

AGING STRATEGIC ALIGNMENT PROJECT

State Profile for

ARKANSAS

Home- and Community-based Services for Older Adults and Adults with Physical Disabilities

Background

- Arkansas's 60+ population was 561,850 in 2008 (19.7% of the state's total population), with 11.5% below the federal poverty level.¹
- The 60+ population is projected to be 806,139 in 2025 (25.6% of the state's total population).²
- About 25.1% of all households in 2007 had one or more persons age 65 years and older, and 49.7% of persons age 65 years and older had a disability.³
- Of the 702,064 Medicaid beneficiaries in the state in 2003, 6.4% were aged, 15.3% were blind and disabled, 13.1% were Dual Eligible, and 1.5% were HCBS waiver beneficiaries.⁴
- Medicaid expenditures for institutional long-term care were 69.9% of total long-term-care expenditures, compared to 30.1% for HCBS in fiscal year 2007.⁵

Abbreviations

AAA	Area Agency on Aging
ADL	Activities of Daily Living
AoA	Administration on Aging
CMS	Centers for Medicare and Medicaid Services
HCBS	Home- and Community-based Services
IADL	Instrumental Activities of Daily Living
MRDD	Mental Retardation and Developmental Disabilities
OAA	Older Americans Act
PACE	Program of All-inclusive Care for the Elderly
SUA	State Unit on Aging

¹ Department of Health and Human Services, Administration on Aging. (2009). *AGing Integrated Database (AGID): American Community Survey (ACS) demographic data 2004-2007 and state-level population estimates data 2000-2008* [Data files]. Available from <http://198.136.163.234/default.asp>

² Department of Health and Human Services, Administration on Aging. (2009). *AGing statistics: Projected future growth of the Older population; By state: 2005-2030; Aged 60 and above* [Data files]. Available from http://www.aoa.gov/AoARoot/Aging_Statistics/future_growth/future_growth.aspx.

³ Reimbursement and Research Department, American Health Care Association. (2006, August 29). *The state long-term health care sector 2005: Characteristics, utilization, and government funding*. Washington, DC: Author.

⁴ U.S. Census Bureau, 2007 American Community Survey, United States and States. *Percent of households with one or more people 65 years and over* (R1104) and *Percent of people 65 years and over with a disability* (R1803).

⁵ Burwell, B., Sredl, K., & Eiken, S. (2008, September 26). *Medicaid long term care expenditures FY 2007*. Eagan, MN: Thomson Reuters.

Government Structure to Manage HCBS

- **SUA:** Division of Aging and Adult Services, Arkansas Department of Human Services.
www.arkansas.gov/dhs/aging/index.html
- **State Medicaid Agency:** Arkansas Medicaid, Division of Medical Services, Arkansas Department of Human Services.
www.medicaid.state.ar.us
- Arkansas does not have a consolidated agency for long-term-care programs. The Division of Medical Services has an Office of Long-term Care, which is responsible for regulating nursing homes and other institutional settings.
- The director of Arkansas's SUA reports to one of two deputy directors of the Department of Human Services, who report to the director of the Department of Human Services, who reports to the Governor.

- Arkansas has eight Area Agencies on Aging.

Single Point of Entry (SPE)/Aging and Disability Resource Center (ADRC)

- Arkansas has an ADRC that is statewide.
- The statewide ADRC site has a physical (bricks and mortar) infrastructure which is located in the SUA. Also operating under a virtual model, the statewide ADRC has a national toll-free phone number to call to be directed to appropriate services.
- In addition to serving older adults, Arkansas's ADRC serves individuals with physical disabilities.

Assessment Process

Medicaid

- For Medicaid applicants, in determining functional eligibility for nursing home admission, Arkansas requires an in-person assessment by nursing home staff.
- Applicants for any type of Medicaid long-term-care services apply to their local Department of Human Services county office, where a local eligibility worker

most often meets face-to-face with applicants or their authorized representatives. Applicants who call an AAA or other case management agency to request assistance in the application process or long-term-care services are screened face-to-face by a case manager to determine what programs are available and most appropriate for that individual. Applicants for an HCBS waiver program operated by the Division of Aging and Adult Services are assessed face-to-face by a nurse.

Non-Medicaid

- For non-Medicaid applicants in Arkansas, nursing home pre-admission assessment is not performed.

State Medicaid Plan

- Arkansas provides HCBS through the state Medicaid plan.
- Refer to Table 1 for specific services provided.
- Personal care services are available for participants of any age; targeted case management is available for specific groups, including individuals age 60 and older. MRDD services, including a day program, are available for participants of any age as long as their disability was acquired prior to age 21.
- Participants must meet program requirements for medical necessity with varying levels of care, depending on the type of service.
- **PACE:** Arkansas has one PACE site. It is at St. Bernard's Hospital, which has a 51% share with the local AAA.

Medicaid Waivers

- Arkansas has three waivers that provide HCBS to older adults and/or adults with physical disabilities. These are: Alternatives, Assisted Living, and Elder-Choices.
- **Alternatives:** This program serves those with physical disabilities. As with all the waiver programs in Arkansas, the functional eligibility assessment is completed face-to-face with the applicant by state regis-

tered nurses. The medical assessment is then sent to the Office of Long-term Care, which makes the final medical eligibility determination; the applicant is required to meet the nursing home admission criteria at the intermediate level of care. The determination of level-of-care need is made using a three-tier system based on acuity, which drives the reimbursement level. Financial eligibility is based on income limits of 300% of the Supplemental Security Income (SSI) amount, which is \$2,022 monthly as of January 1, 2009. Asset limits are \$2,000 for an individual and \$3,000 for a couple. For case management, all waiver participants are referred to or offered a choice of a case management agency (enrolled provider) in their area through the Counseling Support Management services. That entity sends a staff person to the participant's home to orient him or her to consumer direction and help with recruiting, interviewing, hiring and supervising attendants. Attendants typically work eight hours a day, seven days a week. Upon approaching age 65, participants have the option to change to the ElderChoices program (discussed below) or remain in the Alternatives program. While some services are provided in ElderChoices that are not available in Alternatives, Alternatives has enhanced consumer-directed options.

- **Assisted Living:** This program serves those who are blind or physically disabled; or who have Alzheimer's disease, dementia or related conditions; and who need an intermediate level of nursing home care. The functional assessment is performed by Division of Aging and Adult Services state registered nurses through a face-to-face medical assessment process; eligibility is determined using the same criteria as the other waivers. Financial eligibility is based on income limits of 300% of the SSI amount, which is \$2,022 monthly as of January 1, 2009. Asset limits are \$2,000 for an individual and \$3,000 for a couple. Case management-type services are provided by the licensed Level II Assisted Living facility as part of their bundled services. There is a cap of 500 participants; there are currently 289.
- **ElderChoices:** This program is another alternative to nursing home care for those who meet nursing home eligibility criteria for an intermediate level of care, as

assessed by state registered nurses across the state who see applicants face-to-face. Services are based on availability, need and the medical assessment. Financial eligibility is based on income limits of 300% of the SSI amount, which is \$2,022 monthly as of January 1, 2009. Asset limits are \$2,000 for an individual and \$3,000 for a couple.

- Refer to Table 2 for an overview of selected HCBS programs. Table 1 shows the types of services offered under each program.

CMS-funded Programs and Grants

- Arkansas has three CMS-funded programs and grants that provide HCBS to older adults and/or adults with physical disabilities. These are: Cash and Counseling, Money Follows the Person, and Transportation.
- **Cash and Counseling:** This program serves anyone categorically eligible for personal care under the state Medicaid plan who is not in an assisted living facility. Participants must be Medicaid recipients with a functional need for personal assistant services. The program allows ElderChoices participants to self-direct Adult Companion Services. The program was rolled into the state Medicaid plan under 1915(j) beginning April 1, 2008.
- **Money Follows the Person:** This program serves older adults, those with MRDD, adults with physical disabilities, and adults with mental illness who have been in a nursing home or skilled nursing facility for at least six months, who have Medicaid, and who need an intermediate level of care. Financial eligibility is based on income limits of 300% of the SSI amount, which is \$2,022 monthly as of January 1, 2009; spouses are treated as separate individuals for income consideration. Asset limits are \$2,000 for an individual and \$3,000 for a couple if both receive Medicaid. If only one individual receives Medicaid, the spousal impoverishment rules are applied to divide resources, and the asset limit for the Medicaid applicant is \$2,000.
- **Transportation:** This program serves Medicaid recipients including individuals who are also SSI or waiver recipients. Income and asset limits are associated with

the Medicaid category in which the individual was found eligible. Program characteristics vary among the seven regions in the state: Ages served may be all ages or those age 60 and older. Two of the regions perform a functional assessment. Previously a Medicaid state plan service, the program's operation was changed to a broker system; as a result, a demonstration waiver had to be obtained to waive consumers' freedom of choice. Transport brokers bid on areas of the state and the successful bidder must provide transportation for everyone in that area who qualifies.

- Refer to Table 2 for an overview of selected HCBS programs. Table 1 shows the types of services offered.

State-funded HCBS Programs

- Arkansas has one state-funded HCBS program that provides HCBS to older adults and/or adults with physical disabilities. It is Nursing Home Alternative State Agency Services.
- **Nursing Home Alternative State Agency Services:** This program serves older adults age 60 and older and abused adults of any age. The functional assessment process may vary among AAAs. Financial eligibility guidelines are not as strict as those for Medicaid. There are no income eligibility requirements or asset limits; the intent is to target adults over the age of 60 or adults with some type of limiting disability. Funds may also be used by AAAs in working with adults referred by Adult Protective Services.
- Refer to Table 2 for an overview of selected HCBS programs. Table 1 shows the types of services offered.

Locally Funded HCBS Programs

- Arkansas uses local funds for HCBS for older adults and/or adults with physical disabilities.
- These funds are combined with OAA funding for programs such as senior centers and transportation.

OAA-funded Programs and Grants

- Refer to Table 1 for services provided through Title III of the OAA.

- Arkansas does not use cost-sharing mechanisms or sliding fee scales in delivery of Title III services.
- Arkansas has two OAA-funded programs and grants that provide HCBS to older adults and/or adults with physical disabilities. These are: Alzheimer's Demonstration Grant and Nursing Home Diversion Grant.

Social Service Block Grants (SSBG) and Community Service Block Grants (CSBG) for HCBS

- Arkansas uses SSBG to provide HCBS for older adults and/or adults with physical disabilities. These funds are used for senior centers and home-delivered meals, as well as transportation services offered through the AAAs.
- Arkansas does not use CSBG to provide HCBS for older adults and/or adults with physical disabilities.

Consumer Direction

- Arkansas offers consumer-directed options. The HCBS programs in the state that offer consumer direction are Alternatives, ElderChoices, Cash & Counseling, and Money Follows the Person.
- Models of consumer direction available in the state include modified Cash and Counseling (IndependentChoices). The IndependentChoices program provides a monthly allowance to consumers to hire a personal attendant. They make their own determination regarding qualifications and training requirements, and may hire and fire their own workers.
- Those permitted to provide services under consumer direction in Arkansas are anyone except the spouse or legally responsible party.
- Arkansas uses one fiscal intermediary in connection with consumer direction.

Managed Care

- Arkansas does not have HCBS programs run by managed care health plans.

Major Accomplishments and Initiatives

- A long-term-care systems transformation grant has enabled the state to establish its Choices In Living Resource Center (ADRC), which is responsible for informally screening applicants for Medicaid eligibility and HCBS, and helping them initiate the formal application process. One of the objectives of the grant is to begin implementation of an online application process.
- The number of services available to ElderChoices participants has been increased, and the ElderChoices and Alternatives programs are being made more comparable.
- Money Follows the Person has successfully begun transitioning adults out of skilled care facilities and into HCBS settings.

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Table 1: Types of Home- and Community-based Services Provided Under Arkansas's Programs for Older Adults and Adults with Physical Disabilities

Types of Services	Program Type / Funding Source								
	Medicaid Waivers			CMS-funded Programs and Grants			State-funded Programs	State Medicaid Plan	OAA Title III
	Alternatives	Assisted Living	Elder Choices	Cash & Counseling	Money Follows the Person	Transportation	Nursing Home Alternative State Agency Services		
Adult Day Care / Adult Day Health			X		X		X		X
Assisted Living		X							
Caregiver Services / Respite / Education			X						
Case Management / Care Coordination	X	X			X		X	X	X
Chore / Homemaking			X	X	X				X
Companion Services / Socialization Activities			X	X	X				X
Employment									
Equipment / Supplies / Modifications / Assistive Technology	X				X		X	X	
Health Promotion Activities									X
Home Health / Personal Care	X	X		X	X		X	X	X
Information / Assistance / Referral				X			X		X
Legal Assistance / Financial Advice									X
Medical / Dental / Medication Care		X							
Mental and Behavioral Health Services									
Nursing		X			X			X	
Nutrition / Meals			X	X	X			X	X
Personal Supports for Community Living / Transitioning					X		X		
Rehabilitation / Therapy					X				
Residential Services					X				
Transportation						X		X	X
Other/Unspecified HCBS							X		

Program Type / Funding Source	Program Name	Ages Served	Nursing Home Level of Care Required	Entity Responsible for Functional Assessment	Entity Responsible for Financial Assessment	Entity Responsible for Case Management	Waiting List (Number)	Consumer Direction Option
Medicaid Waivers	Alternatives	21-64	Yes	State agency: Division of Aging and Adult Services' Nurses	State agency: Department of Human Services/ Division of County Operations	Approved providers	No	Yes
	Assisted Living	21+ if blind or disabled and those 65+	Yes	State agency: Division of Aging and Adult Services' Nurses	State Agency: Department of Human Services; Division of County Operations	Approved providers	No	No
	ElderChoices	65+	Yes	State agency: Division of Aging and Adult Services' Nurses	State Agency: Department of Human Services; Division of County Operations	Approved providers	No	Yes
CMS-funded Programs and Grants	Cash & Counseling	18+	No	State agency: Division of Aging and Adult Services' Nurses	State Agency: Division of County Operations	Division of Aging and Adult Services	No	Yes
	Money Follows the Person	Age 65+ adults ages 21-64 with physical disabilities adults 21+ with mental illness and persons of all ages with MRDD	Yes	State agency; Division of Aging and Adult Services' Nurses	State Agency: Division of County Operations	Enrolled community provider agency	No	Yes
	Transportation	Varies by region	No	No functional assessment	No financial assessment	No case management	No	No
State-funded Programs	Nursing Home Alternative State Agency Services	60+ unless an abused adult	No	Area Agency on Aging	Information not reported	Area Agency on Aging	No	No

