



## Guide to Medicaid Waiver Programs

Dear Caregiver,

This guide will help you learn more about Medicaid Waiver programs. You can use this guide to help you decide if your child can get help from a Medicaid Waiver Program.

If you have questions, please ask your care team. We are here to help!

Sincerely,

**Children's Health**

# Waiver Programs

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## What is a Medicaid Waiver program?

- A waiver program lets a state use money from Medicaid to give some long-term home and community-based services for children and adults with a disability and special health care needs.
- If your child is eligible, they can get the services they need in their own homes or other community settings.
- Most waiver programs are based on your child's disability or special health care need and their income (not the family's income).
- If your child gets services from a waiver program, they also get Medicaid health insurance.
- In Texas, there are many waiver programs run by The Texas Health and Human Services Commission (HHSC) and the Department of State Health Services (DSHS).
- They are called "waivers" because certain Medicaid rules are waived (those rules are put aside).

## What do I need to know?

- Sign up for the waiver programs by getting your child on the interest (wait) list now or as soon as possible.
- Some waiver programs have long wait times to get services.
- Even if you are not sure your child will ever need these services, you should still get your child on the interest list to have these waiver programs as choices if your child needs them in the future.
- Get your child on all the waiver program interest lists that meet your child's needs.
  - Your child can be on more than 1 interest list at a time, but can only be getting services from 1 waiver program at a time.
  - You should get a letter to confirm your child has been put on a waiver program interest list.
  - The State may call you or send you a letter about the waiver programs you signed your child up for.

## Things to remember:

- It is important you always answer the call, return the phone call, or respond to the letter or your child's name may be taken off the lists.
- If you apply in person or on the phone, get the names of the people you speak to and any other details they give you when you sign up. Keep it with your records.



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- If your contact information (name, address, phone number) changes, call the waiver program to update your contact information.
  - Call at least 1 time per year to make sure that your child's name is still on the interest list.
    - Many parents use their child's birthday as a date to call so they do not forget to call.
    - Ask where your child is on the interest list.
    - Make sure that your contact information (name, address, telephone number) is still right.

For more information about waiver programs and how to join the interest list, visit this website:

<https://www.navigatelifetexas.org/en/insurance-financial-help/texas-medicaid-waiverprograms-for-children-with-disabilities>



# Home and Community-based Services (HCS)

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## What is Home and Community-based Services (HCS)?

- HCS offers services and support to people with an intellectual disability (ID) or related condition (other health issues).
  - Related conditions:
    - A disability (other than an ID) that starts before the age of 22 and will likely continue.
    - Must cause major limits with the person being able to function and cause limits like those of an ID.
    - Autism, Cerebral Palsy, Seizure Disorder, and Spina Bifida are types of **related conditions**.
- HCS offers services and support so that people can live at home with their family, in their own home, or a community setting like a small group home.

## How do I learn more about the HCS Waiver Program?

- Visit the following websites:
  - <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/home-community-based-services-hcs>
  - <https://www.navigatelifetexas.org/en/insurance-financial-help/home-and-community-based-services-hcs>

## How do I get my child on the HCS interest list?

Contact your county's Local Intellectual and Development Disability Authority (LIDDA). Find the LIDDA that serves your area by going to <https://apps.hhs.texas.gov/contact/la.cfm>.

# Medically Dependent Children's Program (MDCP)

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## What is the Medically Dependent Children's Program (MDCP)?

- MDCP offers services to families caring for medically dependent children and young adults under the age of 21.
- MDCP serves as a different option than a nursing home.
  - Some children who are medically fragile (in a critical state of health) may be able to avoid the MDCP "interest list" through the Money Follows the Person (MFP) process.
  - When you call the MDCP interest list, ask to speak with the person who is an expert on Money Follows the Person.
- MDCP offers personal care services, private duty nursing, and various therapies.

## How do I learn more about MDCP?

- Visit the following websites:
  - <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/medically-dependent-children-program-mdcp>
  - <https://www.navigatelifetexas.org/en/insurance-financial-help/medically-dependent-children-program-mdcp>

## How do I get my child on the MDCP interest list?

Call the Texas Health and Human Services Commission at 1-877-438-5658.

# Community Living Assistance and Support Services (CLASS)

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## What is Community Living Assistance and Support Services (CLASS)?

- CLASS offers home-and community-based services to people with intellectual disabilities or **related conditions** who meet additional criteria.
  - A **related condition** is a disability, other than an intellectual disability, that starts before the age of 22 and that affects a person's ability to function in daily life.

## How do I learn more about the CLASS Program?

- Visit the following websites:
  - <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/community-living-assistance-support-services-class>
  - <https://www.navigatelifetexas.org/en/insurance-financial-help/community-living-assistance-and-support-services-class>

## How do I get my child on the CLASS interest list?

Call the Texas Health and Human Services Commission at 1-877-438-5658.



# Deaf Blind with Multiple Disabilities (DBMD)

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## What is Deaf-Blind with Multiple Disability (DBMD)?

- DBMD offers home and community-based services to people who are deaf **and** blind **and** have many disabilities.
- The program helps by giving more opportunities for individuals to communicate and interact with their environment.
- Must have been diagnosed before the age of 22.

## How do I learn more about DBMD?

- Visit the following websites:
  - <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/deaf-blind-multiple-disabilities-dbmd>
  - <https://www.navigatelifetexas.org/en/insurance-financial-help/deaf-blind-with-multiple-disabilities-dbmd>

## How do I get my child on the DBMD interest list?

- Call the Texas Health and Human Services Commission at 1-877-438-5658.





# STAR+PLUS Home and Community-based Services (HCBS)

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## What is STAR+PLUS Home and Community-based Services (HCBS)?

- STAR+PLUS HCBS helps people live at home rather than living in a nursing facility.
- If eligible for nursing facility care member can get acute care and long-term services and supports (LTSS) in order to live in the community.
- Offers services to members age 21 and older.
- Services offered include personal assistance services, habilitation, and other supportive services.

## How do I learn more about HCBS?

- Visit the following website:
  - <https://www.hhs.texas.gov/providers/long-term-care-providers/home-community-based-services-hcs>
  - <https://www.hhs.texas.gov/services/health/medicaid-chip/medicaid-chip-members/starplus>
  - <https://www.navigatelifetexas.org/en/insurance-financial-help/starplus-home-and-community-based-services-hcbs>

## How do I get my child on the HCBS interest list?

Call the Texas Health and Human Services Commission at 1-877-438-5658.



# Texas Home Living (TxHmL)

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## What is Texas Home Living (TxHmL)?

- Provides services to children and adults with an intellectual disability (ID) or a related condition who live in their own home or their family's home.
- Services offered include personal assistance services, habilitation, and other supportive services.

## How do I learn more about TxHmL?

- Visit the following websites:
  - <https://www.hhs.texas.gov/providers/long-term-care-providers/texas-home-living-txhml>
  - <https://www.navigatelifetexas.org/en/insurance-financial-help/texas-home-living-txhml>

## How do I get my child on the TxHmL interest list?

Contact your county's Local Intellectual and Development Disability Authority (LIDDA). Find the LIDDA that serves your area by going to:

<https://www.hhs.texas.gov/sites/default/files/documents/services/mental-health-substance-use/yes-waiver-inquiry-line.pdf>

# Youth Empowerment Services (YES)

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## What is Youth Empowerment Services (YES)?

- Helps with children between the ages of 3-9 with serious mental, emotional and behavioral difficulties.
- Helps keep child stay in the home and community.
- Services offered include respite services and other supportive services.

## How do I learn more about YES?

- Visit the following websites:
  - <https://www.hhs.texas.gov/providers/long-term-care-providers/texas-home-living-txhtml>
  - <https://www.navigatelifetexas.org/en/insurance-financial-help/youth-empowerment-services-yes>

## How do I get my child on the YES interest list?

Contact your county's Local Intellectual and Development Disability Authority (LIDDA). Find the LIDDA that serves your area by going to:

<https://www.hhs.texas.gov/sites/default/files/documents/services/mental-health-substance-use/yes-waiver-inquiry-line.pdf>





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