



LEARN ABOUT OPTIONS FOR HOME & COMMUNITY-BASED SERVICES

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

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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 | (401) 462-4444

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
- Getting up from your bed or a chair
- Eating
- Moving around your living space
- Bathing

Consider how you feel about routine tasks like:

- Housework
- Laundry
- Driving
- Cleaning
- Meal preparation
- 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

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 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 14 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 15 for more details

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.

Anyone receiving Medicaid LTSS will work with a certified conflict free case manager (CFCM) to connect them to services. A CFCM can help you sort out what Medicaid will pay for and how to pay for other services.

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

You can also get help with household tasks, such as

- Grocery shopping
- Laundry
- Meal preparation
- Light housekeeping

Personal care and homemaker services are available through the Rhode Island Medicaid LTSS Program and the OHA At Home Cost Share Program. For information, see pages 12 and 13.

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 or Rhode Island's Aging and Disability Resource Center at (401) 462-4444

Rhode Island Pharmaceutical Assistance to the Elderly (RIPAE)
Rhode Island's Aging and Disability Resource Center 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

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 Rhode Island's Aging and Disability Resource Center 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.
- **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 Rhode Island's Aging and Disability Resource Center 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.

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.

Contacts

Rhode Island's Aging and Disability Resource Center
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

Tri-County Community Action Agency
at (401) 349-5760 or www.tricountyri.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 day-time 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

Contact

Rhode Island's Aging and Disability Resource Center
at (401) 462-4444

Find a list of adult day services in Rhode Island
at <https://www.leadingageri.org/adultday>

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

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

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

Rhode Island's Aging and Disability Resource Center

at (401) 462-4444

Rhode Island Assisted Living Association

at (401) 435-8888 or www.riala.org

LeadingAge Rhode Island

at (401) 490-7612 or 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

Contact

Anyone receiving Medicaid LTSS will work with a certified conflict free case manager (CFCM) to connect them to services. For more information, contact **Rhode Island's Aging and Disability Resource Center** at (401) 462-4444.

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.

Contact

Anyone receiving Medicaid LTSS will work with a certified conflict free case manager (CFCM) to connect them to services. For more information, contact **Rhode Island’s Aging and Disability Resource Center** at (401) 462-4444.

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 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.
- Go to 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

Eligibility

Eligibility information

Receiving help from the Rhode Island Department of Human Services (DHS) or the Rhode Island Office of Healthy Aging (OHA) 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 Rhode Island's Aging and Disability Resource Center 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 or call the **LTSS call center** at
(401) 574-8474 or **DHS** at (855) 697-4347

OHA At Home Cost Share Program

The At 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 or age 19-64 with a diagnosis of Alzheimers or related dementia, meet income guidelines, and need some assistance in the home with your personal or health care.



Contact

Rhode Island's Aging and Disability Resource Center
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

Call

Rhode Island's Aging and Disability Resource Center at
(401) 462-4444 for information and referrals.

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.

Rhode Island's Aging and Disability Resource Center 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. Rhode Island's Aging and Disability Resource Center'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 Rhode Island's Aging and Disability Resource Center 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

Conflict Free Case Management (CFCM) Agencies can help you find services that will help you continue living in your home or in your community.

- **A complete list of the CFCM Agencies** and their fact sheets are available on <https://eohhs.ri.gov/conflict-free-case-management>. Click "Certified CFCM Agencies" for more information.

- **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.
- **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 Rhode Island’s Aging and Disability Resource Center 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
- **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
- **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 of a treatment plan, adult day centers, INSIGHT services (if you’re age 65 or older), and senior nutrition sites (for Medicaid members and people age 60 or older).

If you're a Medicaid member, you do not pay a fare for transportation to medical appointments or treatments. You may pay a fare for trips to and from meal sites. You must schedule rides at least two business days before you need them.

To make a reservation for a ride, call (855) 330-9131

- **To learn more**, go to <https://eohhs.ri.gov/Consumer/TransportationServices.aspx> Alliance for Better Long Term Care
The Alliance promotes quality of life and care for residents of nursing homes, assisted living residents, and other long-term care institutions. The Alliance provides information and support to residents and families, and it can help with choosing the right place to live for you. The Alliance can also assist if you are having a problem in a nursing home, assisted living or with a home care agency. Contact: (401) 785-3340 or 1-888-351-0808
- **The Alzheimer's Association** – For information on dementia and support for caregivers. Contact: (401) 421-0008 or go to www.alz.org/ri
- **Family Caregiver Alliance** – A clearinghouse for caregiver information. Contact: www.caregiver.org
- **Fall Prevention** – Falls are a leading cause of injury and hospitalization in Rhode Island among people age 65 and over. For more information on fall prevention go to <https://health.ri.gov/injury/fallsprevention/>

Notes:



FOR MORE INFORMATION, CONTACT:

Rhode Island's Aging and Disability Resource Center
Main Call/Walk-In Center

United Way of Rhode Island 50 Valley Street
Providence, RI 02909 (401) 462-4444