



## **Maine Long-Term Care Programs**

Long-Term Care Services in the State of Maine include several programs providing supportive services to elderly and disabled adults in order to avoid or delay nursing home placement. Long Term Care Services are funded either by Maine Care (Medicaid in Maine) or through state-appropriated funds. Funding eligibility is determined by both a functional and a financial assessment.

The functional assessment helps individuals and families understand what services are available to them. It also helps to plan which services will be most helpful for care. The Medical Eligibility Determination Form (MED) is the tool approved by the Department of Health and Human Services to determine functional eligibility for in-home or long-term care services.

Assessments are completed by an agency contracted with the State of Maine called MAXIMUS (they were formerly done by Kepro). Maximus can be reached at 1-833-525-5784. Your primary care provider can call in a referral request, or you can call yourself to make a referral.

When you call Maximus, you will be asked some questions about how the person who needs help completes Activities of Daily Living (bathing, dressing, getting around at home, toileting, and eating) and Instrumental Activities of Daily Living (taking medications, meal preparation, shopping, transportation, housework, laundry, and managing finances).

Maximus will also ask screening questions about the income and liquid assets of the person who needs help, and those of their spouse if applicable. Once this screening is completed, Maximus may schedule a time for a nurse assessor to come to the person's home to determine functional eligibility for funding.

During both the screening and the in-home assessment, it is important to answer the questions truthfully and accurately. Do not try to make the person who needs help seem more capable than s/he is. When a person is being assessed, a friend or family member who knows how they are getting along from day to day should be present to help answer the questions accurately. We all try to sound as capable as possible and that is not different for someone who needs help around the home

or needs facility care. The Maximus nurse assessor needs accurate information in order to determine the true level of care that the person needs.

### **Maine Long Term Care Programs include:**

#### **Homemaker Program**

Homemaker Services assists individuals with household or personal care activities that improve or maintain adequate wellbeing. Service components include homemaker services, chore services, and incidental assistance with personal hygiene and dressing. For more information regarding Homemaker services, please contact Catholic Charities of Maine at 1-888-477-2263.

#### **In-Home and Community Based Care Program**

The Maine Department of Health and Human Services offers several programs that provide in-home supportive services to elderly and disabled adults in order to avoid or delay nursing home placement. In-home services are funded by either Maine Care or through state funds, depending on the person's financial situation. There may be a co-payment for these services. Services are designed to assist a person to remain independent in the community, if they so choose. Services may be provided through traditional agencies or through a consumer-directed delivery model, if allowable under the program. These funds can only be accessed through a Maximus assessment using the MED tool.

#### **Adult Day Services**

Adult Day Services provide older adults and adults with disabilities with community-based services including structured social, recreational and therapeutic activities, limited health services, meals, supervision, support services, personal care services, information and referrals, and respite for caregivers. Adult Day Services promote personal independence through a variety of activities offered to participants based on individual needs and interests. Adult Day Services can be funded through Maine Care and other state-funded programs. Access to this funding requires the Maximus assessment using the MED tool.

#### **Independent Housing with Services (IHSP)**

There are currently five IHSP programs throughout the State. These facilities offer similar services to Assisted Living Facilities, but do not provide medication management. A person must meet financial eligibility requirements and functional needs eligibility. Eligibility will be determined by the IHSP facility.

### **Residential Care/ Assisted Living Facilities**

Long-Term Care Services include Residential Care facilities, also known as private non-medical institutions (PNMIs). These facilities provide shelter, meals, medication management, and personal care services for older adults who need support in their Activities of Daily Living but do not need intensive nursing care. Similar long-term care services are also provided in Assisted Living Facilities around the state. A Maximus assessment and an application through DHHS for Long-term Care Maine Care is required for admission to these facilities if the person cannot pay privately for care.

### **Nursing Facilities**

Nursing Facilities provide professional daily nursing care or rehabilitative services for injured, disabled, or ill people when these services cannot be easily provided at home. These services are less extensive than inpatient hospital services and are ordered and supervised by a physician. All nursing facility admissions require an assessment to be completed by Maximus, regardless of payment source. If you are unable to afford the cost of your nursing facility care, you must complete a Long-Term Care Maine Care Application through the State of Maine Department of Health and Human Services to be assessed for financial eligibility. If you need a copy of this application or assistance completing this application, you can contact your local Agency on Aging /Aging and Disability Resource Center or your regional Maine Department of Health and Human Services (DHHS) office.

**Due to state budgetary cuts there can be a significant waiting period to access funding for services. Do call Maximus to see if the program you are interested in is currently doing assessments, and ask to be added to the waiting list if there is one. There may also be long waiting lists for facility care funded by Long Term Maine Care, so planning ahead is crucial.**