

# Navigating Self-Directed Care

Understanding CDASS and IHSS

Kara Delgado | Anne Bartels | Erika Falconi



# Agenda

- Introductions
- Overview of Consumer Choice & Self Direction
- Real Life Example: Tyler's Story
- Overview of CDASS
- Overview of IHSS
- How **CDASS** Supports Consumer Choice & Self Direction?
- How **IHSS** Supports Consumer Choice and Self Direction?
- A Comparison of CDASS and IHSS
- Upcoming Changes
- Q&A | Open Forum

# Introductions

Who are we?



**Kara Delgado**  
Care Navigation Manager

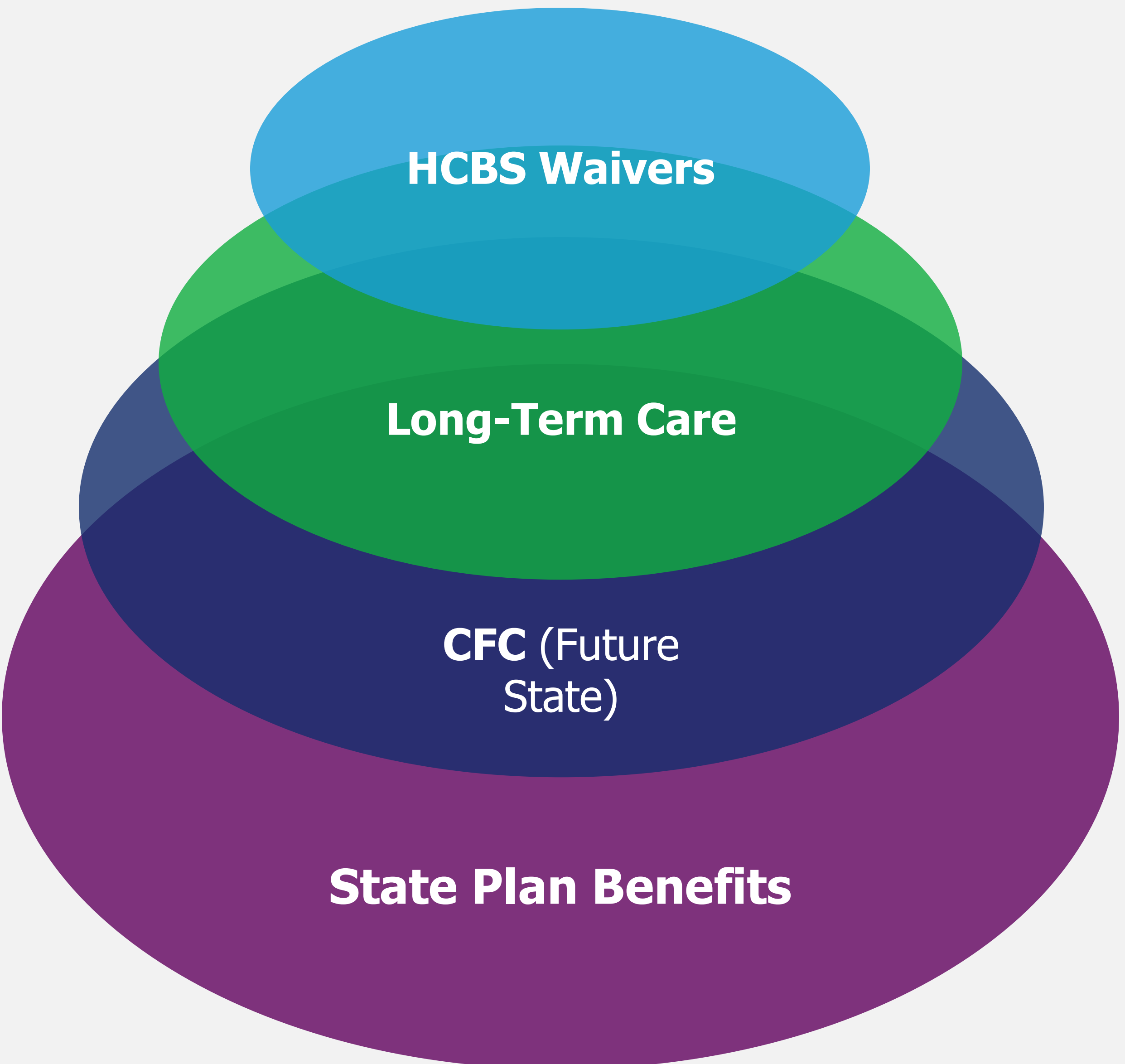


**Anne Bartels**  
Sr. Director of Community Engagement



**Erika Falconi**  
Lead Bilingual Care Navigator

# Understanding Medicaid & Waivers



## State Plan

- FUTURE STATE – Community First Choice (CFC) will have IHSS & CDASS at the State Plan Level (Coming 2025)

## Long-Term Care

- Includes Home Health, Home and Community Based Services, and several other programs like Skilled Nursing Facilities

## Children’s Waivers

- Children With Life Limiting Illness Waiver (CLLI)
- Children's Extensive Support Waiver (CES)
- Children's Home & Community Based Services Waiver (CHCBS)
- Children's Habilitation Residential Program Waiver (CHRP)

## Adult Waivers

- Brain Injury Waiver (BI)
- Developmental Disabilities Waiver (DD)
- Elderly, Blind and Disabled Waiver (EBD)
- Complementary and Integrative Health Waiver (CIH)
- Supported Living Services Waiver (SLS)
- Community Mental Health Support Waiver (CMHS)



Overview of Consumer Choice & Self Direction

# Importance Consumer Choice & Self Direction

## **Empowerment and Autonomy**

- Enhances personal control over care
- Promotes independence and dignity

## **Personalized Care**

- Services are tailored to individual needs and preferences
- Increases satisfaction and quality of life

## **Improved Outcomes**

- Better health outcomes through tailored care
- Increased engagement and compliance with care plans

Personal Story

# Tyler's Experience

 @T\_wes44



<https://vimeo.com/1000422004?share=copy>

**PASCO**

Overview of CDASS

# Consumer Directed Attendant Support Services (CDASS)

**CDASS** is a Medicaid waiver program in Colorado that allows individuals with disabilities to manage their own attendant care services. This program gives participants the flexibility to hire, train, and supervise their own personal care attendants, providing a higher level of autonomy and control over their care.



## Key Features

### **Self-Direction:**

Participants can recruit, hire, and manage their own attendants. They also handle scheduling and training.

### **Budget Management:**

Participants are given a monthly budget to manage their attendant care services. They are responsible for tracking expenses and ensuring they stay within their budget.

### **Flexibility:**

CDASS offers flexibility in the types of services provided, tailored to meet individual needs.

**Training and Support:** Participants receive training on how to manage their services and support from a case manager to help navigate the program.

### **Financial Management Services (FMS):**

A third-party FMS provider helps with payroll, taxes, and other financial aspects of managing attendants.

Overview of IHSS

# In Home Support Services (IHSS)

**IHSS** is another Medicaid program in Colorado that allows individuals with disabilities to receive care in their homes and community. Unlike CDASS, IHSS relies more on agencies to provide care, though participants still have some control over their services.



## Key Features



### **Agency-Based:**

Care is provided through a Medicaid-certified home care agency, which manages hiring, training, and supervising caregivers.

### **Participant Involvement:**

Participants choose their caregivers and develop their care plan, while the agency handles administrative aspects.

### **Services Provided:**

IHSS offers health maintenance activities, personal care, and homemaker services.

### **Supervision and Oversight:**

The agency ensures caregivers are qualified and services are delivered according to the care plan.

### **Training and Support:**

Caregivers receive training from the agency, and participants get support through the agency's case management services.



# How CDASS Supports Consumer Choice and Self-Direction?



## Direct Control

- Participants handle hiring, training, and scheduling of attendants
- Customization of care to meet personal needs



## Budget Management

- Participants manage their care budgets
- Financial responsibility and tracking



## Flexibility & Independence

- Ability to adjust services as needs change
- Promotes greater independence and empowerment

# How IHSS Supports Consumer Choice and Self-Direction?



## Participant Involvement

- Participants choose their caregivers
- Active role in developing and adjusting care plans



## Agency Support




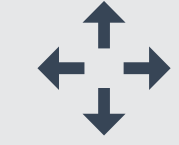

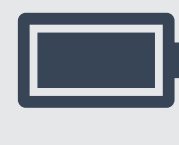

- Agencies handle administrative tasks
- Consistent oversight and training for caregivers



## Comprehensive Care

- Range of services provided, including personal care and health maintenance
- Ensures all needs are met through agency coordination

# Comparison of CDASS & IHSS

<i>Stable Health</i>	 <b>Health Status</b>	<i>Stable or Unstable Health</i>
<i>Individual Employer (F/EA)</i>	 <b>Employment Model</b>	<i>Joint Employer (Agency Support)</i>
<i>Budget Authority</i>	 <b>Budget Authority</b>	<i>No Budget Authority</i>
<i>Care delivered in home and in the community</i>	 <b>Service Flexibility</b>	<i>Care delivered in home and in the community</i>
<i>40hrs/week max for family members</i>	 <b>Attendant Limitations</b>	<i>Relative Personal Care 40hrs/week max*</i>
<i>Must have 2 attendants enrolled in FMS</i>	 <b>Back-Up Support</b>	<i>Agency must provide 24-hour back-up for scheduled visits</i>
<i>Training by Vendor, FMS Support</i>	 <b>Additional Support</b>	<i>Resources, Community Partners, Training, Employer Support, Advocacy</i>

**CDASS**

**IHSS**



# Case Management Involvement

## CDASS

## IHSS

- Monthly Contact 1x/Month for 3 months
- Ongoing Quarterly Contact
- 6 Month Review
- Client Direction dictates frequency of visits
- Budget Management
- Incident Reporting
- Care Plan Development
- Authorization of Unused Funding
- Cost Containment
- Conflict Resolution
- Resource Coordination

- 1
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- 3
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- 1 Selection of Agency
- 2 Care Plan Development Collaboration
- 3 Contact Frequency set by the Agency & AR/Client
- 4 Annual Review to Align with Case Manager CSR
- 5 Cost Containment
- 6 Incident Reporting

# Service Selection

## CDASS

### Homemaker Services

- Family or Non-Family Member
- Enhanced Homemaker (SLS Only)
  - 40-hour cap

### Personal Care

- Family or Non-Family Member
  - 40-hour cap

### Health Maintenance

- Family or Non-Family Member
  - 40-hour cap

## IHSS

### Homemaker Services

- Non-Family Member
- Can apply for rule waiver in extenuating circumstances

### Personal Care

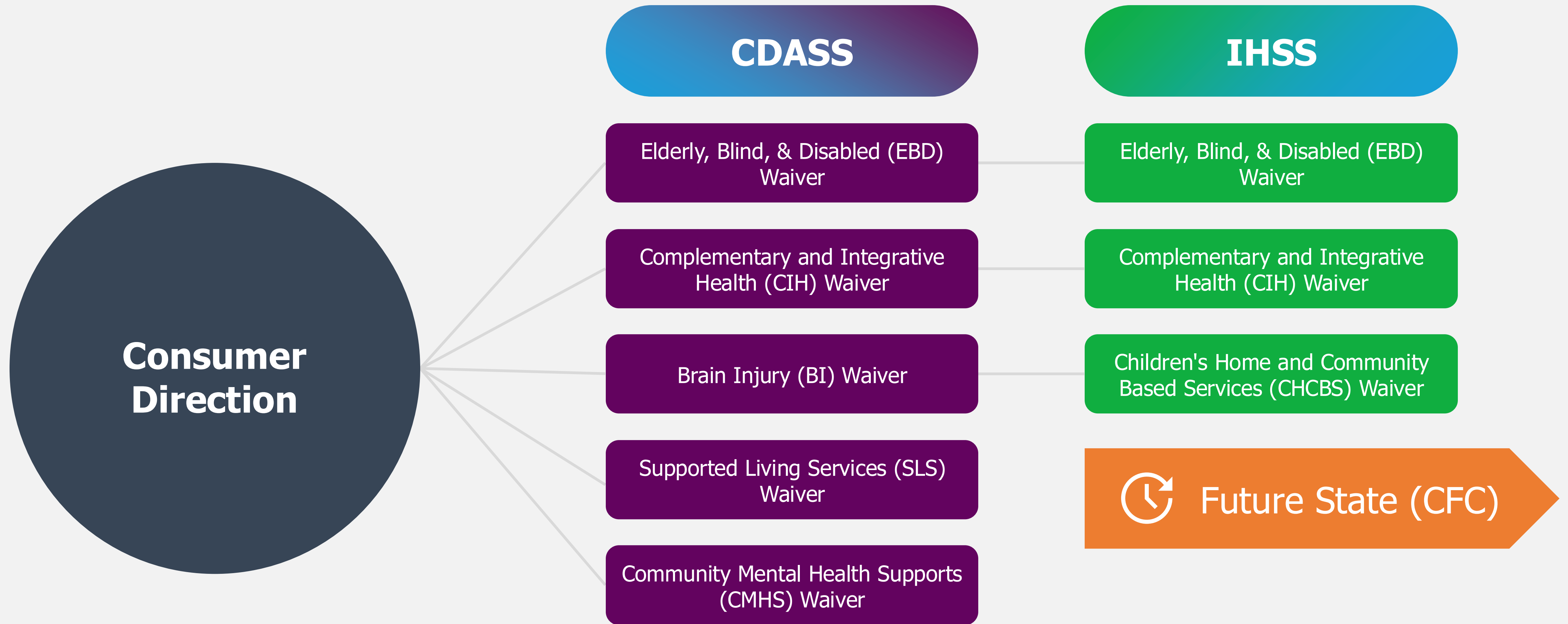
- Family or Non-Family Member
- Relative Personal Care is capped at 40 hours w/ exemption when caring for Adult child

### Health Maintenance

- Family or Non-Family Member
- Skills Validation required



# Service Selection by Waiver



Future State

# What is CFC (Community First Choice)?



## Access

A Medicaid state plan option to increase access to home and community-based services (HCBS).



## Independence

Promotes independence and community integration for individuals needing long-term care while empowers participants to choose caregivers and manage their own care.



## Expansion

Open to Medicaid enrollees meeting institutional level of care criteria and expands availability of HCBS for recipients.



## Improves Quality of Life

Provides personalized care that enhances well-being and community participation.

Q&A



# Resources

Home - Consumer Direct Care Network Colorado

[Home - Consumer Direct Care Network Colorado \(consumerdirectco.com\)](https://consumerdirectco.com)

HCPF Consumer Directed Attendant Support Services

<https://hcpf.colorado.gov/consumer-directed-attendant-support-services>

HCPF In Home Support Services

<https://hcpf.colorado.gov/in-home-support-services>

HCPF Community First Choice

<https://hcpf.colorado.gov/community-first-choice-option>

**THANK YOU**

Navigating Self-Directed Care