health centers at a reduced rate. You may be eligible for the program if you are age 65 or older, meet income guidelines, and need some assistance in the home with your personal or health care.

### Contact

#### The POINT

at (401) 462-4444

## Information for veterans and their spouses

Veterans and their spouses may qualify for home care, adult day services, assisted living, or other services. These services are available through the Aid and Attendance benefit from the US Veterans Administration.

### Contacts

#### US Veterans Administration

at 1-800-827-1000

#### Rhode Island Office of Veterans Affairs

at (401) 921-2119, or visit [www.vets.ri.gov](http://www.vets.ri.gov)

**Call MyOptionsRI at (401) 462-4205  
for information and referrals.**

# Resources

## Resources

If you prefer to talk to someone about your choices, there are many organizations that can help you find services and assist you with applying.

- **THE POINT** is Rhode Island's Healthy Aging Help Desk. They can provide information about available services and even meet with you face to face to discuss your options. THE POINT's main call/walk-in center is located at:

### United Way of Rhode Island

50 Valley Street, Providence, RI 02909  
(401) 462-4444 or (401) 462-0740 TTY

### Other POINT locations:

**Child and Family Services of Newport County** (401) 848-4185

**East Bay Community Action Program** (401) 437-1000

**St. Martin dePorres Center** (401) 274-6783

**Tri-County Community Action Agency** (401) 349-5760

**Westbay Community Action Program** (401) 732-4660

- **Regional Case Management Agencies** can help you find services that will help you to continue living in your home or in your community.

### Child & Family Services of Providence

(401) 781-3669 | [www.childandfamilyri.com](http://www.childandfamilyri.com)

### Child & Family Services of Newport

(401) 849-2300 | [www.childandfamilyri.com](http://www.childandfamilyri.com)

### East Bay Community Action Program

(401) 437-1000 | [www.ebcap.org](http://www.ebcap.org)

### Westbay Community Action

(401) 732-4660 | [www.westbaycap.org](http://www.westbaycap.org)

### Tri-County Community Action Agency

(401) 349-5760 | [www.tri-town.org](http://www.tri-town.org)

- **Geriatric Care Managers** – You can contact a certified geriatric care manager for in-depth consultation about choices for home and community-based services or nursing homes. There is a cost for this service. To find a geriatric care manager in Rhode Island (or any state), go to [www.aginglifecare.org](http://www.aginglifecare.org).
- **Senior Centers** – Senior centers have volunteer opportunities, recreation, and group activities. They also offer counseling, information and referrals, and continuing education. Most provide hot lunches, outreach, transportation, and health services. To find a senior center near you or for a list of senior centers in Rhode Island, call THE POINT at (401) 462-4444.
- **RIPTA Bus Pass Program for Seniors and People with Disabilities** – If you have disabilities or are age 65 or older, RIPTA offers you lower fares on fixed-route vehicles such as vans and buses. You must apply.  
**Contact:** (401) 784-9500, ext. 2012 or go to [www.ripta.com](http://www.ripta.com)
- **Ride Paratransit Services (required by the ADA)** – Get curb-to-curb transportation if your disability prevents you from using the regular RIPTA bus service. You must register and complete an application.  
**Contact:** (401) 461-9760 or go to [www.ripta.com](http://www.ripta.com)
- **RI State Non-Emergency Medical Transportation Services** – If you cannot get a ride with family or friends and have no other way to get a ride, you can get non-emergency transportation. This service covers trips to special medical care such as kidney dialysis or cancer treatment, medical appointments including tests and treatments ordered by a health care professional as part



# For more information, contact:

## MyOptionsRI

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### Main Call/Walk-In Center

United Way of Rhode Island

50 Valley Street

Providence, RI 02909

**MyOptions.RI.gov** | (401) 462-4205

The information in this booklet is current as of January 2022.



### Daniel J. McKee, Governor of Rhode Island

Womazetta Jones, Secretary, Executive Office of Health and Human Services

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