

AGING STRATEGIC ALIGNMENT PROJECT

State Profile for

NORTH CAROLINA

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

Background

- North Carolina's 60+ population was 1,623,389 in 2008 (17.6% of the state's total population), with 10.7% below the federal poverty level.¹
- The 60+ population is projected to be 2,589,281 in 2025 (22.6% of the state's total population).²
- About 22% of all households in 2007 had one or more persons age 65 years and older, and 43.4% of persons age 65 years and older had a disability.³
- Of the 1,416,912 Medicaid beneficiaries in the state in 2003, 10.6% were aged, 19.7% were blind and disabled, 19.7% were Dual Eligible, and 1.2% were HCBS waiver beneficiaries.⁴
- Medicaid expenditures for institutional long-term care were 55.1% of total long-term-care expenditures, compared to 44.9% 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:** North Carolina Division of Aging and Adult Services.
www.dhhs.state.nc.us/aging/index.htm
- **State Medicaid Agency:** North Carolina Division of Medical Assistance.
www.dhhs.state.nc.us/dma
- North Carolina has a consolidated agency for long-term-care programs. The divisions within the Department of Health and Human Services that handle long-term care are: North Carolina Division of Aging and Adult Services and the North Carolina Division of Medical Assistance.
- The director of North Carolina's SUA reports to the director of the Department of Health and Human Services.
- North Carolina has 17 Area Agencies on Aging.
- Some counties in North Carolina have a Department on Aging and others have a Council on Aging.

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

- North Carolina has an ADRC that is not statewide.
- All ADRC sites have a physical (bricks and mortar) infrastructure; all ADRC sites operate under a virtual model.
- In addition to serving older adults, North Carolina's ADRC serves the physically disabled population.
- The ADRC is in two counties presently: Forsyth and Surry. It is referred to as Senior Services and collaborates with a provider of services to the disabled population.
- The ADRC is working on streamlining the intake process and upgrading technology. It is working under the 'no-wrong door' philosophy.

Assessment Process

Medicaid

- For Medicaid applicants, in determining functional eligibility for nursing home pre-admission, North Carolina requires an in-person assessment by someone other than nursing home staff. The assessment is conducted by the county.

Non-Medicaid

- For non-Medicaid applicants in North Carolina, nursing home pre-admission assessment is not performed by someone other than nursing home staff.

State Medicaid Plan

- North Carolina provides HCBS through the state Medicaid plan.
- Refer to Table 1 for specific services provided.
- **PACE:** North Carolina has two PACE sites. One site is in the planning stage for the Winston-Salem area; the operational site is in Wilmington.

Medicaid Waivers

- North Carolina has two waivers that provide HCBS to older adults and/or adults with physical disabilities. These are: Community Alternative Program Choice and Community Alternative Program for Disabled Adults.
- **Community Alternative Program Choice:** This program is for those aged 18 and older who have a physical disability. It serves the same population as the Community Alternative Program for Disabled Adults (described below). The Choice program differs in that it is participant-directed with the consumer choosing and directing the provision of services. The participant also has the authority to negotiate the hired individual's rate of pay. This option is available in four counties in the state (Cabarrus, Duplin, Forsyth and Surry); however, North Carolina's plans are to expand the program statewide.

- **Community Alternative Program for Disabled Adults:** This program is for those aged 18 and older who have a physical disability. It is an alternative home care program to nursing home placement for those who are Medicaid eligible. The program is operated in all 100 counties throughout the state by a lead agency. The county commission appoints these lead agencies, which are a hospital, health department, Department of Social Services, or an aging department.
- 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

- North Carolina does not have CMS-funded Programs and Grants that provide HCBS to older adults and/or adults with physical disabilities.

State-funded HCBS Programs

- North Carolina has one state-funded HCBS program that provides HCBS to older adults and/or adults with physical disabilities. This is: Home and Community Care Block Grant.
- **Home and Community Care Block Grant:** This program serves those aged 60 and older, combining federal and state funds to provide supportive and nutrition services to North Carolina's older adults. Program requirements follow those of OAA targeting low income, minority and rural elderly. Counties awarded this grant receive 37% from OAA and Social Service Block Grant funding, 53% from state funds and a 10% local match. There are no income limits for this program. One county currently has consumer-directed options available in this program. There are plans to expand consumer-directed options to other counties beginning in July, 2010.
- Refer to Table 2 for an overview of selected HCBS programs. Table 1 shows the types of services offered.

Locally Funded HCBS Programs

- North Carolina uses local funds for Medicaid match.
- North Carolina uses local funds for HCBS for older adults and/or adults with physical disabilities (besides those funds used for Medicaid match).
- Counties that receive the Home and Community Care Block Grant (described above) provide a 10% match for supportive and nutrition services. Otherwise counties have an approximate 5% Medicaid match rate. Counties have the discretion to appropriate funds to the local Departments on Aging in addition to the match funds to provide additional services for older adults.

OAA-funded Programs and Grants

- Refer to Table 1 for services provided through Title III of the Older Americans Act.
- North Carolina uses cost-sharing mechanisms or sliding fee scales in the delivery of Title III services.
- North Carolina has two other OAA-funded programs and grants that provide HCBS to older adults and/or adults with physical disabilities. These are: Project C.A.R.E. (Alzheimer's disease Demonstration Program) and Chronic Disease Self-Management Program.

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

- North Carolina uses SSBG to provide HCBS for older adults and/or adults with physical disabilities.
- North Carolina uses SSBG funds in combination with local, state and Title III funding to provide services under the Home and Community Care Block Grant program (described above).
- North Carolina does not use CSBG to provide HCBS for older adults and/or adults with physical disabilities.

Consumer Direction

- North Carolina offers consumer-directed options. The HCBS program in the state that offers consumer direction is the Community Alternative Program Choice.
- Models of consumer direction available in the state include: a participant-directed model with the consumer choosing the services, directing the provision of service and negotiating the rate of pay for hired helpers.
- Those permitted to provide services under consumer direction in North Carolina are: provider agencies, spouses, adult children of the consumer, other family members, and friends. Restrictions apply to spouses in Medicaid programs.
- North Carolina uses fiscal intermediary services in connection with consumer direction.

Managed Care

- Information not reported.

Major Accomplishments and Initiatives

- A major accomplishment in North Carolina has been Project C.A.R.E (OAA-funded). It has provided a lot of respite for caregivers.
- The ADRC has helped North Carolina gain experience with and insight into how to better coordinate assessment and case management activities.
- In the next two years, North Carolina would like to expand consumer-directed options, respite services and the ADRC initiative.

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

Types of Services	Program Type / Funding Source				
	Medicaid Waivers		State-funded Programs	State Medicaid Plan	OAA Title III
	Community Alternative Program CAP Choice	Community Alternative Program for Disabled Adults CAP/DA	Home and Community Care Block Grant		
Adult Day Care / Adult Day Health		X	X		X
Assisted Living					
Caregiver Services / Respite / Education		X	X		X
Case Management / Care Coordination	X	X	X		X
Chore / Homemaking			X		X
Companion Services / Socialization Activities			X		X
Employment					
Equipment / Supplies / Modifications / Assistive Technology		X	X	X	X
Health Promotion Activities			X		X
Home Health / Personal Care	X	X	X	X	X
Information / Assistance / Referral			X		X
Legal Assistance / Financial Advice					X
Medical / Dental / Medication Care					
Mental and Behavioral Health Services					
Nursing				X	
Nutrition / Meals	X	X	X		X
Personal Supports for Community Living/Transitioning			X		X
Rehabilitation / Therapy				X	
Residential Services					
Transportation	X	X	X	X	X
Other/Unspecified HCBS	X				

Table 2: Selected HCBS Programs for Older Adults and Adults with Physical Disabilities in North Carolina

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	Community Alternative Program Choice	18+	Yes	Lead Agency	County	Lead Agency	No	Yes
	Community Alternative Program for Disabled Adults	18+	Yes	County; Municipality; Non-profit (other than AAA or CIL); Hospital Staff; Physician	County	County; Non-profit (other than AAA or CIL); Hospital Staff; Lead agencies	Yes	No
State-funded Programs	Home and Community Care Block Grant	60+	No	Area Agency on Aging; County; Municipality; Non-profit (not AAA or CIL); ADRC/SPE; Hospital Staff	No financial assessment	Area Agency on Aging; County/Parish; Municipality; Non-profit (not AAA or CIL); ADRC/SPE; Hospital Staff	Yes (11,500)	Yes