



## Long-Term Care Services in a Nursing Facility

Nursing facility services are provided by Medicare-certified and locally licensed nursing facilities (also called nursing homes). Medicare coverage of nursing facility services is limited and often supplemented by Medicaid coverage. Nursing facilities primarily provide three types of services:

- Skilled nursing or medical care and related services
- Rehabilitation needed due to injury, disability, or illness
- Long-term care or health-related care
- Services (above the level of room and board) that are not available in the community and are needed regularly to care for a diagnosed condition

**For more information or to find out how to access nursing facility care, contact:**

- **DC Department of Aging and Community Living:** 202-724-5626
- **Department of Health Care Finance (DHCF)**  
Long-Term Care Administration: 202-442-9533

You can learn more about the nursing facilities that are licensed in the District on the DC Department of Health's website: [dchealth.dc.gov/service/nursing-homes-directory](https://dchealth.dc.gov/service/nursing-homes-directory)

You can find contact information for Medicaid-enrolled facilities on DHCF's website: [dhcf.dc.gov/node/1418101](https://dhcf.dc.gov/node/1418101)



## The District Operates Programs for Seniors with Medicare and Medicaid

If you are dually eligible (enrolled in Medicaid and Medicare Parts A, B, and D), you may qualify for one of the District's programs for duals.

### PACE Program

DHCF is proud to offer District seniors in Wards 7 and 8 access to the Program of All Inclusive Care for the Elderly (PACE). A team of health care professionals provides PACE participants with coordinated care across both Medicare and Medicaid benefits. Services include:

- Prescription drugs and any medically necessary care such as doctor or health care provider visits
- Transportation, home care, hospital visits
- Nursing home stays when necessary

Individuals living in ZIP codes 20019, 20020, or 20032 can join PACE if they meet qualifying conditions, including being 55 or older and meeting nursing home level of care.

### Dual Choice Program

A Dual Choice plan can coordinate the delivery and management of a person's entire array of health services across Medicaid and Medicare, including long-term services and supports (LTSS). The District's Medicaid program is currently contracted with UnitedHealthcare. If you are interested in enrolling in the Dual Choice program, call UnitedHealthCare at **877-371-0116**.

If you are already enrolled in the Dual Choice or PACE program, contact your care team to explore your options for LTSS.

# Medicaid Long-Term Services and Supports in DC



## What are Long-Term Services and Supports?

Long-Term Services and Supports (LTSS) are a variety of health and social services that offer care for seniors and people with disabilities who need support for physical, mental, growing, or long-lasting health conditions that limit their abilities to care for themselves. LTSS can be provided in a person's home, in another community-based setting, or in a facility. LTSS can provide assistance with activities of daily living such as eating, bathing, grooming, dressing, walking, toileting, getting up and down from a chair or bed, and preparing meals.

### How to Access LTSS

LTSS can be accessed through DC government agencies and partner organizations that assist in identifying available services, planning a person's care, and providing information and recommendations for LTSS. This empowers people with disabilities, and seniors, to make informed choices about living with dignity in their homes and being fully included in their communities for as long as possible.

To request an assessment for LTSS, contact the DC Department of Aging and Community Living:

- Call Information & Referral/Assistance (I&RA) at 202-724-5626.
- Intake for programs and services is available to adults aged 60 and older, individuals with disabilities (aged 18 to 59), and their caregivers.

You can connect with I&RA Monday through Friday, 9:30 a.m. to 4:30 p.m. at 202-724-5626 or by email at [askthedirector.dacl@dc.gov](mailto:askthedirector.dacl@dc.gov). Additional information is at [dacl.dc.gov](http://dacl.dc.gov)



## You May Qualify for Services by a Personal Care Aide

Qualified older adults and persons with disabilities in the District may be eligible for Personal Care Aide (PCA) services, which is assistance with activities of daily living provided in a person's home or community setting.



### PCAs perform a wide array of routine activities, including assistance with:

- Basic personal care
- Toileting and continence care
- Mobility and observation and monitoring of physical condition
- Meal preparation and tasks related to the living area
- Medical appointments and shopping for nutritional needs
- Telephone use and more

Individuals enrolled in the District's Elderly and Persons with Physical Disabilities (EPD) waiver program are eligible to receive PCA services. Other individuals who may not meet the criteria for the EPD waiver program may still qualify for PCA services through the District's state plan personal care program. PCA services, like all Medicaid home and community-based LTSS, is a choice program. You have the right to choose whether to participate and to choose your service provider. PCA may be a good fit for you if you feel the services described above will meet your needs.

## The Elderly and Physical Disabilities Waiver Can Help You Stay in Your Home

When given a choice, many seniors and adults with disabilities prefer to stay in familiar surroundings, which is often their own homes. The EPD waiver program makes this possible, providing services to help qualified older adults and persons with disabilities live in their own homes or other places in the community instead of a nursing home. They must meet residency, income, and level of care requirements to qualify.

Services available through the EPD waiver include:

- Case management
- PCA services
- Personal emergency response system (to call for assistance when needed)
- Adult day health programs
- Respite care (assistance with daily needs when a primary caregiver is absent or unavailable)
- Assisted living
- Environmental accessibility adaptations (physical modifications to a home to ensure the safety and welfare of a resident)
- Participant-directed services (more choice and flexibility)

