



# **HRA's Long Term Care Program**

*What You Need  
to Know*

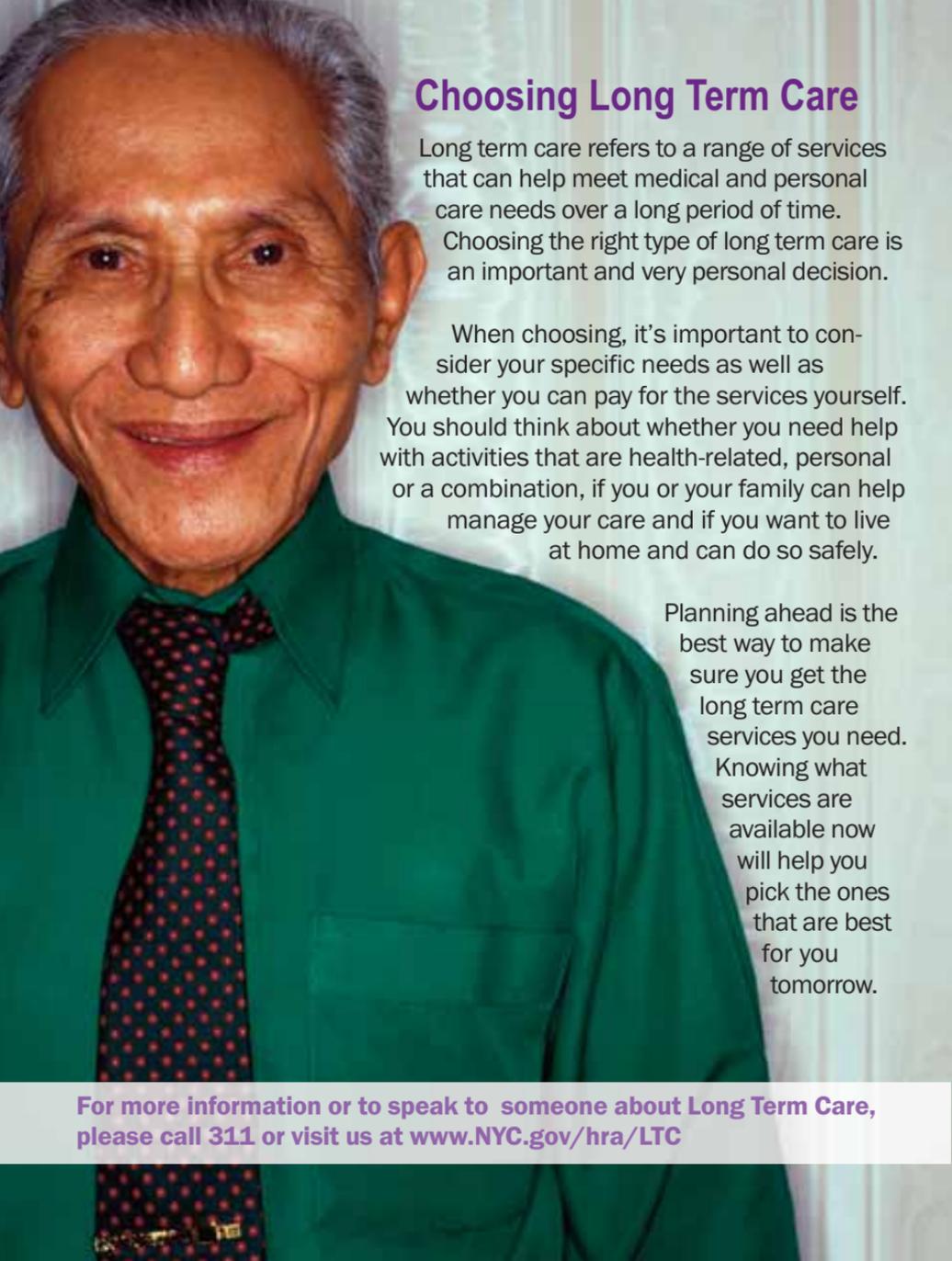


Human Resources Administration  
Department of Social Services  
Medical Insurance and Community  
Services Administration

If you or someone close to you needs long term care services, the New York City Human Resources Administration may be able to help. Our staff members work with elderly and disabled people of all ages as well as their family members and friends to help them understand the best options available.



Although most of the people who receive long term care are over the age of 65, people of all ages may need this type of help. Often people rely on friends and family for assistance, but sometimes they need experts. Help is available for activities like taking baths, getting dressed, going food shopping and activities of daily living.



## Choosing Long Term Care

Long term care refers to a range of services that can help meet medical and personal care needs over a long period of time.

Choosing the right type of long term care is an important and very personal decision.

When choosing, it's important to consider your specific needs as well as whether you can pay for the services yourself. You should think about whether you need help with activities that are health-related, personal or a combination, if you or your family can help manage your care and if you want to live at home and can do so safely.

Planning ahead is the best way to make sure you get the long term care services you need. Knowing what services are available now will help you pick the ones that are best for you tomorrow.

**For more information or to speak to someone about Long Term Care, please call 311 or visit us at [www.NYC.gov/hra/LTC](http://www.NYC.gov/hra/LTC)**

# Your Long Term Care Options

## PERSONAL CARE

The Personal Care provides home attendant and housekeeping services to people who need medical help and have little or no income. Level 1 Care means light house-keeping duties like cleaning, laundry, shopping and preparing meals, and Level 2 care means help with bathing, dressing, toileting, moving around and also housekeeping services. Personal Care can help you stay in your home and connected to your community while receiving the care you need. You must be Medicaid-eligible to qualify for this program.

## LONG TERM HOME HEALTH CARE (LTHHC)

LTHHC, also known as the Lombardi Program, helps ill or disabled people of all ages live in their own homes, or the home of a responsible adult for as long as they safely can. Besides helping with your medical care, LTHHC can help you take care of your home, get around, and a lot more so you do not need to stay in a nursing home. You must be Medicaid-eligible to qualify for this program.





## MANAGED LONG TERM CARE

By providing comprehensive care planning, MLTC can help people stay safely at home who would otherwise need to stay in a hospital or nursing home for a long time. MLTC can help you with services like Nursing, Home Health Aide, Occupational, Physical and Speech Therapy, personal care, home delivered meals and Personal Emergency Response Systems. Services are provided to Medicaid-eligible participants by state-approved health plans.

## ADULT PROTECTIVE SERVICES

APS provides assistance to persons 18 years of age or older who are mentally and/or physically impaired, have no one available to responsibly assist them, and are unable to manage their own resources, or protect themselves from abuse, neglect and exploitation. APS clients typically lack the ability to meet their essential needs for food, shelter, clothing or health care. APS arranges for services and support that will allow individuals to live independently and safely in their homes. There is no income level or Medicaid requirement.

## ASSISTED LIVING

If you are 55 or older and in need of medical care, but aren't ready for the structured environment of a nursing home, the ALP may be able to help you. The program can provide you with meals, a place to live, and long-term care in a less restrictive, less expensive residential setting. The ALP can also help with housekeeping; physical, occupational and speech therapy; and the case-management services of a registered nurse. If you are eligible for Medicaid, HRA can help you qualify. If you can afford to pay for the ALP you may still be eligible but you will need to arrange for the program on your own.

## FAMILY-TYPE HOMES FOR ADULTS

HRA also helps arrange supervised housing for people 18 and older who are not able to work and are eligible for Social Security Insurance and Public Assistance. Licensed by New York State, the housing is in private homes, and meals, housekeeping and laundry are provided. Personal care services may also be available. HRA also authorizes the placement of people receiving Medicaid into nursing homes to make sure public health insurance covers the service.

## CARE AT HOME

Care at Home makes it possible for children with complicated physical and developmental needs to remain with their families. CAH can financially help with hospital and clinic services; laboratory tests; physical, speech, and occupational therapy; and even home and car modification. A Plan of Care is personalized to meet your child's needs, and is designed to work with Medicaid and other insurance plans to make sure coverage is as complete as possible. Short term care for your child, also known as respite care, may be provided if you or the primary caretaker cannot provide care or need some time off.



# Additional Options

Below are NYC and NYS agencies that can help locate additional resources

## **Long Term Care Insurance**

Long term care insurance covers the costs of long term care services in the home, residential and community settings, not generally covered by traditional health insurance or Medicare. To learn more about options, call 212-676-0629 or visit [www.nyc.gov/dfta](http://www.nyc.gov/dfta)

## **NYC Department for the Aging (DFTA)**

The NYC Department for the Aging (DFTA) provides New Yorkers aged 60 and over with a variety of social services and supports that help them maintain their independence and remain productive, regardless of financial status. Find out more about DFTA at [www.nyc.gov/dfta](http://www.nyc.gov/dfta) or call 311 within NYC.

## **Mayor's Office for People with Disabilities (MOPD)**

The Mayor's Office for People with Disabilities has information on programs, services, and other resources accessible to people with disabilities. Find out more at [www.nyc.gov/mopd](http://www.nyc.gov/mopd) or call 212-788-2830.

## **New York State Department of Health (NYSDOH)**

The NY State Department of Health provides access to additional long term care programs such as Certified Home Health Care, Licensed Home Care Services Agencies, Private Duty Nursing and Adult Day Health Care. Find out more at [www.health.state.ny.us/health\\_care](http://www.health.state.ny.us/health_care) or call the NYS Medicaid Helpline Monday thru Friday at 1-800-541-2831.

## **New York State Office for the Aging (NYSOFA)**

NYSOFA provides access to a variety of non-medical long term care services regardless of your financial status. Find out more about NYSOFA at [www.aging.ny.gov/](http://www.aging.ny.gov/) or contact the NYSOFA Senior Citizens' Help Line at 1-800-342-9871.



**Michael R. Bloomberg**  
Mayor

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