

# Fact Sheet

## Community Alternatives Program for Disabled Adults

### The Community Alternatives Program is an NC Medicaid program.

The Community Alternatives Program for Disabled Adults (CAP/DA) is an NC Medicaid home and community-based program for adults and seniors who are physically disabled and at risk of an institutional placement. The program offers help in the home and community.

#### WHO CAN GET CAP/DA?

CAP/DA is available to NC Medicaid beneficiaries who are:

- age 18 and older with severe and chronic physical disabilities that need the type of care usually found in a nursing home or hospital
- age 65 and older at risk of going to a nursing home

#### CAP/DA HOME AND COMMUNITY-BASED SERVICES

The CAP/DA program covers the following services:

- Adult day health: a day support service with activities and nurse care.
- CAP In-home aide I and II: services to help at home with bathing, dressing, eating, toileting, brushing teeth, getting in bed, moving around, transferring, light housework, grocery shopping and money management.
- Case management: a service offered by local agencies to work with the CAP/DA beneficiary and their family to make sure they are getting needed services.
- Community integration: services that help the beneficiary come up with a plan to stay in their home and stay active in their community.
- Community transition: help to move from a facility back to their home and be apart of the community.
- Coordinated caregiving: a service that helps a live-in caregiver take care of the health care needs of a CAP/DA beneficiary.
- Equipment, modification, and technology: structural items permanently or semi-permanently added to a home or car to make it safer and easier to move around in the home and get around in the community (examples include ramps, grab bars, lifts, and smart devices).
- Financial management: services to pay workers hired through consumer direction.
- Goods and services: items, products, or services that are purchased from retail that aid the CAP/DA beneficiary to be more independent in their home and allow them to get around in the community.

- Meal preparation and delivery: a service that provides meals brought to a beneficiary's home.
- Medical supplies: health care items such as Boost or Ensure, disposable liners, and incontinence products.
- Respite: a service that gives family caregiver(s) a break so they can rest or take care of other things.
- Personal assistant: a person hired through consumer-directed services to help the CAP/DA beneficiary carry out daily tasks.
- Personal emergency response services: an alert button or device available to the CAP/DA beneficiary to call for emergency help.
- Training, education and consultative services: training for the CAP/DA beneficiary and their family to learn more about how to care for health care needs.

## KEEPING CAP/DA BENEFICIARIES SAFE, HEALTHY, AND WELL

To keep CAP/DA beneficiaries healthy and safe, people getting CAP/DA services must:

- Talk with a case manager every month by phone and meet with them face-to-face every three months to make sure their needs are being met.
- Receive CAP/DA or Medicaid services from NC Medicaid enrolled providers.
- Have a case manager or provider report incidents like falls, injuries, unplanned hospital stays, restraints, regularly missed services, or abuse. These reports help with follow-up and planning care.

## SERVICE TYPES UNDER CAP/DA

The CAP/DA program offers services through the following provider types:

- Provider-led: a home health or In-home aide agency is in charge of CAP In-Home Aide I and II services.
- Consumer-directed: a person called an employer of record (EOR) hires and supervises workers.
- Coordinated caregiving: a live-in caregiver takes care of the CAP/DA beneficiary with the help of a health care agency.

## TO LEARN MORE

To learn how to apply for CAP/DA services, visit the NCLIFTSS webpage at [NCLIFTSS@acentra.com](mailto:NCLIFTSS@acentra.com) or call 1-833-470-0597. To apply for Medicaid in North Carolina, visit the How to Apply webpage at [medicaid.ncdhhs.gov/apply](https://medicaid.ncdhhs.gov/apply). To learn more about CAP/DA services, visit [medicaid.ncdhhs.gov/providers/programs-and-services/long-term-care/community-alternatives-program-disabled-adults-capda](https://medicaid.ncdhhs.gov/providers/programs-and-services/long-term-care/community-alternatives-program-disabled-adults-capda).

