

Long-term Care Consultation Services

Promoting and Supporting Independent Community Living

Attention. If you want free help translating this information, ask your worker or call the number below for your language.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاسأل مساعدك في مكتب الخدمة الاجتماعية أو اتصل على الرقم 1-800-358-0377.

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយបកប្រែព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមសួរអ្នកកាន់សំណុំរឿងរបស់អ្នក ឬ ទូរស័ព្ទទៅលេខ 1-888-468-3787 ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, pitajte vašeg radnika ili nazovite 1-888-234-3785.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, nug koj tus neeg lis dej num (worker) lossis hu 1-888-486-8377.

ໂປດຊາບ. ຖ້າຫາກທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມດັ່ງກ່າວນີ້ຟຣີ, ຈົ່ງຖາມນຳພນັກງານຊ່ວຍວຽກຂອງທ່ານຫຼືໂທຫາຕາມເລກໂທ 1-888-487-8251.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, hojjataa kee gaaf-addhu ykn lakkoofsa kana bilbili 1-888-234-3798.

Внимание: если вам нужна бесплатная помощь в переводе этой информации, обратитесь к своему социальному работнику или позвоните по следующему телефону: 1-888-562-5877.

Ogow. Haddii aad dooneyso in lagaa kaalmeeoyo tarjamadda macluumaadkani oo lacag la'aan ah, weydii hawl-wadeenkaaga ama wac lambarkan 1-888-547-8829.

Atención. Si desea recibir asistencia gratuita para traducir esta información, consulte a su trabajador o llame al 1-888-428-3438.

Chú Ý. Nếu quý vị cần dịch thông-tin này miễn phí, xin gọi nhân-viên xã-hội của quý vị hoặc gọi số 1-888-554-8759.

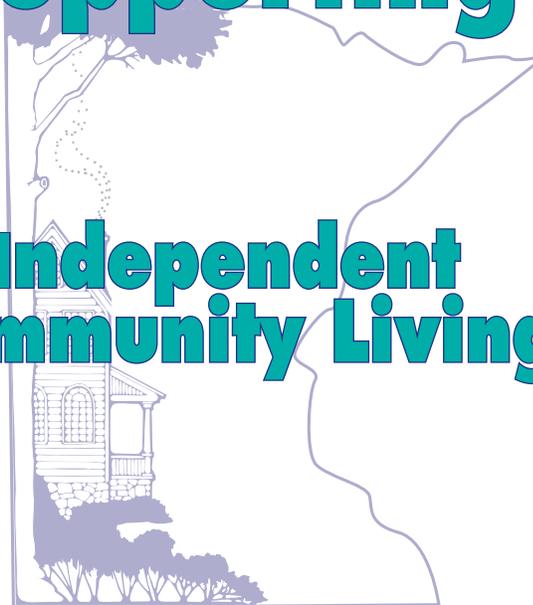
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This information is available in other forms to people with disabilities by contacting us at (651) 431-2600 (voice) or toll free at (800) 882-6262. TTY/TDD users can call the Minnesota Relay at 711 or (800) 627-3529. For the Speech-to-Speech Relay, call (877) 627-3848.

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Minnesota Department of **Human Services**

Finding temporary and long-term care services in the community

These days, there are many ways to receive services when you have temporary or long-term care needs. You may choose services that come to you, whether you live at home, at a seniors' residence or in other community settings. Community services may also help you move out of a long-term care facility.

Where can I find help to stay in my home?

Call the Senior LinkAge Line® at 1-800-333-2433 to talk to a person who can give you information about resources available in your community. These calls are free.



How do I know how much care I need or what services will help the most?

Call your local county human service agency and ask about Long-Term Care Consultation (LTCC) Services. The Consultant can visit you and help you decide how much service you need, and what services are available in your community. This visit is free. If you belong to a health plan, you may be referred to your care coordinator for this assistance.

Who can help me when I want to move out of a nursing facility?

The nursing facility social worker can help plan services you might need to return home, or find a new home in the community. A Long-Term Care Consultant can also visit you and your family in a facility to help you plan services and other supports you need to return to the community. The visit is free. The Consultant can also link people who participate in Medical Assistance to Relocation Services Coordinators to help them move out of long-term care facilities.

Senior LinkAge Line®: 1-800-333-2433

Senior LinkAge Line® provides assistance to seniors, as well as to people of all ages covered by Medicare. You can talk to a person over the phone who can give you information about resources available in your own community. Senior LinkAge Line® can connect you with:

- Help with Medicare questions
- Housing options
- Transportation
- Legal or financial assistance
- Assistance with prescription drug expenses
- Caregiver support
- Chore & minor home repair
- Home health care
- Meal delivery & nutrition

Calls to the Senior LinkAge Line® are free of charge. The Senior LinkAge Line® is answered from 8 a.m. to 4:30 p.m. weekdays. Messages can be left 24 hours a day. If you need additional assistance, Senior LinkAge Line® can also connect you to your county agency that provides Long-Term Care Consultation.



Long-Term Care Consultation

You may also contact your local county human services agency directly for help with decisions about long-term care services. If you belong to a health plan, you may be referred to your care coordinator for this assistance.

Long-Term Care Consultants are county public health nurses or social workers who will visit with you in your home or in a long-term care facility to help you identify services you might need or want and help plan those services. The visit is free of charge. Long-Term Care Consultants can help you:

- Stay in your own home or apartment
- Choose services you prefer
- Move from a long-term care facility
- Move to foster care or housing with services settings
- Understand your choices in services
- Develop a plan to meet your needs
- Access programs that help pay for services if you are eligible

What happens during the visit

The public health nurse or social worker visits you within 10 working days of your request. You'll talk about your general health, your ability to take care of routine daily activities, your home environment, and any help you may receive from family and friends. You'll also talk about your social needs and what type of supports and services are available in your community. The visit will take about two hours and is free. Consultants are not financial advisors, but can help you access programs that help pay for services if you are eligible.

Everyone can help, but the final decision is yours.

You may ask family members, friends, neighbors, your caregivers or other health care professionals to participate in the visit. They can provide information about what's been working well for you. You'll then be in a good position to decide what kind of care makes the most sense for you.

After your visit, you'll receive recommendations about service options that could meet your current needs. You can decide whether or not to follow the recommendations. You may choose nursing facility services instead of community services for example. The final decision will be yours or your legal guardian's.

Minnesota's Home & Community-Based Services Programs

A LTCC visit is required if you are interested in applying for the Elderly Waiver (EW), Community Alternatives for Disabled Individuals (CADI), Community Alternative Care (CAC), Traumatic Brain Injury (TBI), or Alternative Care (AC) programs. Contact your local county human services agency for more information about these programs, or visit the Department of Human Services' Web site at www.dhs.state.mn.us

Returning to the community from a long-term care facility.

There are a variety of short and long-term community supports that can help you return home or to a new setting like foster care or housing with assisted living services.

If you are a resident of a nursing home or other long-term care facility, you can request a visit with a Long-Term Care Consultant to discuss care options that can help you move back to your home or another community setting. In addition to the LTCC visit, a Relocation Services Coordinator (RSC) is available to help you if you are eligible for Medical Assistance. The RSC will help you plan for, locate, and arrange services needed to move back to the community.

Who pays for the long-term care services?

You may pay for some of your services. If you qualify, there are additional funds available through Minnesota Health Care Programs. Medical Assistance, for example, may help pay for your nursing home care at a qualified facility. Medical Assistance or the Alternative Care Program may help pay for the care you receive in your home or in other community living settings. Many communities have services such as transportation, congregate dining or home-delivered meals and chore services that are available to all seniors for low or no cost.



Call the Senior LinkAge Line® at 1-800-333-2433 for more information, or your county social services office to schedule a Long-Term Care Consultation visit.

Fair treatment is your right

You have the right to fair, nondiscriminatory treatment. Neither the Minnesota Department of Human Services nor county agencies may discriminate against you because of your:

- Race
- National origin
- Religion
- Marital status
- Age
- Color
- Sex
- Disability

If you feel you were discriminated against for any of these reasons, you may file a complaint with:

MN Dept. of Human Services
PO Box 64976
St. Paul, MN 55164-0976
(651) 431-3040

MN Dept. of Human Rights
190 East 5th Street - Suite 700
St. Paul, MN 55101
1-800-657-3704 • (651) 296-5663