

The **Division of Senior and Disabilities Services**, or **SDS**, has programs to support Alaskans who need help with daily tasks, or who need the kind of care a nursing home gives.

Personal Care Services, or PCS, is for people who need help doing everyday things like

- getting dressed
- bathing
- cooking
- eating
- cleaning
- doing laundry

Home and Community Based Waiver programs, or waivers, help Alaskans who need nursing-home-level help.

Waivers give support in people's homes and their community instead of in a nursing home. Waivers can help with

- medical equipment
- finding assisted living
- respite care

There are waivers for Alaskans with physical and developmental disabilities, and children with complex medical conditions.

Our Mission

Senior and Disabilities Services promotes health, well-being and safety for individuals with disabilities, seniors and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice and dignity.



Division of Senior and Disabilities Services

Telehealth Unit

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"Connecting Alaska to Better Serve Its People"

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Alaska Department of Health and Social Services

Applying for Medicaid waiver and personal care services in rural Alaska:

What to Expect from the SDS Video-Assessment



To apply for Personal Care Services or a Medicaid waiver program, you need a professional to help you. You can choose your personal care services agency or care coordinator.

***Need help choosing?
Want to learn more?***

*Call your nearest
Aging and Disability Resource Center,
1-877-6AK-ADRC (1-877-625-2372)*

The agency or care coordinator will ask SDS to check your health to find out if you can use personal care services or waiver help. This is called an assessment.

Your agency or care coordinator will help you gather medical records that the SDS assessor will need (from your doctor and the hospital). This will help your assessor learn more about your health.

SDS will call you to set up an assessment.

In rural Alaska, the assessment will be by **video conference** at a local health clinic. It takes about one to two hours.

Before your assessment is scheduled, your agency helper or care coordinator will help you fill out two forms:

- Environmental Telehealth Assessment Questionnaire
- Telehealth Consent form.

The day of your assessment, please wear a pale solid color shirt like light blue or yellow (not white). You will go to the clinic and talk to the assessor on a TV screen in a private room. The assessor will

- ask about your health
- ask you to show how you sit, stand and walk
- ask you to show and tell what you do to take care of yourself every day.

You may have family members or friends with you for the assessment, but it is important that you are the one who answers questions. They can talk to the assessor after the assessor talks to you.

If you have a legal representative, he or she must be at your assessment.

If you need an interpreter, SDS will get one for you.

It is very important that you are honest. If you are not,

- you could lose your right to get help,
- you may have to pay back the cost of any help you got, and
- you may be charged with a crime.

The assessor will fill out a form, called a CAT (that stands for Consumer Assessment Tool).

SDS staff will look over your assessment and send you a letter that tells you if you can get help from one of the programs.

The letter will share with you what the assessor wrote in your assessment.

If you want to disagree with your assessment, you can. The letter will tell you how.

