

You Can Live Safely at Home



Learn More About Options for
Home & Community-Based Services



Rhode Island Executive Office of Health and Human Services

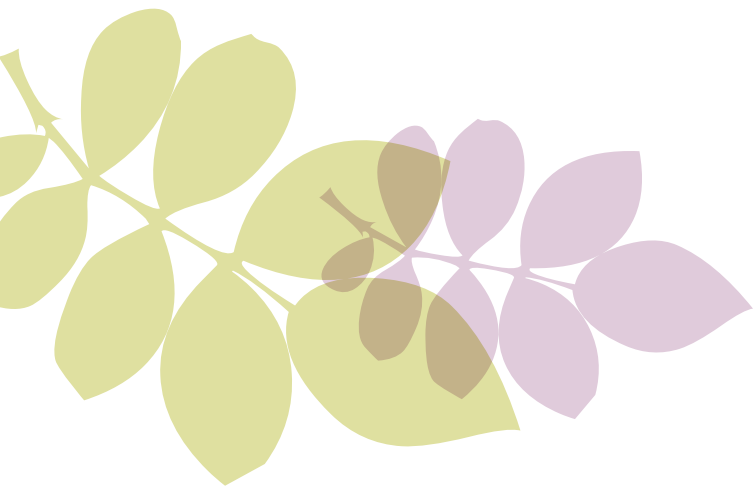


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This booklet provides information on *Home and Community-Based Services* available in Rhode Island that can help elders live safely at home or in the community. These services are also called “Long Term Care” services. You don’t necessarily have to live in a nursing home if you can live safely at home.

Where to Start

If you are living at home, a call to THE POINT at (401) 462-4444 is a good place to start. They can let you know about home and community services that may meet your needs and options for paying for services.

There are a variety of services that can help you live safely at home, but it is important to know when you need help.

If it's becoming difficult for you to perform everyday activities, such as dressing yourself, eating, bathing or moving from a bed to chair, you may need some help. Other tasks you may need help with are: housework, laundry, shopping, preparing meals, or transportation.

If these are some of the things you can no longer do alone, there are many options available. Depending on your needs and your financial situation, you may be able to get help to pay for home and community services through the Rhode Island Medicaid Program or the RI Department of Elderly Affairs.





Plan Ahead

If you are waiting to be discharged from the hospital or nursing home, talk with medical or nursing staff and your discharge planner about what services you will need when you return home.

- Write down any questions you may have.
- Start setting up some of the services you will need ahead of time.
- If possible, get help in 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.



How to Pay for Care

The following are 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.

Medicare – This is a federal program that 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 reimbursed for home care or assisted living services.

Medicaid Long Term Care – If your income and assets are within certain limits, you may qualify for Medicaid, a state/federal program, to pay for home and community-based services or nursing home care. You must require a certain “level of care” need in order to qualify. See page 16 for more details.

RI Department of Elderly Affairs (DEA) – If you do not qualify for Medicaid and your income is within certain limits, the DEA Co-Pay Program offers personal care/ housekeeping or adult day care for a few hours per week based on your needs. The individual pays a “co-payment” toward the cost of these services. See page 17.

Home and Community-Based Services

The following services may make living at home possible.

Personal Care

Have someone help for a few hours each week or each day with:

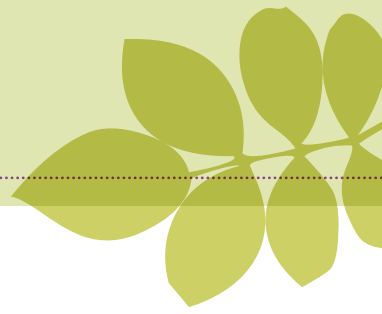
- Eating
- Getting in and out of bed
- Bathing
- Dressing
- Personal hygiene
- Using toilet

Homemaker Services

Help with household tasks may include:

- Grocery shopping
- Meal preparation
- Laundry
- Light housekeeping

Personal care and homemaker services are available through the RI Medicaid Program and the DEA Co-Pay Program. For information, see pages 16 and 17.



Home Health Care

Home health care can provide short-term nursing or therapy services to help individuals recover from an illness or injury. It may include:

- Skilled nursing services
- Physical therapy, speech therapy or occupational therapy
- Limited CNA (Certified Nurse Assistant) services may also be available.

Usually a physician will approve these services when a patient is discharged from a hospital or rehabilitation facility. Medicare or private health insurance usually pay for these services.



Home and Community-Based Services

Prescription Drug Assistance

You may be able to get help paying for part of the cost of some prescription drugs. There are several programs that can help:

- **Medicare Part D Prescription Coverage** –
1-800-Medicare (1-800-633-4227) or
THE POINT at (401) 462-4444
- **Partnership for Prescription Assistance** –
1-888-477-2669 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 individuals about health insurance and prescription assistance programs. 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.

- **Meals on Wheels** – If you can't leave home without help or prepare your own meals, a nutritious lunch can be delivered through the RI Meals on Wheels program. Call Meals on Wheels at (401) 351-6700
- **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 check www.eatbettertoday.com

Home and Community-Based Services

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.

Home Modifications

Your home may need some changes to make it safer and more accessible. 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.

Contact: PARI at (401) 725-1966 voice/TTY or OSCIL at (401) 738-1013 or 1-866-857-1161 for more information.

Senior Companions

Volunteers can provide companionship to elders at home, at adult day centers or at assisted living residences. There are two programs that provide companionship.

Contact: Senior Companion Program at (401) 462-0569 or Neighborhood Friendly Visitor Program at (401) 421-7833.

Adult Day Services

Adult Day Services offer care and companionship during daytime hours. At the end of the day, you return home.

- You can have a meal and enjoy recreational activities; Adult Day Centers are a safe place to meet new people and enjoy the company of others.
- 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: THE POINT at (401) 462-4444. You can also check www.leadingageri.org under “Elder Care Information” for a list of adult day services in RI.

Respite Care

Respite Care provides relief for caregivers. If you are a caregiver, it may be necessary to take time off to take care of yourself so that you have more energy. Being a caregiver can often make you feel isolated and stressed. Examples of respite care include: Adult day services, homemaker services, home health care and overnight stays in licensed facilities.

Contact: The Diocese of Providence at (401) 421-7833 or check www.dioceseofprovidence.org

Home and Community-Based Services

PACE

The *Program for All Inclusive Care for the Elderly* (PACE) is a program that enables seniors to remain in their own communities for as long as possible. The PACE Program contracts with specific doctors, home health and other agencies to provide your care. Services offered include: adult day care, home care, and nursing and rehabilitative services, and nursing home care when necessary.

Contact: PACE at (401) 490-6566 or 1-877-781-7223, or check www.pace-ri.org

Assisted Living

If you are feeling lonely in your home, experiencing failing health, or need 24-hour support, assisted living may be an option. Assisted living has rooms or apartments that you can furnish with your own belongings. It provides 24-hour support, supervision, meals, housekeeping and personal care. There is a common dining room where meals are served and 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 needs.

Contact: THE POINT at (401) 462-4444 or RI Assisted Living Association at (401) 435-8888 or check www.riala.org, or LeadingAGE RI at www.leadingageri.org

Shared Living

Shared living is a new option in the Medicaid Program for adults who cannot live alone and require a considerable amount of help with activities of daily living. It provides a home-like setting for people who want to continue living in the community as long as possible. A Shared Living agency can help you find an appropriate host home or caregiver.

- The Shared Living agency will match you with a caregiver and will make sure the caregiver receives training and support.
- The caregiver may be someone you know, like a relative, neighbor or friend. A caregiver cannot be a spouse.

Contact: Caregiver Homes of Rhode Island at (401) 290-8429 or The Homestead Group at (401) 765-3700 ext. 293



Home and Community-Based Services

Personal Choice Program

If you qualify for RI Medicaid Long Term Care because of your needs, income and resources, you may be able to hire and manage your own caretaker who can help you with bathing, dressing and other home activities through the Personal Choice Program.

Contact: PARI Independent Living Center (401) 725-1966 voice/TTY or Tri-Town Community Action Program (401) 349-5760.

Hospice Care

Hospice care is available for terminally ill patients who are in the final stages of their lives. The goal of hospice care is to maintain a good quality of life so a person can live as comfortably and as pain free as possible, preferably in the comfort of their home. Hospice is also available in nursing facilities and hospitals. Talk with your doctor or medical professional to see if Hospice is the right program for you.

For more information, see www.health.ri.gov/lifestages/death/about/hospicecare.



When Nursing Home Care is Needed

When a nursing home is the best option, it is important that you visit facilities you are interested in, take a tour and meet with the staff. You can visit state and federal websites to help you find nursing homes in your area.

- See “Choosing a Nursing Home” on the RI Department of Health website www.health.ri.gov/nursinghomes
- Go to www.medicare.gov and select “Resource Locator” and then “Nursing Homes.” This will take you to the Nursing Home Compare page so you can search by area. Data gathered by RI state inspectors are fed 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, if it’s possible, the Nursing Home Transition Program provides support and services to make the transition possible.

Contact: (401) 462-6393 for more information.

Eligibility Information

Receiving help from the RI Department of Human Services or the RI Department of Elderly Affairs depends on your level of need, your income and other assets. Eligibility information for each program is available by contacting the specific program or by calling THE POINT.

■ Medicaid Long Term Care

Medicaid Long Term Care includes: Core/Home and Community-Based Services, Preventive Services, and Nursing Home Care.

DHS determines the functional/clinical “level of care” need for eligibility. In addition, assets must be under \$4,000 for an individual and if monthly income is over \$820, a person may pay a cost toward their services.

For the office that serves your town/city, contact:

Providence LTC – Home and Community-Based Services	(401) 415-8524
Providence LTC – Nursing Homes	(401) 415-8455
East Providence LTC	(401) 415-8459
Cranston LTC	(401) 462-5182
Newport LTC	(401) 851-2100
Woonsocket LTC	(401) 235-6241

or check the DHS website at www.dhs.ri.gov

■ Co-Pay Program

The Home and Community Care Co-Pay Program pays a portion of the cost of personal care and adult day services. An individual must be unable to leave home without considerable assistance and must need help with personal care. The income limit is approximately \$21,600 annually for an individual. There is no asset limit like there is in Medicaid Long Term Care programs.

Contact: DEA's Co-Pay Program at (401) 462-0570 or 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 U.S. Veterans Administration.

Contact: (800) 827-1000 for more information.

Call **The POINT** at (401) 462-4444
or (401) 462-0740 TTY
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.

- **THE POINT** is Rhode Island's Aging and Disability Resource Center. They can provide information about available services and even meet with you face-to-face to discuss your options. The POINT is located at:
United Way of Rhode Island,
50 Valley Street, Providence, RI 02909
(401) 462-4444 or (401) 462-0740 TTY
- **Regional Case Management Agencies** can help individuals find elder care services they may be eligible for that will enable them to remain in their home or in the community.

Child & Family Service of Newport	(401) 845-2270 www.cfsnewport.org
East Bay Community Action	(401) 437-1000 www.ebcap.org
West Bay Community Action	(401) 732-4660 www.westbaycap.org
Tri-Town Community Action (Southern RI)	(401) 789-3016 x 7 www.tri-town.org
Tri-Town Community Action (Providence and Northern RI)	(401) 349-5760 x 3 www.tri-town.org

- **Regional POINTS** – The Department of Elderly Affairs partners with these agencies to help people find home and community services and information on health insurance:

Cranston Senior Services (401) 780-6000

Johnston Senior Center (401) 944-3343

Child and Family Service of Newport (401) 849-2300

Pawtucket:

Leon Mathieu Senior Center (401) 728-7582

Providence:

St. Martin de Porres Center (401) 274-6783

South County Community Action (401) 789-3016

West Warwick Senior Center (401) 822-4450

Woonsocket Senior Services (401) 766-3734

- **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.caremanager.org

- **RIPTA Ride Program** – Provides transportation to medical appointments and tests, therapy appointments, adult day services, and meal sites. The cost is \$2.00 each way. A two to four week prior reservation is required. Medicaid recipients do not have to pay a fare for the Ride Program. For an application, contact: (401) 461-9760
- **RIPTA Bus Pass Program for Seniors and Adults with Disabilities** – Provides curb-to-curb transportation if your disability prevents you from using the regular RIPTA bus service. The cost is \$4.00 each way. Participants must register and complete an application. For more information, contact: (401) 784-9500 ext. 604 or go to www.ripta.com
- **Alliance for Better Long Term Care** – The Alliance provides information on assisted living and nursing homes. They can also provide help if you are having a problem with a long-term care licensed facility such as a nursing home, assisted living residence, home health care or hospice care agency. Contact: (401) 785-3340 or (888) 351-0808.
- **The Alzheimer’s Association** – For information on dementia. Contact: (401) 421-0008 www.alz-ri.org
- **Family Caregiver Alliance** – A clearinghouse for caregiver information. www.caregiver.org
- **Fall Prevention** – Falls are a leading cause of injury and hospitalization in Rhode Island among people aged 65 and over. For more information on fall prevention see www.health.ri.gov/injury/about/fallsprevention



For more information, contact:

THE POINT

(401) 462-4444

(401) 462-0740 TTY

United Way of Rhode Island
50 Valley Street
Providence, RI 02909

www.thepointri.org



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