

Dear Parent or Caregiver,

These charts will help you understand and navigate the Long Term Care programs available within Health First Colorado (Colorado's Medicaid Program). Additionally, there are Case Managers across the state that are able to explain the various programs and answer any questions you may have.

To help you choose a Home and Community Based Services (HCBS) waiver, we recommend you begin thinking about the following questions:

### What is your child not able to do that another child of the same age could do?

- When walking do you have to hold his/her hand?
- Is he/she able to use the bathroom by themselves?
- How much do you rely on friends/family to take care of your child due to his/her unique needs?

### What services are you hoping to gain? For instance:

- Does your child need in-home care?
- Does your child need therapy for their behaviors?
- Do you need respite care for your child?

## What is the difference between Health First Colorado and Home and Community Based Services?

Health First Colorado provides its members with base medical benefits. These benefits (sometimes referred to as State Plan Benefits) include Primary Care, Pharmacy, Home Health, and Dental Services among many more. Some of these benefits have restrictions. Please visit [www.colorado.gov/hcpf](http://www.colorado.gov/hcpf) for a complete listing of benefits and their requirements.

Home and Community Based Services (HCBS) are additional benefits within Health First Colorado designed to allow individuals at risk for institutional placement to remain in the community.

- A person is said to be at risk for institutional care/placement if his/her needs require care that would typically be provided through a hospital, nursing facility, or intermediate care facility.

## Long-Term Care Assessment

The Long Term Care assessment helps us understand how much help your child needs with Activities of Daily Living (ADLs) such as bathing, dressing, and others. Determining an individual's functional needs is one component of eligibility for HCBS waivers.

The Long Term Care assessment is a foundational component of the service planning process that helps assist in the selection of Long Term Care services to meet an individual's needs.

Case Managers from Single Entry Point (SEPs) agencies and Community Centered Boards (CCBs) will meet with you in person to complete the Long Term Care assessment.

Individuals can find contact information for their local SEP or CCB on [colorado.gov/hcpf](http://colorado.gov/hcpf).

### Ages & Stages:

Developmental milestones refer to abilities achieved by most children by a certain age. Milestones are used to gauge how a child is developing. Although each milestone has a suggested age, the actual age when a developing child reaches that milestone may vary.

The Ages & Stages document developed by Iowa State University provides guidance for the typical child's developmental milestones.

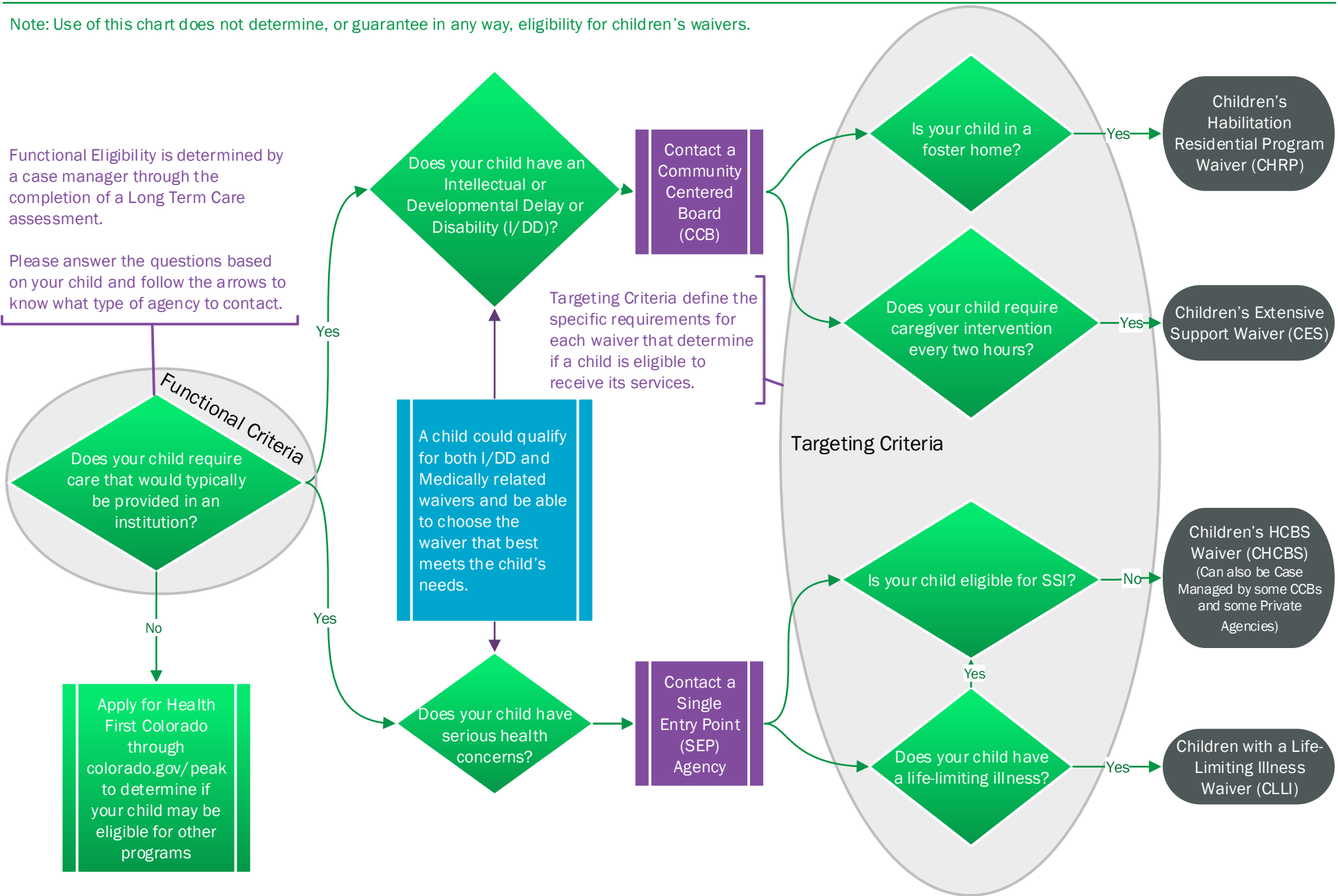
Case Management Agencies must complete a Long Term Care assessment based on the age and stage of a child at the time of the assessment.

# Choosing an HCBS Waiver for Children

Note: Use of this chart does not determine, or guarantee in any way, eligibility for children's waivers.

Functional Eligibility is determined by a case manager through the completion of a Long Term Care assessment.

Please answer the questions based on your child and follow the arrows to know what type of agency to contact.



# Finding HCBS Services (Children)

