

# AGING STRATEGIC ALIGNMENT PROJECT

## State Profile for

# VIRGINIA

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

### Background

- Virginia's 60+ population was 1,337,055 in 2008 (17.2% of the state's total population), with 8.4% below the federal poverty level.<sup>1</sup>
- The 60+ population is projected to be 2,187,094 in 2025 (23.4% of the state's total population).<sup>2</sup>
- About 21.9% of all households in 2007 had one or more persons age 65 years and older and 39.4% of person's age 65 years and older had a disability.<sup>3</sup>
- Of the 709,488 Medicaid beneficiaries in the state in 2003, 11.3% were aged, 17.5% were blind and disabled, 20.5% were Dual Eligible, and 6.2% were HCBS waiver beneficiaries.<sup>4</sup>
- Medicaid expenditures for institutional long-term care were 60.4% of total long-term-care expenditures, compared to 39.6% for HCBS in fiscal year 2007.<sup>5</sup>

#### 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

<sup>1</sup> 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>

<sup>2</sup> 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](http://www.aoa.gov/AoARoot/Aging_Statistics/future_growth/future_growth.aspx).

<sup>3</sup> 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.

<sup>4</sup> 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)*.

<sup>5</sup> 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:** Virginia Department for the Aging  
[www.vda.virginia.gov](http://www.vda.virginia.gov)
- **State Medicaid Agency:** Virginia Department of Medical Assistance Services.  
[www.dmas.virginia.gov](http://www.dmas.virginia.gov)
- Virginia does not have a single consolidated program for aging services.
- The director of Virginia's SUA reports to the Secretary of Health and Human Resources, who reports to the Governor.
- Virginia has 25 Area Agencies on Aging.

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

- Virginia has an ADRC that is in the process of becoming statewide.
- Virginia is building a virtual ADRC model, linking programs and services through technology with the AAA serving as the local leader.
- In addition to serving older adults, Virginia's ADRCs serve adults with disabilities.
- As of December, 2008, Virginia had six ADRCs in operation and was planning to add at least four more in 2009. The long-term goal is for every community to be served by an ADRC. The larger initiative to develop ADRCs is called "No Wrong Door" and consists of local Advisory Councils to coordinate services, an IT solution to enhance care coordination and link multiple services and providers, and a web portal providing consumer information and a searchable database to identify local services and supports.

## Assessment Process

### Medicaid

- For Medicaid applicants, in determining functional eligibility for nursing home pre-admission, Virginia re-

quires an in-person assessment by someone other than nursing home staff. The assessment is conducted by a preadmission screening team composed of staff from the local Department of Social Services of the Virginia Department of Health. For persons in an acute hospital setting, the pre-admission screening is completed by hospital staff, typically, the hospital discharge planner.

### Non-Medicaid

- For non-Medicaid applicants in Virginia, nursing home pre-admission assessment is not performed by someone other than nursing home staff. The assessment can be conducted through acute care hospitals by registered nurses or case managers and signed by a physician.

## Medicaid State Plan

- Virginia does not provide HCBS through the State Medicaid Plan. All HCBS services are provided through Medicaid waivers.
- **PACE:** Virginia has six PACE sites.

## Medicaid Waivers

- Virginia has two waivers that provide HCBS to older adults and/or adults with physical disabilities. These are: the Elderly or Disabled with Consumer Direction (EDCD) waiver and the Technology Assisted Waiver.
- **Elderly or Disabled with Consumer Direction:** This program serves the physically disabled and is not age-specific. Participants have to meet nursing home level-of-care, which is determined during the preadmission screening. (For more information go to the preadmission screening manual online at [www.dmas.virginia.gov](http://www.dmas.virginia.gov)). Participants also have to be dependent in 2-4 ADLs, dependent or somewhat dependent in behavior and orientation, somewhat dependent in joint motion, and semi-dependent in medication administration; dependent in 5-7 ADLs and dependent in mobility; or dependent in 2-7 ADLs and dependent in behavior and orientation. All of these requirements include the necessity of medical

nursing. This waiver also offers transition services through the Money Follows the Person demonstration. There are consumer-directed options available in this waiver. Individuals have the option to self-direct their personal care and respite care attendants.

- **Technology Assisted Waiver:** This program serves persons of any age group with specific disabilities. Participants on this waiver need to have a nursing home level of care and a complex respiratory problem that requires mechanical ventilation, a trachea or G2 feedings. There are no consumer-directed options available in this waiver.
- 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

- Virginia has one CMS-funded program that provides HCBS to older adults and/or adults with physical disabilities. This is: Money Follows the Person.
- **Money Follows the Person (MFP):** Virginia's MFP Demonstration gives individuals of all ages and all disabilities who live in institutions options for community living by making permanent changes to the long-term support system to create more opportunities for successful transitions to the community. Individuals who choose to participate in Virginia's MFP project will use one of five Virginia Medicaid home and community-based waivers: Elderly or Disabled with Consumer Direction waiver, Technology Assisted waiver, Intellectual Disabilities waiver (not within the scope of this report), HIV/AIDS waiver (not within the scope of this report), or Individual and Family Developmental Disabilities Support waiver (not within the scope of this report); or PACE to receive their needed supports in the community. The income limit for an individual in an HCBS waiver or PACE is 300% of the Supplemental Security Income (SSI) payment level, which is \$2,022 for 2009. Individuals with income in excess of 300% of SSI may be placed on a monthly medically needy spend-down and establish income eligibility if their incurred medical expenses exceed the amount of their spend-down. The resource limit for

an individual in an HCBS or PACE program is \$2,000. While there are no couple income limits for HCBS or PACE participation, there are special resource provisions for those who are married and have a spouse who is not living in a nursing facility. One-half of the couple's countable resources (minimum of \$21,912 and maximum of \$109,560 for 2009) are protected for the spouse, and the individual in an HCBS or PACE program can have up to \$2,000 in resources.

## State-funded HCBS Programs

- Virginia does not have state-funded HCBS programs that provide HCBS to older adults and/or adults with physical disabilities.

## Locally Funded HCBS Programs

- Virginia uses local funds for HCBS for older adults and/or adults with physical disabilities. Some counties and cities provide funding to support HCBS provided through the local AAAs.

## OAA-funded Programs and Grants

- Refer to Table 1 for services provided through Title III of the Older Americans Act.
- Virginia uses cost-sharing mechanisms or sliding-fee scales in the delivery of Title III services.
- Virginia has two OAA-funded grants and programs that provide HCBS to older adults and/or adults with physical disabilities. The programs are Alzheimer's Disease Demonstration Grants to States and the 2008 Community Living Program.
- **Alzheimer's Disease Demonstration Grant:** Virginia has provided funding to four Alzheimer's Association chapters and one AAA to deliver respite services. Virginia has a Virtual Alzheimer Center (website and webinars) and Telemed Program that operate out of the University of Virginia for physicians in rural Virginia who have questions about Alzheimer's disease and dementia. There is also a nursing program at James Madison that provides support services to family caregivers.

- **Community Living Program:** In 2008, Virginia received a Community Living Program grant from AoA. HCBS will be provided to consumers in three pilot AAAs beginning in July, 2009. Allowable services include a wide range of home and community supports tailored to meet the unique needs of each individual.

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

- Virginia uses SSBG to provide limited HCBS for older adults and/or adults with physical disabilities. These services can include companion, chore and home-maker services to eligible individuals.
- Virginia does not use CSBG to provide HCBS for older adults and/or adults with physical disabilities.

### Consumer Direction

- Virginia offers consumer-directed options. The HCBS program in the state that offers consumer direction is the Elderly or Disabled with Consumer Direction.
- Those permitted to provide services under consumer direction in Virginia are: adult children of the consumer, other family members, and friends.
- Virginia uses fiscal intermediary services in connection with consumer direction.

- Pilot AAAs are beginning to offer consumer direction through the 2008 Community Living Program grant program. Consumer direction of services, hiring of family members and the services of a fiscal intermediary are included. Each participant receives a monthly budget allotment generally based on the Cash and Counseling model.

### Major Accomplishments and Initiatives

- Virginia is moving toward implementing the No Wrong Door initiative statewide. This will create ADRCs serving all communities and link both public and private providers electronically to improve coordination among agencies and providers and streamline access to services. The new Virginia Easy Access web portal, [www.easyaccess.virginia.gov](http://www.easyaccess.virginia.gov), puts valuable information in the hands of consumers and allows individuals or caregivers to search for needed services in their localities.

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

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

**Table 2: Overview of Virginia's Home- and Community-based Services Programs for Older Adults and Adults with Physical Disabilities**

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	Elderly or Disabled With Consumer Direction (EDCD)	Not based on age	Yes	State Agency: Department of Social Services; Department of Health; Hospital staff	State Agency: Department of Social Services	No case management under the waiver; provider helps to coordinate care	No	Yes
	Technology Assisted Waiver (Tech)	Not based on age	Yes	State Agency: Department of Medical Assistance Services; Hospital staff	State Agency: Department of Social Services	No case management under the waiver; provider helps to coordinate care	No	No
CMS-funded Programs and Grants	Money Follows the Person	All ages	No	State Agency: Department of Social Services; Department of Health; Hospital staff	State Agency: Department of Social Services	Transition coordinator	No	Yes