

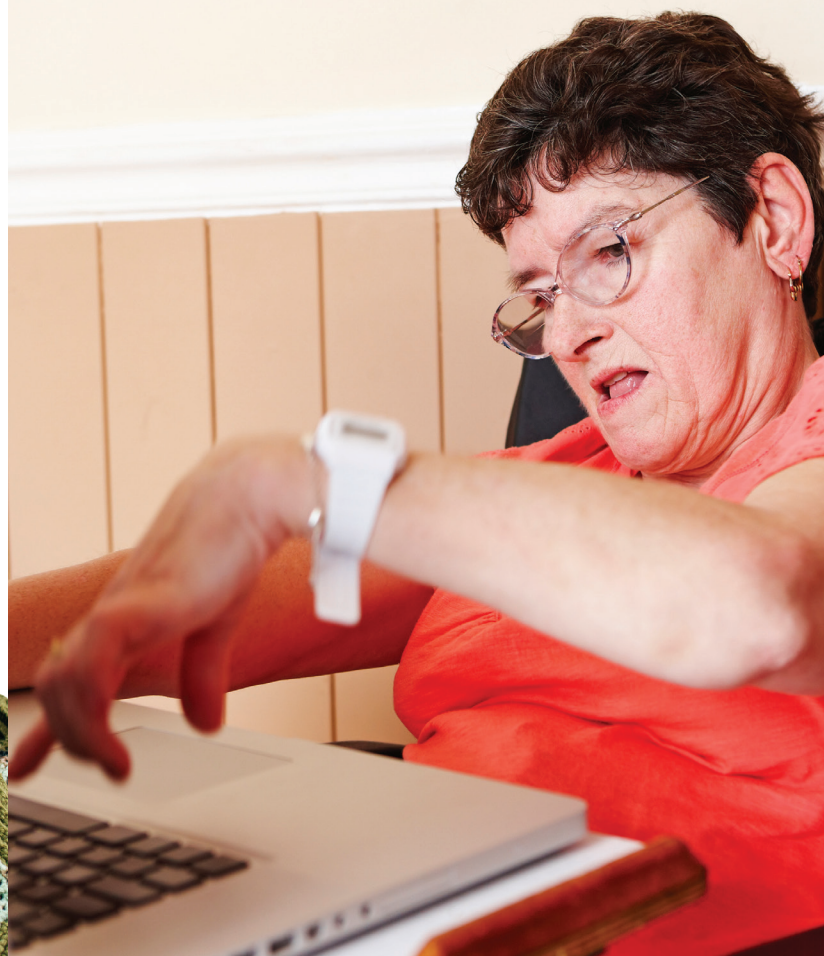
# Community First Choice

Caring From  
Every Perspective.



# You choose how and when you get the care you need.

CFC is a self-directed program which empowers you with the supports you need to remain living in your own home. With self-directed care, you or someone you appoint, make the decisions regarding your care and services. You have control over what services you want to receive at home, and the responsibility of managing those services. Self-direction also means having personal choice and control over the planning process. The CFC program is in place to help you increase your independence, and learn how to manage the care you need to continue living in your home.



## **What is Community First Choice?**

Community First Choice (CFC) is a program in Connecticut offered to active Medicaid members as part of the Affordable Care Act. This program allows individuals to receive services and supports in their home. These services can include—but are not limited to—assistance with activities of daily living (bathing, dressing, eating, toileting, and transferring), as well as medication management, transportation, and shopping. CFC also assists with health related tasks such as diabetes management, wound care and other tasks otherwise provided by a nurse. Support and Planning Coaches can be hired to help you increase your independence, and learn how to manage your in-home staff.

## **Who is eligible?**

CFC is open to any active Medicaid member that can self-direct services and meets Institutional Level of Care. Institutional Level of Care means you would likely need to be in an institution, such as a nursing home, if you did not have home and community based services. This program allows an eligible person to have care and support in their home.

## **What is self-direction? Can I have help with my self-direction?**

Self-direction is when you, or someone you appoint, makes the decisions regarding your care and services. You have control over what services you want in the home, and you have the responsibility of managing those services. Self-direction promotes personal choice and control during a person-centered planning process. If you have a Conservator or someone acting with Power of Attorney (POA), they can help you self-direct. You can also hire a Support and Planning Coach to assist in your self-direction.

## **Who can I hire?**

If you enroll in CFC, you will be able to hire individuals you choose. You can hire certain family members and friends. You will set the hiring requirements for each of your staff. Can I hire any family member? In most cases, yes! There are some exclusions, which you can discuss with the Care Manager assigned to you. Individuals you hire must enroll with CFC's Fiscal Intermediary who will handle payroll and taxes.

## **Will criminal background checks be completed?**

Yes, the State of CT is committed to allowing you to choose who you hire. We also want that to be a well informed choice. You will receive background check information on all staff you want to hire.

## **Where can I get care?**

Care is provided in your home. You can also use staff to go out for community activities, doctors' appointments, and errands.

## **How does this affect me if I am currently on a waiver?**

Any individuals currently on a waiver will remain on that waiver. If you use self-directed Personal Care Assistants (PCA) on your waiver, you will automatically become a CFC participant for the covered services. Additional information will be provided by your waiver Care Manager.

## **How does this affect me if I am on the PCA Waiver waitlist?**

If you are on the PCA waitlist and are active on Medicaid, you can apply for CFC.

# IMPORTANT CONTACT INFORMATION

As you move forward, here are important numbers and contact information you'll want to keep close at hand.

## Questions?

To learn more about who is eligible and how CFC works, call 1.888.99CTMFP (1.888.992.8637) toll-free or dial 2-1-1 to complete an application.

## Your Contact

Name \_\_\_\_\_

Phone \_\_\_\_\_

For general information about a range of topics and community supports please visit [www.MyPlaceCT.org](http://www.MyPlaceCT.org)



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