**Welcome to The Inland Northwest Fair Housing Virtual Conference**

**panel discussion on:**

**Resources for Supporting People with Disabilities in Tenancies in Spokane County**

Under the DSHS umbrella of social service programs, the Aging and Long Term Support Administration (ALTSA) is the administration that provides/coordinates Home and Community-Based Services (HCBS) through its Home and Community Services division to low-income disabled adults and seniors through a variety of Medicaid-funded waiver programs.

Home and Community-Based Services waiver programs provide assistance with supportive services, including skill development, respite, transportation, and other services to help low-income people and their caregivers. HCBS waivers expand the types of settings in which people can receive comprehensive long-term care under Medicaid.

Home and Community-Based long term care services include a wide variety of personal care, health care, and other supportive services, provided to clients in their own homes, or in their community, to enable them to continue living at home, and to maintain as much independence as possible.

Many people who receive in-home long term care will require assistance from a combination of paid providers to help with some of their care needs such as house cleaning and preparing meals, (i.e., instrumental activities of daily living - IADLs), and family or agency caregivers to help with their more intimate personal care needs, such as bathing, dressing, and managing medications (i.e., activities of daily living – ADLs), etc.

Other examples of long-term care services and supports include, but are not limited to:

* Adult Day Care and Day Health services
* Assistive and Adaptive Technologies
* Caregiver Assistance
* Client Support Training / Wellness Education
* Community Choice Guides (CCG)\*
* Community Transition Services
* Environmental Modifications
* Home-delivered Meals
* Nurse Delegation
* Occupational and Physical Therapies
* Specialized Medical Equipment

All long-term care services are voluntary (client choice), and based upon waiver program enrollment/eligibility, and availability.

Within broad Federal guidelines, States like Washington, can develop HCBS waivers to meet the needs of people who prefer to get long-term care services and supports in their home or community, rather than in an institutional setting.

In Washington, ALTSA helps low-income seniors, adults with disabilities and their families obtain appropriate quality services to maximize independence, dignity, and quality of life. We work with aging and disabled advocates, including the State Council on Aging and Area Agencies on Aging, to ensure a client-focused service delivery system.

So, how does Washington State stack up against (compare with) other States in the provision of long-term care services and supports ?

According to the American Association of Retired People (AARP), Washington State currently ranks number one overall in the provision of long-term care services and supports.

[WWW.longtermscorecard.org](http://WWW.longtermscorecard.org)

Expanding Housing Capacity –

Please see attached flyer.

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