

ARIZONA

Encouraging Home Care.

- The state adjusted Medicaid payment rates for direct-care workers and established a revised rate determination process for Medicaid HCBS to include employee-related expenses, hourly and annual wages, administrative mileage, administrative overhead, and an adjustment factor for non-direct-care service hours, such as time to complete notes or records.¹
- The state has a model that serves people who are developmentally disabled, physically disabled, and/or elderly and who are at risk of an institutional level of care. All members are assigned a case manager to assist with the coordination of care. Members can move between HCBS (home and community based services) and institutional settings as needed. The only restriction on HCBS is that the cost of care must be no more than the Medicaid cost of institutional care.²
- Arizona's Rural Home Access Program was created by the DIRECT Center for Independence Programs to assist income eligible elderly and persons with disabilities who reside in Cochise, Graham, Greenlee, Santa Cruz and rural Pima counties with home modifications and adaptations that will allow them to remain in their own homes safely.
 - Modifications may include installation of ramps (inside/outside), bathroom accessibility via roll in showers, grab bars, door widening, grab bars, low rise steps and emergency repairs and other modifications as necessary
 - The advantages to creating an accessible home include improved safety for family members and care givers, a decreased need for more costly home health care or assisted living, and an increased independence
 - Income eligibility is different for every county, call to see if you qualify. Income also varies upon household size.
 - The home to be modified must be owned by the individual. Income guidelines must be met and the modification must be necessary for the person to remain in their home in a safe and

¹ Kassner, E., Reinhard, S., Fox-Grage, W., Houser, jA., Accius, J., [A Balancing Act: State Long-Term Care Reform](#), AARP Public Policy Institute. July, 2008.

² [State Perspectives on Emerging Medicaid Long-Term Care Policies and Practices](#). National Association of State Medicaid Directors An Affiliate of the American Public Human Services Association. October, 2007.

accessible manner. Manufactured homes are included, however some limitations apply.

- The Direct Center for Independence will conduct a phone intake assessment. Once the assessment is complete, the staff will make arrangements with a licensed contractor to complete the modification, and to address any questions the individual may have.
- <http://www.cybercil.com/ir.asp>.
- <http://www.directilc.org/>.
- The Arizona Technology Access Program (AzTAP) partnered with the Arizona Department of Economic Security - Aging and Adult Administration on a grant awarded by the NAHB Research Center's National Center for Senior's Housing Research. The goal of this collaboration was to stimulate greater public awareness of innovative approaches for addressing common needs of older adults who want to age in place through the use of assistive technologies.
 - The goal of the Arizona Assistive Technology Exchange hosted by AzTAP is to put AT (assistive technology) equipment that is not currently being used into the hands of someone who can benefit from it. The Arizona Assistive Technology Exchange is primarily for residents of Arizona, although entries from other states are accepted. The program is designed to facilitate equipment exchange between individuals and is not for the use of vendors or distributors.
 - Major project activities included publication/dissemination of a series of 12 aging-related AT articles, a booklet and brochure on AT and Alzheimer's Disease, four statewide trainings to aging services providers and an AT interdisciplinary design project by engineering students on the campus of Northern Arizona University.
 - Types of ATs include assisted listening/alerting devices, amplified phones, etc... for people who need hearing assistance. Power and manual wheelchairs, scooters, walkers, ramps, canes, etc... for people who have problems with mobility/seating and positioning. And assistance with daily living aids such as bathing/toileting aids, lift chairs, patient lifts, adjustable hospital beds, standing frames/aids, etc....
 - <http://www4.nau.edu/ihd/AzTAP/AzTAP.asp>.
- The Administration on Aging's (AoA's) *Choices for Independence* demonstration project aims to provide seniors and their caregivers with information, assistance, and counseling to confront the difficult decisions they face regarding long-term independence in the community, by seeking to reduce the current systemic bias in favor

of institutional care. *Choices for Independence* will target people while they are still healthy and able to plan for their care and will encourage them to take positive steps to maintain their own health. If people need care, *Choices for Independence* will help them to bolster their own support system and resources before they enter a nursing home and spend down to Medicaid. Choices for Independence seeks to modernize the current health care system using the following principles:

- Enabling consumers to remain in their own homes through the provision of home and community-based long-term care;
- Empowering consumers to stay active and healthy through disease prevention and health promotion services;
- Streamlining access to home and community-based services; and
- Enhancing organizational capacity of the aging network for home and community-based long-term care systems.

Evaluation of *Choices for Independence* program

- The National Association of Area Agencies on Aging conducts annual surveys to assess Area Agencies on Aging (AAA) and Title VI involvement in services and programs consistent with the *Choices for Independence* principles.
- The survey was launched in June of 2007 for all AAA's. Data collection concluded in December of 2007 with over 80% of AAA's responding on the national level. All six of Arizona's Area Agencies on Aging responded to the survey giving Arizona a 100% response rate. This report was released in April 2008.
- Survey Findings: Overall, the aging network has a high degree of involvement in long-term care systems, and many are providing programs and services that are consistent with the goals of *Choices*:
 - About half of area agencies are providing some consumer-directed services options
 - Over 50% are involved in evidence-based health promotion
 - Evidence-based health promotion is the practice of generating readily accessible systematic reviews of evidence on the effectiveness of interventions and programs.
 - Nearly two-thirds have programs to facilitate transition from nursing homes to the community
 - Over 80% provide case management
 - Over half are involved in a Medicaid home-care waiver program
 - <http://www.scripps.muohio.edu/research/publications/N4AArizona>.