

How do I become a paid caregiver for a family member?

This question comes up quite frequently as families need to spend more time caring for family members. There are several programs/services available through the State of Maine Office of Aging and Disability Services that can assist your family member. These services can only be accessed after your family member has been assessed and determined to be eligible by an agency called Maximus.

Maximus has a contract with the State of Maine to provide the Medical Eligibility Determination which determines eligibility and level of care for programs and services offered by the State of Maine, for more information on this please visit [Medical Eligibility Determination | Department of Health and Human Services](#). Anyone can make a referral to Maximus for the assessment, they can be reached by calling 1-833-525-5784.

After the referral has been made to Maximus, you or your family member will be contacted by Maximus regarding an Assessor who will complete the Medical Eligibility Determination either in person or possibly by phone in some areas. The Assessor will explain which program your family member is medically eligible for and will provide a written Plan of Care based on the needs identified during the assessment. The plan includes the number of hours and the types of services your family member is eligible for each day/week/month.

Depending on which program Maximus has identified for your family member, they will be referred to a Care Coordination Agency such as SeniorsPlus Care Coordination or Alpha One. These two agencies coordinate home care services for the State, and they will find the caregivers to implement the care plan that Maximus created for your family member.

It is at this time that that your family member would communicate with SeniorsPlus Care Coordination or Alpha One that they are interested in the Self-Directed option where you could possibly be the paid caregiver, which also depends on the program that your family member is eligible for. For more information on the Self-Directed option follow this link [Self Direct - SeniorsPlus](#).