

Long Term Care or MaineCare Long Term Care

(edited by Susan Withington 9/20/18)

The State of Maine has a great program that is a savior for people with disabilities. Not many people know about this program. Even many health care providers I have talked to are not familiar with it. There is an abundance of information on the internet about Maine's long term care, but it is not consolidated. Different parts or aspects of the program are scattered over diverse websites. There are many agencies involved, and it is all very confusing. I have spent endless hours navigating the internet and the state bureaucracy. I am now, finally, receiving services through this program. I have made it my mission to introduce the State's Long Term Care Program to as many people as possible. It's a shame more people don't take advantage of these amazing services.

"Low or No-cost Long Term Care Services and Supports in the State of Maine include several programs providing supportive services to elderly and disabled adults in order to avoid or delay nursing home placement or inappropriate institutionalization. Long Term Care Services and Supports are funded by either MaineCare or through state funds. These services are designed to assist a person to remain independent in the community, if they so choose. ¹

The State of Maine requires both a financial and functional (i.e. medical) assessments to determine an individual's eligibility for most In-Home Services. "These assessments help individuals and families understand what services are available to them. The Medical Eligibility Determination Form (MED) is the tool approved by the Department of Health and Human Service to determine program eligibility for this service." ¹ "Long term care needs are those needs determined as a result of completion of the MED Form, resulting from an individual's inability to manage ADLs (Activities of Daily Living) and IADLs (Instrumental Activities of Daily Living), as a result of physical, emotional, or developmental problems." ³ From these assessments using the MED Form, a plan of care. The services designated by this plan of care are then administered by a Home Care Coordinating Agency. Services may be provided through traditional agencies or through a consumer directed delivery model. ¹

Financial assessments are completed by the Office of Family Independence (an office of DHHS). ⁴ Functional (i.e. medical) assessments are completed by an Assessing Services Agency (an organization authorized through a written contract with the Office of Elder Services). ³

Long Term Care Programs ⁶

Nursing Facility Care

*** Home and Community Benefits Waiver for the Elderly and for Adults with Disabilities
(Section 19)**

Residential Care Facility

**Support Services Waiver for Members with Intellectual Disability or
Autistic Disorders (Section 29)**

**Home and Community Benefits Waiver for Members with Intellectual
Disabilities or Autistic Disorder (Section 21)**

**Home and Community Based Waiver Benefit for Adults Age 21 and Older with
Other Related Conditions (Section 20)**

**Home and Community Based Waiver Benefit for Adults with Brain Injury
(Section 18)**

EIM Administered Programs

The following programs, under the second category (*) listed above, would be used by people with Parkinson's and are administered by EIM (Elder Independence of Maine Care Management). EIM delivers Home Care Coordination Services throughout the state of Maine. They connect Maine people with home care services, which includes Long Term Care Services. EIM is a division of SeniorsPlus, an Area Agency on Aging. ⁷

In-Home and Community Support Services for Elderly and Other Adults - Commonly Known as Home Based Care (HBC)

- A state funded program, HBC requires both financial eligibility established through EIM, and medical (or functional) eligibility established through an Assessing Services Agency, in order to access services.
- The consumer has a choice in how they would like to receive their Personal Care Services. Consumers can choose to access an EIM-contracted Personal Care provider located in the community or use the self-directed option called Family Provider Service Option (FPSO). FPSO allows a consumer or an adult who is 21 years or older to register as the Personal Care Agency solely for the purpose of managing the adult's own services.
- There is currently a waitlist in effect. ⁵

The Home & Community Benefit for Elders & Adults with Disabilities (HCB)

- HCB requires both MaineCare (financial) eligibility established through DHHS, and medical (or functional) eligibility established through an Assessing Services Agency, in order to access services.
- The consumer has a choice in how they would like to receive their Personal Care Services. The consumer can choose to access a MaineCare Personal Care provider located in the community or use the Participant Directed Option (PDO). PDO allows a member or member's representative to manage attendant services. ⁵

The Private Duty Nursing and Personal Care Services (PDN)

- PDN requires both MaineCare (financial) eligibility established through DHHS and medical (or functional) eligibility established through an Assessing Services Agency, in order to access services.
- The consumer has a choice in how they would like to receive their Personal Care Services. The consumer can choose to access a MaineCare Personal Care provider located in the community or the use self directed option called Family Provider Service Option (FPSO). FPSO allows a consumer or an adult who is 21 years or older to register as the Personal Care Agency solely for the purpose of managing the adult's own services. ⁵

For more information on any of these programs go to:

<https://www.seniorsplus.org/eim-programs>

To apply for a Long Term program call 1-855-797-4357 (DHHS)

<https://www.maine.gov/dhhs/ofi/public-assistance/pdf/LTC-Application.pdf>

Your primary care provider can also make a referral:

<https://www.maine.gov/dhhs/oads/docs/physician-office-referral-form.doc>

References

- 1) <http://www.smaaa.org/documents/cs/fcg/MaineLongTermCarePrograms.pdf>
- 2) <https://www.maine.gov/dhhs/oads/home-support/elderly-physically-disabled/apply.html>
- 3) <https://www.maine.gov/sos/cec/rules/10/149/149c5-63.doc>
- 4) <https://www.maine.gov/dhhs/mainecare.shtml>
- 5) <https://www.seniorsplus.org/eim-programs>
- 6) <https://www.maine.gov/dhhs/ofi/public-assistance/pdf/LTC-Application.pdf>
- 7) <https://www.seniorsplus.org/about-seniorsplus>