



Community First Choice: Personal Care and More

Community First Choice (CFC) is a state plan that supports individuals to remain living in the community. Services are provided to children or adults in their own home, an adult family home, or an assisted living facility.

Core Benefits*

Personal Care

Assistance, supervision and/or cueing with Activities of Daily Living, Instrumental Activities of Daily Living, and health-related tasks, due to functional disability.

Relief Care

Allows the individual to hire an alternate caregiver to assist with personal care when their regular caregiver is unavailable or needs a break.

Nurse Delegation

A licensed registered nurse assigns specific nursing tasks to a certified person to perform under the nurse's direction and supervision.

Skills Acquisition Training

Helps the individual to acquire, maintain, and enhance skills necessary to accomplish their ADLs, IADLs, or Health-related tasks more independently. Skills acquisition training can be accessed through personal care hours or CFC state fiscal year annual limit.

Personal Emergency Response System (PERS)

A basic electronic device that enables individuals to secure help in an emergency.

Caregiver Management Training

Individuals will be offered the opportunity to receive training materials on how to select, manage, and dismiss their care providers. Training is available through web-based booklet or online videos.

*Amount of personal care service/hours is based on the individual's functional assessment.

Eligibility Requirements

- Individuals enrolled and eligible clients of DDA (Children do not have to be DDA eligible)
- Financially eligible for 'categorically needy' or an alternate benefit plan
- Have functional limitations due to a disability and unmet needs for personal care
- Meet institutional level of care for an Intermediate Care Facility for individuals with Intellectual Disabilities or Nursing Facility Level of Care
- Agree to accept home and community based services rather than institutional service

To request for services go to this website: <https://www.dshs.wa.gov/dda/service-and-information-request>

Other Benefits*

Assistive Technology

Assistive technology equipment, which are adaptive or assistive devices and apps that can help increase the individual's independence. This includes services or specialized add-ons to the basic PERS system such as fall detectors, medication reminders, and GPS locators for those who qualify.

Community Transition Services

One-time, set-up expenses necessary to help individuals discharging from a qualified institutional setting: a skilled nursing facility (SNF), an institution for mental disease (IMD) or an intermediate care facility for individuals with intellectual disabilities (ICF/IID) to set up their own home in the community. Allowable expenses are those necessary to enable an individual to establish a basic household such as first month rent and utility deposits, bedding and basic kitchen supplies.

*\$550 state fiscal year annual limit for combined purchases of Assistive Technology and Skills Acquisition Training

*\$2,500 one-time expenditure for Community Transition Services

ADLs and IADLs

Activities of Daily Living include: bathing, bed mobility, body care, medication management, eating, dressing, locomotion, personal hygiene, toilet use and transfers.

Instrumental Activities of Daily Living can be added to ADL assistance and include: meal preparation, ordinary housework, essential shopping and travel to medical services.