

NORTH CAROLINA

NC Department of Health and Human Services (DHHS), Division of Medical Assistance

Division of Medical Assistance

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<http://www2.ncdhhs.gov/dma/>

Managed Care 1915(b) and/or Home and Community-Based 1915(c) Waivers for Respite Support

Medicaid is a program in every state that pays for medical assistance for certain individuals and families with low incomes and resources. It is the largest source of funding for medical and health-related services for America's poorest people. Because Medicaid is funded jointly by the federal and state governments, the services paid for vary from state to state. In addition to medical services, Medicaid will pay for home and community-based services (HCBS) through the state plan as well as through Medicaid waivers that offer services as a lower-cost alternative to treatment in a medical or long-term care facility, such as a nursing home. Respite is usually paid for through one or more of the following types of waivers: research and demonstration (1115), managed care (1915b) and HCBS (1915c) waiver programs. This state's Medicaid waivers that include respite are:

[NC TBI Waiver \(1326.R00.00\)](#)

Provides adult day health, day supports, personal care, residential supports, respite, supported employment, occupational therapy, physical therapy, speech and language therapy, assistive technology, cognitive rehabilitation (CR), community networking, community transition, crisis supports services, home modifications, in home intensive support, life skills training, natural supports education, resource facilitation, specialized consultation, vehicle modifications for individuals with brain injury ages 22 and up

[NC 2008 Community Alternatives Program for Disabled Adults CAP/DA Waiver \(0132.R07.00\)](#)

Provides : adult day health, CAP in-home aide, coordination of care - case management and care advisement, financial management services, personal assistance services, community integration services, community transition, coordinated caregiving, equipment, modification and technology, individual goods and services, meal preparation and delivery, nutritional services, participant goods and services, personal emergency response services, pest eradication, respite services, specialized medical supplies, training/education and consultative services for individuals 65 years and older and individuals between 18-64 years old diagnosed as physically disabled.

[NC Community Alternatives Program for Children CAP/C Waiver \(4141.R06.00\)](#)

Provides in-home care aide service, financial management, assistive technology, case management, community transition, home accessibility and adaptation, institutional and non-institutional respite, participant goods and services, pediatric nurse aide services, specialized medical equipment and supplies, training, education and consultative services, vehicle modifications for individuals who are medically fragile ages 0 – 20.

[NC Innovations Waiver \(0423.R03.00\)](#)

Provides community navigator, community networking, day supports, residential supports, respite, supported employment, financial support services, assistive technology, community living and support, community transition, crisis services, home modifications, individual goods and services, natural supports education, specialized consultation, supported living - periodic, supported living - transition, supported living, and vehicle modifications for individual with intellectual disabilities and developmental disabilities with no age restrictions.

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NC TBI Waiver (1326.R00.00)

State Operating Agency: NC DHHS, Division of Medical Assistance and Alliance Behavioral Healthcare

Description	<p>The NC TBI Waiver is designed to provide an array of community-based rehabilitative services and supports that facilitates recovery and promotes choice, independence and community involvement. These services provide a community-based alternative to institutional care for individuals with traumatic brain injuries to enable them to be fully functioning members of their community. The waiver aims to offer person centered service options.</p> <p>The services provided by this waiver include: adult day health, day supports, personal care, residential supports, respite, supported employment, occupational therapy, physical therapy, speech and language therapy, assistive technology, cognitive rehabilitation (CR), community networking, community transition, crisis supports services, home modifications, in home intensive support, life skills training, natural supports education, resource facilitation, specialized consultation, and vehicle modifications. It currently serves individuals only in four counties (Alliance Behavioral Health catchment area).</p>
Waiver Type	1915(c); 1915(b) Operates concurrently with the NC Mental Health, Intellectual and Developmental Disabilities and Substance Abuse Services Health Plan waiver, #NC-02.
Target Population-Eligibility	Individuals who are diagnosed with a brain injury and are 22 or older. Must live in one of the following counties: Cumberland, Durham, Johnston, and Wake
Level of Care	The individual requires level of care available in a Specialty Hospital or Skilled Nursing Facility (SNF).
Respite Services	<p>Respite services provide periodic or scheduled support and relief to the primary caregiver(s) from the responsibility and stress of caring for the individual. This service enables the primary caregiver to meet or participate in planned or emergency events, and to have planned time for him/her and/or family members. This service also enables the individual to receive periodic support and relief from the primary caregiver(s) at his/her choice. Respite may include in and out-of-home services, inclusive of overnight, weekend care, or emergency care (family emergency based, not to include out of home crisis).</p> <p>This service may not be used as a regularly scheduled daily service in individual support. Respite may not be used for consumers who are living alone or with a roommate. Respite may not be provided by any person who resides in the individual's primary place of residence. Respite is not available at the same time of day as Community Networking, Day Supports, Life Skills Training, Personal Care, Supported Employment or one of the State Plan Medicaid Services that works directly with the consumer.</p> <p>Respite services are provider managed.</p>
Respite Provider Eligibility	Information about provider eligibility: https://www.alliancehealthplan.org/providers/
Caregiver Eligibility	Respite may not be provided by a legally responsible person, relative or a legal guardian.
Enrollment Limit	107: Year ending 04/30/2021
How to Apply	Call Alliance's 24-hour Access and Information line at (800) 510-9132. Please specifically ask to apply for the TBI waiver.
Contact Information	TBI Program Contact: 919-715-1294 or TBIContact@dhhs.nc.gov Call Alliance's 24-hour Access and Information line for more information.
Link to Waiver Application	https://files.nc.gov/ncdma/documents/files/TBI_Waiver_Draft-for_Public_Comment_2016_01.pdf
Expiration Date	04/30/2021
Date of Last Update	06/11/2019

NC Community Alternatives Program for Disabled Adults (CAP/DA) Waiver (0132.R07.00)

State Operating Agency: NC Department of Health and Human Services (DHHS), Division of Health Benefits

Description	<p>The CAP/DA waiver application is intended to provide a safe and supportive network of services, promote community integration, and autonomy of choice. This supportive network of services supplements Medicaid State Plan services to address deficiencies in the performance of activities of daily living (ADLs), interactive activities of daily living (IADLs) and gaps in the support systems. The waiver's goals are to provide an alternative to institutional care for individuals who choose to remain integrated in their community, and to ensure the health, safety, and well-being of each waiver participant through person-centered planning. The waiver offers both traditional methods of service and consumer-directed options.</p> <p>Services provided by this waiver include: adult day health, CAP in-home aide, coordination of care - case management and care advisement, financial management services, personal assistance services, community integration services, community transition, coordinated caregiving, equipment, modification and technology, individual goods and services, meal preparation and delivery, nutritional services, participant goods and services, personal emergency response services, pest eradication, respite services, specialized medical supplies, training/education and consultative services.</p> <p>The information in this description is based on the submitted and pending renewal application.</p>
Waiver Type	1915(c)
Target Population- Eligibility	Individuals who are 65 years and older or who are physically disabled between the ages of 18 and 64 years old.
Level of Care	Individuals require level of care available in a Nursing Facility (NF).
Respite Services	<p>Respite services provide temporary relief to the individual's primary unpaid caregiver(s) by taking over the care needs of the individual for a limited time. This service may be used to meet a wide variety of needs, including family emergencies; planned special circumstances when the primary unpaid caregiver needs to be away for an extended period (such as vacations, hospitalizations, or business trips); relief from the daily responsibility of caring for an individual with a disability, or the provision of time for the primary unpaid caregiver to complete essential personal tasks. It can be used as day, evening, or overnight care to meet a range of beneficiary needs such as caregiver relief.</p> <p>Respite care may be provided either in the consumer's residence or in a licensed facility. Respite services shall not exceed 30 calendar days or 720 hours in one fiscal year. Respite services may be provider managed or participant directed.</p>
Respite Provider Eligibility	Information about provider eligibility: https://medicaid.ncdhhs.gov/providers
Caregiver Eligibility	Respite services may not be provided by a legal guardian, but may be provided by a legally responsible person or relative.
Enrollment Limit	11534: Year ending 06/30/24 based on proposed effective date
How to Apply	<p>Contact the lead Community Alternatives Program for Disabled Adults Waiver (CAP/DA) lead agency in your area (https://files.nc.gov/ncdma/CAP-DA_Lead_Agency_Directory.xlsx)</p> <p>Or, contact your county Division of Social Services (directory at https://www.ncdhhs.gov/divisions/social-services/local-dss-directory)</p> <p>Relevant forms are available at: https://medicaid.ncdhhs.gov/providers/forms/community-alternatives-program-forms</p>
Contact Information	<p>Contact the NC Medicaid Clinical Section at 919-855-4340 or medicaid.capda@dhhs.nc.gov</p> <p>Contact the NC Medicaid Division of Health Benefits at 919-855-4100</p> <p>More information about this program can be found on the NC Medicaid Division of Health Benefits website:</p>

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<https://medicaid.ncdhhs.gov/medicaid/get-started/find-programs-and-services/community-alternatives-program-for-disabled-adults>

Link to Waiver Application

<https://files.nc.gov/ncdma/documents/Draft-CAPDAWaiverApplication--June2019.pdf>

Expiration Date

09/30/2018, renewal submitted 03/01/19, proposed effective 07/01/19; Awaiting CMS approval.

Date of Last Update

06/11/2019

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NC Community Alternative Program for Children (CAP/C) Waiver (4141.R06.00)

State Operating Agency: NC Department Health and Human Services (DHHS), Division of Health Benefits

Description	<p>The purpose of the CAP/C waiver is to provide a community alternative for children who have complex medical conditions. The program works to support the consumer directly and indirectly by providing physical, educational, and emotional support to the consumer and his or her family and informal caregivers. The services provided aim to reduce institutionalization, thus promoting continuous community living.</p> <p>The services provided by this waiver include: in-home care aide service, financial management, assistive technology, case management, community transition, home accessibility and adaptation, institutional and non-institutional respite, participant goods and services, pediatric nurse aide services, specialized medical equipment and supplies, training, education and consultative services, vehicle modifications.</p>
Waiver Type	1915(c)
Target Population-Eligibility	<p>Individuals who: are under the age of 21 (0-20), are medically fragile, and are residing in a private residential setting.</p> <p>The State defines 'private residence' as a traditional home that is not licensed or regulated as a group home or other board and care facility. Individuals may be living in licensed facilities or nursing facilities at the time of application but must be discharged to a private residence before they can actually begin participating in the waiver program.</p>
Level of Care	The individual requires level of care available in a Hospital or Nursing Facility (NF).
Respite Services	<p>Respite care provides short-term support for the primary caregiver(s) for the consumer by taking over the care needs for a limited time. It can be used when the consumer or primary caregiver needs physical time away from home, or to give the caregiver personal time for emotional, physical or psychosocial balance. This waiver provides both Institutional and Non-Institutional Respite services.</p> <p>Institutional Respite: The provision of this service takes place in a Medicaid-certified nursing facility or a hospital with swing beds.</p> <p>Non-Institutional Respite: This service may be used to meet a wide range of needs, including family emergencies; planned special circumstances (such as vacations, hospitalizations, or business trips); relief from the daily responsibility and stress of caring for an individual with a disability; or the provision of time for the caregiver(s) to complete essential personal tasks. The provision of this service takes place within the consumer's home.</p> <p>Respite services can be provider managed or participant-directed. Respite services can be provided for up to 720 hours per fiscal year.</p>
Respite Provider Eligibility	Information about provider eligibility: https://medicaid.ncdhhs.gov/providers
Caregiver Eligibility	Respite may not be provided by a legal guardian, legally responsible person, or relative.
Enrollment Limit	3950: Year ending 02/28/2022
How to Apply	<p>Contact your county Division of Social Services (directory at https://www.ncdhhs.gov/divisions/social-services/local-dss-directory)</p> <p>Relevant forms are available at: https://medicaid.ncdhhs.gov/providers/forms/community-alternatives-program-forms</p>
Contact Information	<p>Contact the NC Medicaid Clinical Section at 919-855-4340 or medicaid.capc@dhhs.nc.gov</p> <p>Contact the NC Medicaid Division of Health Benefits at 919-855-4100</p>

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Link to Waiver Application	https://files.nc.gov/ncdma/https___wms-mmdl.cdsfdc.pdf
Expiration Date	02/28/2022
Date of Last Update	06/11/2019

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NC Innovations Waiver (0423.R03.00)

State Operating Agency: NC Department of Health and Human Services (DHHS), Division of Medical Assistance

Description	<p>This waiver provides an array of community-based services and supports that promote choice, control and community membership. These services provide a community-based alternative to institutional care. The waiver aims to support consumers to be fully functioning members of their community, and focuses on maximizing individuals' self-determination, self-advocacy and self-sufficiency.</p> <p>The services provided by this waiver include: community navigator, community networking, day supports, residential supports, respite, supported employment, financial support services, assistive technology, community living and support, community transition, crisis services, home modifications, individual goods and services, natural supports education, specialized consultation, supported living - periodic, supported living - transition, supported living, and vehicle modifications. Participants may elect to direct their own services.</p>
Waiver Type	1915(c); 1915(b) Operates concurrently with the NC Mental Health, Intellectual and Developmental Disabilities and Substance Abuse Services Health Plan waiver, #NC-02.
Target Population-Eligibility	Individuals of any age who have been diagnosed with developmental disabilities and/or intellectual disabilities. New participants must live with private families or in living arrangements in 4 beds or less.
Level of Care	Individual requires level of care available in an Intermediate Care Facility for Individuals with Intellectual Disabilities (ICF/IID).
Respite Services	<p>Respite services provide periodic support and relief to the primary caregiver(s) from the responsibility and stress of caring for the individual. This service enables the primary caregiver to meet or participate in planned or emergency events and to have planned time for him/her and/or family members. This service also enables the individual to receive periodic support and relief from the primary caregiver(s) at his/her choice. Respite may be utilized during school hours for sickness or injury. Respite may include in and out-of-home services, inclusive of overnight, weekend care, or emergency care (family emergency based, not to include out of home crisis).</p> <p>This service may not be used as a regularly scheduled routine service for individual support. Respite does not include transportation to/from school settings. This service is not available at the same time of day as community networking, day supports, community living and supports, supported employment or one of the State Plan Medicaid Services that works directly with the consumer. Respite may not be used for participants who are living alone or with a roommate. Respite care is not provided by any individual who resides in the individual's primary place of residence.</p> <p>Respite services may be participant-directed or provider managed.</p>
Respite Provider Eligibility	Information about provider eligibility: https://medicaid.ncdhhs.gov/providers
Caregiver Eligibility	Respite may be provided by a relative or legal guardian, but may not be provided by a legally responsible person.
Enrollment Limit	13138: Year ending 06/30/2024
How to Apply	To apply, contact the Local Management Entity-Managed Care Organization in your county: https://www.ncdhhs.gov/providers/lme-mco-directory
Contact Information	Division of Mental Health, Developmental Disabilities, and Substance Abuse Services: 855-262-1946 NC Medicaid Recipient Services: 919-855-4000 or IDDLISTENINGSESSIONS@DHHS.NC.GOV .
Link to Waiver Application	https://files.nc.gov/ncdma/Innovations1915Waiver-20181023.pdf
Expiration Date	06/30/2024
Date of Last Update	07/15/2019