



# ATTACHEMENT 4

## CHOICES PROGRAM and SERVICE DEFINITIONS:

To be used for Reference during the Credentialing Process

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## CHOICES PROGRAM

TennCare CHOICES in Long-Term Services and Supports (or CHOICES for short) is for adults (age 21 and older) with a physical disability and seniors (age 65 and older). CHOICES offers services to help a person live in their own home or in the community. These services are called Home and Community Based Services or HCBS. These services can be provided in the home, on the job, or in the community to assist with daily living activities and allow people to work and be actively involved in their local community. CHOICES also provides care in a nursing home if it is needed.

The Division of TennCare's Long-Term Services and Supports (LTSS) is responsible for the CHOICES program. DIDD is the state agency responsible for credentialing and management of CHOICES providers who also contract to provide ECF CHOICES and/or 1915c Waivers services. The Managed Care Organizations (MCOs): BlueCare, Amerigroup, and United Healthcare are contracted by the Division of TennCare to administer the CHOICES program. For the CHOICES program credentialing is conducted by DIDD if the provider also provides ECF CHOICES. Should you wish to provide CHOICES as a stand-alone program Credentialing is conducted by the MCO.

### RESIDENTIAL SERVICES

- Community Living Supports (CLS)
- Community Living Supports – Family Model (CLS-FM)
- Assisted Care Living Facility

#### **Community Living Supports (CLS - 1a, 1b, 2, and/or 3**

##### **Service Definition**

Community Living Supports (CLS) is a community-based residential alternative service for seniors and adults with disabilities encompassing a continuum of support option for up to four individuals living in a home that supports each resident's independence and full integration into the community, ensures each resident's choice and rights, and comports fully with standards applicable to HCBS settings delivered under Section 1915(c), including those requirements applicable to provider-owned or controlled homes, as applicable, except as supported by the individual's specific assessed need and set forth in the person-centered plan of care. CLS services are individualized based on the needs of each resident and specified in the person-centered plan of care, but may include hands-on assistance, supervision, transportation, and other supports needed to help the individual:

- select and move into a home;
- locate and choose suitable house mates;
- acquire and maintain household furnishings;
- acquire, retain, or improve skills needed for activities of daily living or assistance with activities of daily living as needed, such as bathing, dressing, personal hygiene and grooming, eating, toileting, transfer, and mobility.

#### **Community Living Supports – Family Model (CLS - FM 1a, 1b, 2, 3, and/or 4)**

##### **Service Definition**

Community Living Supports – Family Model (CLS-FM) is a community-based residential alternative service for seniors and adults with disabilities encompassing a continuum of support option for up to three individuals living in the home of trained family caregivers (other than the individual's own family) in an —adult foster care arrangement. In this type of shared living arrangement, the provider allows the individual(s) to move into his or her existing home in order to integrate the individual into the shared experiences of a home and a family, provides the individualized services that support each resident's independence and full integration into the community, ensures each resident's choice and rights, and supports each resident in a manner that comports fully with standards applicable to HCBS settings delivered under Section 1915(c), including those requirements applicable to provider-owned or controlled homes, except as supported by the individual's specific assessed need and set forth in the person-centered plan of care.

CLS-FM services are individualized based on the needs of each resident and specified in the person-centered plan of care, but may include hands-on assistance, supervision, transportation, and other supports needed to help the individual:'

- select and move into a home
  - locate and choose suitable house mates
  - acquire and maintain household furnishings
  - acquire, retain, or improve skills needed for activities of daily living or assistance with activities of daily living as needed, such as bathing,
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### **Assisted Care Living Facility**

#### **Service Definition**

Community-based residential alternative to nursing home care in a licensed Assisted Care Living Facility that provides and/or arranges for daily meals, personal, homemaker and other supportive services or health care including medication oversight (to the extent permitted under State law), in a home-like environment to persons who need assistance with activities of daily living. Coverage shall not include the costs of room and board.

### **DAY SERVICE: Adult Day Care**

#### **Adult Day Care**

##### **Service Definition**

Community-based group programs of care lasting more than three (3) hours per day but less than twenty-four (24) hours per day provided pursuant to an individualized plan of care by a licensed provider not related to the participating adult.

### **PERSONAL ASSISTANCE**

- Attendant Care
- Personal Care Visits

#### **Attendant Care**

##### **Service Definition**

Hands-on assistance, safety monitoring and supervision for an enrollee who, due to age and/or physical disability, needs more extensive assistance than can be provided through intermittent personal care visits. This may include assistance with activities of daily living (ADLs) such as bathing, dressing and personal hygiene, eating, toileting, transfers, and ambulation; assistance with instrumental activities of daily living (IADLs) such as picking up medications or shopping for groceries, and meal preparation or household tasks such as making the bed, washing soiled linens or bedclothes, that are essential, although secondary to the personal care tasks needed by the enrollee in order to continue living at home, or continuous monitoring and supervision because there is no household member, relative, caregiver, or volunteer to meet the specified need. Attendant care does not include:

- 1) Care or assistance including meal preparation or household tasks for other residents of the same household.
- 2) Yard work; or
- 3) Care of non-service-related pets and animals.

#### **Personal Care Visits**

##### **Service Definition**

Intermittent visits of limited duration to provide hands-on assistance to an enrollee who, due to age and/or physical disability, needs help with activities of daily living (ADLs) such as bathing, dressing and personal hygiene, eating, toileting, transfers, and ambulation; assistance with instrumental activities of daily living (IADLs) such as picking up medications or shopping for groceries, and meal preparation or household tasks such as making the bed, washing soiled linens or bedclothes, that are essential, although secondary to the personal care tasks needed by the enrollee in order to continue living at home because there is no household member, relative, caregiver, or volunteer to meet the specified need. Personal care visits do not include:

- 1) Companion or sitter services, including safety monitoring and supervision.
  - 2) Care or assistance including meal preparation or household tasks for other residents of the same household
  - 3) Yard work; or
  - 4) Care of non-service-related pets and animals.
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## **RESPITE SERVICES**

- In-home Respite

### **In-home Respite**

#### **Service Definition**

Services provided to individuals unable to care for themselves, furnished on a short-term basis in the individual's place of residence, because of the absence or need for relief of those persons normally providing the care.

## **ANCILLARY SERVICES**

- Minor Home Modifications
- Personal Emergency Response System

### **Minor Home Modifications**

#### **Service Definition**

Provision and installation of certain home mobility aids (e.g., a wheelchair ramp and modifications directly related to and specifically required for the construction or installation of the ramp, hand rails for interior or exterior stairs or steps, grab bars and other devices) and minor physical adaptations to the interior of a member's place of residence which are necessary to ensure the health, welfare and safety of the individual, or which increase the member's mobility and accessibility within the residence, such as widening of doorways or modification of bathroom facilities.

Excluded are installation of stairway lifts or elevators and those adaptations which are considered to be general maintenance of the residence or which are considered improvements to the residence or which are of general utility and not of direct medical or remedial benefit to the individual, such as installation, repair, replacement or roof, ceiling, walls, or carpet or other flooring; installation, repair, or replacement of heating or cooling units or systems; installation or purchase of air or water purifiers or humidifiers; and installation or repair of driveways, sidewalks, fences, decks, and patios.

Adaptations that add to the total square footage are excluded from this benefit.

All services shall be provided in accordance with applicable state or local building codes.

### **Personal Emergency Response System**

#### **Service Definition**

Installation costs associated with an electronic device which enables certain individuals at high risk of institutionalization to summon help in an emergency. The individual may also wear a portable 'help' button to allow for mobility. The system is programmed to signal a response center once the 'help' button is activated. The response center is staffed by trained professionals who assess the nature of the emergency, and obtain assistance for the individual, as needed. PERS services are limited to those individuals who have demonstrated mental and physical capacity to utilize such system effectively and who live alone or who are alone with no caregiver for extended periods of time, such that the individual's safety would be compromised without access to a PERS.

Monthly fees associated with an electronic device which enables certain individuals at high risk of institutionalization to summon help in an emergency. The individual may also wear a portable 'help' button to allow for mobility. The system is programmed to signal a response center once the 'help' button is activated. The response center is staffed by trained professionals who assess the nature of the emergency, and obtain assistance for the individual, as needed. PERS services are limited to those individuals who have demonstrated mental and physical capacity to utilize such system effectively and who live alone or who are alone with no caregiver for extended periods of time, such that the individual's safety would be compromised without access to a PERS.

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## **ENABLING TECHNOLOGY**

- Assistive Technology
- Enabling Technology

### **Assistive Technology**

#### **Service Definition**

Assistive device, adaptive aids, controls, or appliances which enable an enrollee to increase the ability to perform activities of daily living or to perceive or control their environment. Examples include, but are not limited to, 'grabbers' to pick objectives off the floor, strobe light to signify the smoke alarm has been activated, etc.

### **Enabling Technology**

#### **Service Definition**

Various forms of devices and technology to support independent living such as sensors, mobile applications, remote support systems and other smart devices.

**OTHER SERVICES:**

- Home Delivered Meals
- Pest Control

**Home -Delivered Meals**

**Service Definition**

Nutritionally well-balanced meals, other than those provided under Title III C-2 of the Older Americans Act, that provide at least one-third but no more than two-thirds of the current daily Recommended Dietary Allowance (as estimated by the Food and Nutrition Board of Sciences – National Research Council) and that will be served in the enrollee's home. Special diets shall be provided in accordance with the individual Plan of Care when ordered by the enrollee's physician.

**Pest Control**

**Service Definition**

'The use of sprays, poisons, and traps, as appropriate, in the enrollee's residence (excluding NF, ACLF) to regulate or eliminate the intrusion of roaches, wasps, mice, rats and other species of pests into the household environment thereby removing an environmental issue that could be detrimental to a frail elderly or disabled enrollee's health and physical well-being.