

You Can Live Safely at Home



Learn More About Options for Home & Community-Based Services

Rhode Island Executive Office of Health and Human Services



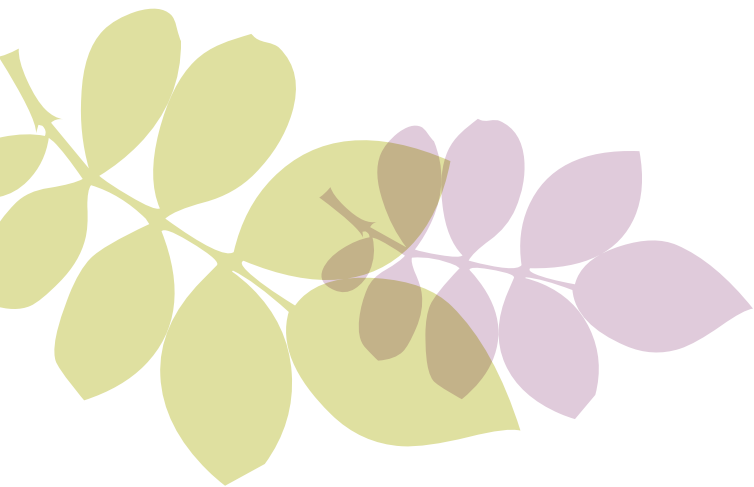


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This booklet provides information on *Home and Community-Based Services* in Rhode Island that can help elders and people with disabilities live safely at home or in the community. These services are also called Long Term Services and Supports. You may not have to live in a nursing home if you prefer to live 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, you have many options. 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 Rhode Island Division of Elderly Affairs.





Plan Ahead

If you are waiting to be discharged from a 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 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 Services and Supports – 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” in order to qualify. See page 16 for more details.

Rhode Island Division 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:

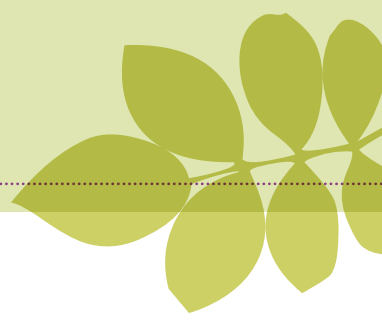
- Eating
- Getting in and out of bed
- Bathing
- Dressing
- Personal hygiene
- Using toilet

Homemaker Services

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 Program and the DEA Co-Pay Program. For information, see pages 16 and 17.



Home Health Care

Home health care includes short-term nursing or therapy services to help individuals recover from an illness or injury, such as:

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

Usually a physician will approve these services when a patient is discharged from a hospital or rehabilitation facility. Medicare or private health insurance usually pays 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), 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, DEA at (401) 462-3000, or go to www.dea.ri.gov/programs/prescription_assist.php
- **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 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 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 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.

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 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.

Contact: OSCIL at (401) 738-1013 or 1-866-857-1161 or www.oscil.org, or Tri-County Community Action Agency at (401) 349-5760 or www.tri-town.org

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, ext. 228

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. Find a list of adult day services in Rhode Island at www.leadingageri.org/adult-day-services.

Respite Care

Respite care provides relief for caregivers. Being a caregiver can often make you feel isolated and stressed. If you are a caregiver, it may be necessary to take time off to take care of yourself so that you are able to cope. Examples of respite care include adult day services, homemaker services, home health care and overnight stays for your loved one in a licensed facility.

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

Home and Community-Based Services

PACE

The *Program for All Inclusive Care for the Elderly* (PACE) is a program that enables elders and adults over age 55 who have disabilities or chronic conditions 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 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. 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-related needs.

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

Shared Living

Shared living is an option in the Rhode Island Medicaid Program for adults who cannot live alone and require a lot 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 1-866-797-2333 or Seven Hills – Rhode Island at
(401) 597-6700

Home and Community-Based Services

Personal Choice Program

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

Contact: AccessPoint RI at (401) 941-1112, Seven Hills – Rhode Island at (401) 597-6700, or Tri-County Community Action Agency at (401) 349-5760 or www.tri-town.org

Hospice Care

Hospice care is available for 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. Hospice is often provided at home and is also available in nursing facilities and hospitals. Talk with your doctor or medical professional to see if Hospice is the right option for you.

For more information, go to 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 go to state and federal websites to 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 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, 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, and give you basic items for setting up your home.

Contact: Nursing Home Transition Program at (401) 462-6393

Eligibility Information

Receiving help from the Rhode Island Department of Human Services or the Rhode Island Division 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 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. To apply, go to the Rhode Island Department of Human Services (DHS) website at www.dhs.ri.gov. Or call the DHS Services call center at 1-855-MY-RIDHS (1-855-697-4347).



■ 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 a lot of help and must need help with personal care. Eligibility is based on income only. There are no limits on assets.

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 US Veterans Administration.

Contact: 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 **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'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 (401) 848-4185
of Newport County

East Bay Community (401) 437-1000
Action Program

St. Martin dePorres Center (401) 274-6783

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

Westbay Community (401) 732-4660
Action Program

- **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 Services of Providence	(401) 781-3669 www.childandfamilyri.com
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Child & Family Services of Newport	(401) 849-2300 www.childandfamilyri.com
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East Bay Community Action Program	(401) 437-1000 www.ebcap.org
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Westbay Community Action	(401) 732-4660 www.westbaycap.org
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Tri-County Community Action Agency	(401) 349-5760 www.tri-town.org
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- **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 THE POINT at (401) 462-4444.

- **RIPTA Bus Pass Program for Seniors and People with Disabilities** – RIPTA offers people who have disabilities or are age 65 and older lower fares on fixed-route vehicles such as vans and buses. You must apply. Contact: (401) 784-9500, ext. 1196 or go to www.ripta.com
- **Ride Paratransit Services (required by the ADA)** – Provides curb-to-curb transportation if your disability prevents you from using the regular RIPTA bus service. Participants must register and complete an application. Contact: (401) 461-9760 or go to www.ripta.com
- **RI State Non-Emergency Medical Transportation Services** – Provides transportation 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 Care Centers, INSIGHT services for people age 65 and older, and Senior Nutrition sites for Medicaid members and people age 60 or older. Transportation is for people who cannot get a ride with family or friends and have no other way to get a ride.

Medicaid members do not pay a fare for transportation to medical appointments or treatments. They 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 www.eohhs.ri.gov/Consumer/TransportationServices.aspx.

- **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 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 www.health.ri.gov/injury/fallsprevention.



For more information, contact:

THE POINT

Main Call/Walk-in Center:

United Way of Rhode Island
50 Valley Street, Providence, RI 02909
(401) 462-4444 or (401) 462-0740 TTY

The information in this booklet is current as of July 2017.



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Governor of Rhode Island
Eric J. Beane, Secretary
*Executive Office of Health
and Human Services*