

Community First Choice (CFC) 101: Unlocking the Basics

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What is CFC?



Care at Home

Supports individuals to receive care in their preferred setting.



Individual Choice

Members select caregivers and service models that best meet their needs.

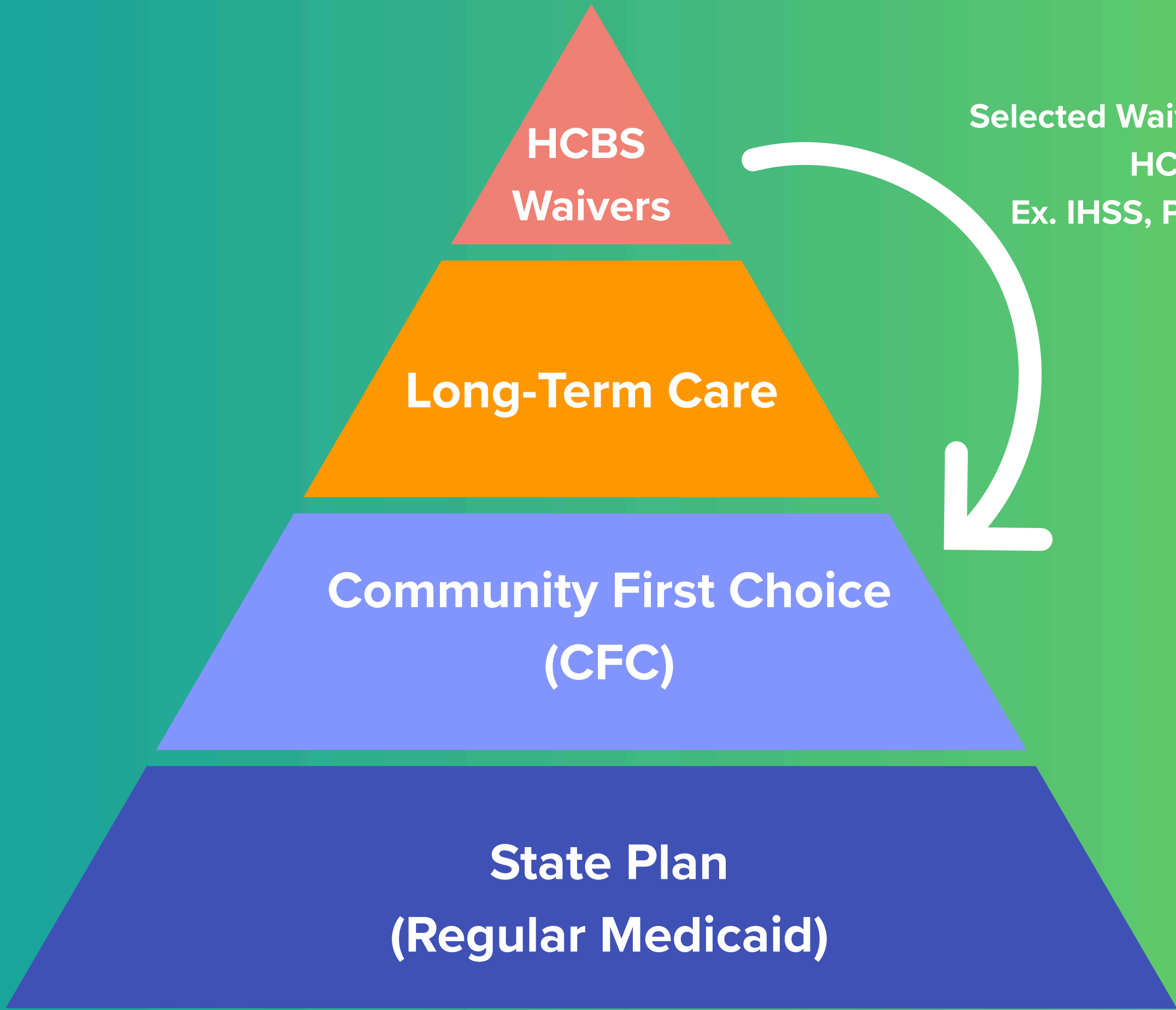


Promotes Independence

Encourages community inclusion and self-determination



What is CFC?



Selected Waiver Services are moving from
HCBS Waivers to CFC
Ex. IHSS, Personal Care, Homemaker



Why CFC Matters?

- **Expands Access**

- Provides consistent access to home and community-based services.

- **Enhances Quality of Care**

- Aligns services to individual goals and preferences.

- **Empowers Members**

- Encourages participation and self-direction in care decisions.



Eligibility Overview

- Must be enrolled in Health First Colorado (Colorado's Medicaid Program).
- Must require assistance with daily activities to remain safely in the home.
- No age restrictions, available to both children and adults who qualify for Medicaid.



Service Delivery Options

In-Home Support Services (IHSS)

- Care is coordinated through a licensed home care agency.
- Members may choose their caregiver; agencies manage training, payroll, and oversight.

Consumer Directed Attendant Support Services (CDASS)

- Members act as employers of their caregivers.
- Members hire, train, and manage attendants directly, with fiscal and administrative support.

CFC Services IHSS & CDASS



Homemaker*

Household support such as meal preparation, grocery shopping, and laundry to maintain a clean, safe living environment. Homemaker services help ensure that the home supports the member's health and independence.



Personal Care

Assistance with daily living tasks such as bathing, dressing, and meals. This service focuses on supporting members in maintaining personal hygiene and daily routines safely at home.



Health Maintenance Activities (HMA)

Skilled tasks performed by trained attendants or family caregivers, such as medication administration, tube feedings, and exercise programs. Skills validation required.

* For Homemaker a 10 hour/week cap will be implemented for a Legally Responsible Person (LRP). LRP means any person who has legal responsibility to care for another person such as the parent or guardian of a minor or the member's spouse.

The Role of the Nurse Assessor

A Nurse Assessor is a licensed nurse who evaluates an individual's needs to determine appropriate service levels within CFC.



**Comprehensive
Health &
Functional
Assessment**



**Service Hour &
Support
Recommendations**



**Education on
Available Service
Models**



**Informed
Decision-Making
Support**

STEP
01

Initiate Referral

Case Managers, agencies, or members may request an assessment

STEP
02

Schedule Appointment

Telligen contacts the member to schedule a nurse assessment

STEP
03

Conduct Assessment

Nurse meets with the member to review medical and functional needs.

STEP
04

Develop Recommendation

Nurse provides service recommendations to the member, Case Manager, and agency.

STEP
05

Member Choice

Member selects preferred service delivery model.

How do I prepare?

Getting ready is simple:



Respond Promptly – If contacted by Telligen, schedule the appointment as soon as possible.



Monitor Renewal Dates – If an assessment has not occurred before the prior authorization renewal, initiate follow-up with the Case Manager or agency.



Access Resources – The HCPF Nurse Assessor website provides step-by-step guidance and materials.

✨ Remember: You're not alone—support is here every step of the way!

Authorized Representative (AR)

- **Authorized Representative (AR):** IHSS members 18 and under must have an AR who is not their attendant.
- **Physician Attestation Form:** Required for all IHSS members, regardless of age.*
- **Members 18 and Over:** If recommended by the physician, an AR is also required.

These requirements ensure appropriate oversight and accountability for IHSS participants and their caregivers.

*The state has said this will change soon to only be required for members 18 and over

CNA vs HMA

Certified Nursing Assistant (CNA)

- Provides skilled care under nurse supervision.
- Common tasks: vital signs, skin care, and other ADL supports.
- Family Caregivers need to obtain and maintain their CNA license.

Health Maintenance Activities (HMA)

- Skilled tasks a trained attendant or family caregiver may perform safely.
- Examples: medication setup, feeding tubes, catheter care.
- Caregivers don't need a CNA license, families can train and use backup caregivers more easily.

Key Distinctions

- Oversight: CNA services require nurse supervision every 60 days; HMA services require annual nurse supervision.
- Flexibility: HMA offers more caregiver choice, while CNA offers licensed medical oversight.
- Setting: CNA supports care in the home and HMA supports care in the home and community, depending on needs.

Want to Learn More about Self-Direction?

- **Consumer Directed Attendant Support Services (CDASS)**
 - [CDASS Enrollment Steps](#)
 - [CDASS Resources](#)
- **In-Home Support Services (IHSS)**
 - [IHSS Enrollment Steps](#)
 - [IHSS Resource Guide & IHSS E-Learning](#)



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>

PASCO Community First Choice

<https://pascohh.com/community-first-choice-112024/>

Join us for future CFC webinars!

- First Wednesday of every month at 4:00 PM
- Deep dives into important CFC topics like:
 - Skilled vs Unskilled Care
 - Meeting the Nurse Assessor
 - CFC Partners and Resources
- During these meetings we will be answering your questions!
- We want to hear from you about what topics would be most helpful for you!
 - Please fill out our survey that we will send out with this slide deck



Q&A