

Frequently Asked Questions
For Participants
About
Community First Choice (CFC)

What is CFC?

Community First Choice (CFC) is a new option offering eligible participants services designed to foster independence and assist them to remain in their homes. The program focuses on personal care services.

How do I become eligible for CFC?

CFC participants must meet the following criteria:

- Be enrolled in Medicaid
- Meet Alaska's level of care, as determined by the Division of Senior and Disabilities Services (SDS), for one of the following:
 - Nursing Facility (NF-LOC)
 - Intermediate Care Facility for Individuals with Intellectual Disabilities (ICF-IID-LOC)
 - Institution for Mental Disease (IMD LOC) for participants age 65 and older
 - Residential Psychiatric Treatment Facility (RPTF LOC) for individuals under age 21

What services does CFC offer?

A participant on CFC can receive the following services:

- Case management
- Community First Choice Personal Care Services (CFC-PCS).
- Time-limited training on the maintenance and acquisition of skills
- Help with supervision and cueing
- Training on how to select and manage CFC-PCS assistants.
- Emergency Response Systems (moving from HCBS waivers to CFC)

How is PCS under CFC different from the current State Plan PCS?

The services offered by the two options are similar, but unlike State Plan Personal Care Services ("regular PCS"), CFC-PCS may include supervision and cueing of activities of daily living (ADLs) and instrumental activities of daily living (IADLs), if the assessment findings include evidence of cognitive impairment or behavior issues that meet regulatory requirements. Both options may be agency-based or consumer-directed, but a greater focus of CFC-PCS is on fostering the participant's independence and on participants directing their own services. If requested by the participant, the personal care assistant (PCA) may be authorized to teach the participant ADL or IADL skills that will help them become more self-reliant. A significant difference is that CFC-PCS is only available to participants who meet an institutional level of care and who wish to actively participate in the management of their care.

Is CFC-PCS replacing State Plan PCS?

No, CFC is an additional Medicaid Long Term Services and Supports option offered by SDS. It will not replace the State Plan PCS, which will continue to be available for participants who do not meet the level of care requirements for CFC.

Can a participant receive only one CFC service or does a participant have to access all the CFC services offered?

A CFC participant may choose one CFC service or any combination of CFC services.

If a participant is receiving State Plan PCS, will he or she be required to switch to CFC-PCS?

Although a participant may qualify for CFC services, he or she may choose to opt out of receiving CFC services and continue to receive State Plan PCS services. However, a participant must be enrolled in CFC to receive an emergency response system. Your care coordinator can discuss this with you in more detail so that you can make an informed decision.

Can a participant be on a waiver and also receive CFC services?

Yes, a participant who meets waiver eligibility may receive services under both a waiver and CFC.

If a participant is currently receiving waiver services, will they lose their personal care services?

No there will be no disruption of PCS. Participants currently on a waiver program and receiving State Plan PCS will automatically be enrolled in CFC-PCS unless they choose to opt out of the program to just receive State Plan PCS.

Where can individuals who are new to CFC get assistance with an application?

Once CFC is available (summer 2018), individuals who wish to apply will be directed to an Aging & Disability Resource Center (ADRC) or a Short-Term Assistance & Referral Program (STAR) for a person-centered intake and information on available resources. If the results of the person-centered intake indicate that the applicant is likely to meet the level of care requirement for CFC, the applicant will be referred to a Care Coordinator for assistance with the CFC application.

Can I get both case management under CFC and care coordination under my waiver?

No, if you have a waiver support plan that includes services other than care coordination, you will continue to receive waiver care coordination. If you only want to receive CFC services and no waiver services, the work you do with your care coordinator will be called (and billed as) case management.

Can I keep my current care coordinator?

Yes, your current care coordinator can help you manage the CFC program and any waiver services you currently receive.

I am a HCB Waiver recipient and I also receive PCS; what should I do if I want to make changes to the services I am receiving?

A change in waiver or CFC services must be requested through an amendment to the support plan. A new assessment may be required. If you think you might qualify for increased services through CFC-PCS, you should ask your care coordinator to submit an amendment. You may also ask for an increase or addition of CFC services at the time your renewal support plan is submitted.

What does it mean to be automatically enrolled in the CFC option?

It means that you will continue to receive the services you are now receiving without interruption; enrollment in CFC-PCS should be transparent to you, even if it involves changes for SDS and your care coordinator. When your care coordinator submits your renewal application, the full range of CFC services will be discussed with you, and you can decide at that time if you would like to request any additional services. You can also request a change in waiver or CFC services through an amendment anytime during your support plan year.

What do I do if I want all my current services to stay the same?

There is nothing that a current waiver recipient needs to do to keep their current level of services; enrollment in CFC-PCS is an administrative action internal to SDS. Any changes in services will be discussed with you by your care coordinator at the time of your renewal application and renewal support plan. Your care coordinator can also submit an amendment before your renewal application is due, if you want to start receiving other CFC services, such as skills training, sooner.

How do I opt out of the CFC option?

You should discuss your decision with your care coordinator and when you understand the possible results of opting out, you and your care coordinator will sign an “Opt Out” form that your care coordinator will submit to SDS.

What are my choices if I have a Personal Emergency Response System (PERS) and want to keep it?

Current recipients who have PERS as a waiver service and want to keep it will be automatically enrolled in CFC. PERS is a service that will only be available for recipients who are enrolled in the CFC program.

Will my CFC-PCA be paid more than my current PCA?

With one exception, the State’s payment rate for PCS and CFC-PCS services is the same; there is no change in the amount paid for PCS or CFC-PCS services to assist with ADLs and IADLs. Pending regulatory approval, the rate paid by the State for time-limited skills training activities will be higher.