

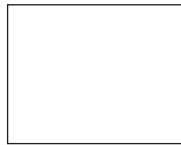
**EVERYONE CAN USE SOME ASSISTANCE FROM TIME TO TIME.**



**If you have a developmental disability** and think some assistance could make it easier for you to live 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.



3 West Road  
Cranston, RI 02920



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



MyOptionsRI is a service of the State of Rhode Island.



**LONG-TERM SERVICES AND SUPPORTS FOR ADULTS WITH DEVELOPMENTAL DISABILITIES**

- We care about what you need.
- We care about what you want.
- But mostly, we care about who you are



## You have options.

**There are many types of assistance.** You can receive many of these services where you live, including in your own or someone else's house or apartment. 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 need.

- **Companionship:** visits from someone who can check in, share conversation, and keep you company
- **Day services:** adult day centers provide care, companionship, meals, recreational activities, and help with medication, health, and personal care
- **Food assistance:** prepared meals delivered to your residence, or transportation to a nearby community program or center for meals
- **Home health care:** short-term skilled nursing services; physical, speech, or occupational therapy; certified nursing assistant (CNA) services
- **Home modifications:** professional assessment of your living space to recommend changes that will make it safer and easier to live in
- **Homemaker services:** light housekeeping, meal preparation, laundry, grocery shopping
- **Medications management:** help with organizing and taking your prescription medication
- **LTSS preventive services:** medical professionals provide wellness visits and care, counseling, and education
- **Personal care:** help with everyday tasks like eating, getting in and out of bed, bathing, hygiene, using the toilet, and getting dressed
- **Emergency response system:** a device you wear or have near you; it can send help quickly in the case of an emergency
- **Prescription drug assistance:** help paying for all or some of your prescription drugs
- **Primary care:** primary care provider health services
- **Transportation:** may provide rides to health care appointments, to conduct errands, and for some recreational activities

**Options based on availability and eligibility.**

## Wondering if you qualify for services?

**Home and Community-Based Services (HCBS)** are delivered to you in your home or in a home-like setting in the community.

For people with low income, HCBS are available through the Medicaid Long-Term Services and Supports (LTSS) program and are provided free or at a reduced cost. To qualify for Medicaid coverage, you must meet financial requirements and demonstrate need.

If you don't qualify for Medicaid, other options are available to you. We will help you learn more about all of the services available for your specific situation.

### How does the process work?

Navigating the long-term care system can be challenging, but you don't have to do it alone. We will work closely with you to create an individualized plan and determine your eligibility. We're here to answer your questions and explain the details.

### There are four basic steps:

1. **Connecting you with a free Options Advisor**  
We'll get to know you as a person, discuss your goals, and learn what is most important to you. We'll talk with you about how some extra help could make your life easier and more enjoyable.
2. **Discussing your options**  
Together, we'll discuss different services to determine which may be the best fit for you. Of course, you are welcome to include a family member or friend in this conversation.
3. **Preparing your plan**  
Based on our conversations, we'll prepare a written plan that will include where you want to live, the supports and services that are needed, and what's needed to obtain them.
4. **Determining your eligibility and getting started**  
We'll determine your eligibility for services and supports that would be covered by Medicaid as well as those that might need to be funded by you, your family, or through insurance or other possible programs.

## A message for friends and family

**If you help care for an adult with developmental disabilities or help them make decisions,** we share a common mission: to help them continue to live the life they love. That could mean living independently at home or comfortably in a supportive living residence. You play an important role in making that possible.

Many Rhode Island resources offer helpful information and vital support to address the challenges of being a caregiver. We'll help connect you to resources that will best serve your needs.

### Tell us how we can help.

When you're ready to learn more, contact MyOptionsRI.  
**MyOptions.RI.gov | (401) 462-4444**

### Notes:

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