



INTERNATIONAL ASSOCIATION FOR
INDIGENOUS AGING

BRIDGING CULTURE & CARE:

**MEDICAID HOME AND COMMUNITY BASED
SERVICES FOR COLORADO TRIBAL ELDERS**



LONG TERM SERVICES AND SUPPORTS IN COLORADO FACT SHEET

Why Access Long Term Services and Supports?

Many American Indian elders need additional supports to remain healthy and independent in their homes and communities. Indian Health Services and Medicare do not provide this care. Medicaid provides health insurance, as does Medicare or an employer's insurance AND is the primary source of Long Term Supports and Services (LTSS). Medicaid offers many options for LTSS; this resource fact sheet and accompanying video focuses specifically on one type of LTSS, Home and Community Based Services or HCBS.

HCBS offers many benefits compared to traditional nursing home care. HCBS allows you to work with a case manager to create a care plan that meets your needs. You can choose who comes into your home, when they arrive, and how they help care for you. Your friends and family, who are accessible to you even in a rural area, may be able to get paid for the care they're already giving. HCBS offers a medical insurance package and in-home supports at a lower cost than traditional nursing home or assisted living care.

The intent of this project is to:

to inform tribal elders, their caregivers and family members, and Title VI personnel about LTSS resources and options available through Medicaid HCBS waivers

to provide resources on how to access HCBS options; and your rights in securing (and maintaining) such options

to inform and motivate tribal elders, caregivers, family members and other advocates to obtain access to and arrange for/apply for LTSS services/resources

Home and Community Based Services in Colorado

Colorado offers an HCBS program called the Elderly Blind and Disabled (EBD) Waiver. People eligible for the EBD waiver may get services through a Home Health Agency, an Adult Day Program, Consumer Directed Attendant Support Services (CDASS), In Home Support Services (IHSS) or a combination of the different options. Services that you may receive through the waiver include:

- adult day services
- alternative care facilities
- consumer directed attendant support services
- home delivered meals
- homemaker services
- home modifications like ramps and grab bars and adaptations
- in-home support services
- life skills training
- transportation to medical appointments and other important places in your community
- personal care
- personal emergency response system
- respite; and
- transition set up





How to Apply

An application for the Elderly Blind and Disabled waiver in Colorado has 2-steps. You start with the financial application, which you can apply for online, by mail, or in person at a Medicaid Application (MA) Site in your County's Human Services Department. The second step is a functional assessment to determine the level of care you require.

Find your local in person application site:

<https://cdhs.colorado.gov/contact-your-county>
<https://apps.colorado.gov/apps/maps/hcpf.map>

How to Apply:

<https://www.healthfirstcolorado.com/apply-now/>



What Does The Application Process Include

Financial Application

You will work with an eligibility specialist. Be sure to tell them you are interested in applying for the EBD Waiver because the income requirements for the waiver are specific. The Eligibility Specialist will make sure you:

- are over the age of 65 or have a disability,
- are a US citizen and a Colorado resident,
- have a monthly income less than 3 times the SSI standard benefit; and
- have resources under the limit

Resource calculations can be complicated and typically include money in your bank accounts or investments but do not include your primary home and the vehicle used for your transportation.

Functional Assessment

When you finish the financial application, you will be assigned to a Case Manager based on where you live. Your Case Manager will visit your home to learn more about you and your needs. This process is known as the functional assessment and determines your Level of Care.

The functional assessment is a tool used to gather information on the applicant's health and needed support for Activities of Daily living. Activities of Daily Living (ADLs) include items like an applicant's ability to eat, bathe, use the toilet, walk, take medicine, and more. The assessment is done in an applicant's home to ensure safety and resources for proper care.

It can be uncomfortable to have someone in your home asking questions about personal matters, but Case Managers are trained professionals with a shared goal of getting you the support you need. You can, and you are encouraged to have a friend or family member with you during the assessment. Your friend or family can help share a complete and accurate story about who you are and what you need.

Additional Resources

Information about the EBD Waiver:

<https://hcpf.colorado.gov/elderly-blind-disabled-waiver-ebd>

Information about the In Home Support Services (IHSS) Option:

<https://hcpf.colorado.gov/in-home-support-services>

Information about the Consumer Directed Attendant Support Services (CDASS) Option:

<https://hcpf.colorado.gov/consumer-directed-attendant-support-services>

The Video:

<https://iasquared.org/ltss/>

This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$96,926 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.