Community First Choice

Community First Choice Service Options

These are entitlement services if you are eligible.
(See back panel for more information)

About CFC Services

The services listed here are offered through the Community First Choice (CFC) Program for eligible clients.

Personal Care

Personal care services provide assistance with everyday tasks like bathing, dressing, or managing your medication. If you are eligible, you choose a qualified provider. DSHS also pays for background checks and basic caregiver training for all qualified caregivers.

You may receive personal care services in:

- ✓ Your home
- ✓ An Adult Family Home
- ✓ An Assisted Living Facility

Caregiver Management Training

Your Provider is an important part of your support team. You will manage your caregiver's daily routine. Training tools are available that explain how to select, manage, and dismiss caregivers.

Your case manager can provide a booklet, video training on DVD, or a link to the video training on the DSHS website.

Relief Care

A relief caregiver can be used to give your regular caregiver a break, or to step in if your regular caregiver is sick or is not available. You determine how many of your authorized personal care hours you want your relief care provider to work.

Skills Acquisition Training

Training is available for you to become more independent with your daily personal care tasks. You may use some of your personal care hours to have a provider teach you how to do some daily living tasks such as cooking or grocery shopping. You can use your annual allocation to pay for this.

Assistive Technology

Assistive technology items can help you complete tasks without the help of another person or to be more independent with daily tasks.

To get assistive technology, you should contact your physician and ask for a referral for an evaluation by a speech, occupational, or physical therapist. The therapist will recommend the right technology and help you learn how to use it once you get it. Assistive technology is purchased using your annual allocation.

Personal Emergency Response System (PERS)

A PERS is an electronic device that you wear connected through your phone, which allows you to get help in an emergency. When activated, staff at a response center will follow the directions you provide to call for help.

In addition, add on services are available if you qualify to have your PERS equipped with fall detection, a GPS locator, or a medication management system.

Not everyone is eligible to receive a PERS. Your case manager will help determine if you qualify for these systems.

If you qualify for the service a standard PERS unit is included in your CFC benefit package. Add on services will be charged to your annual allocation.

Community Transition Services

Community Transition Services can help you move from a Residential Rehabilitation Center or Institutional setting into the community. You may choose to move to your own home with supports, an adult family home or assistive living facility.

To request services contact your DDA case manager, or if you are not currently receiving a paid service you may call the DDA Service Request and Information line or your local office. Please visit us online at www.dshs.wa.gov for those numbers.

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DSHS-22-1616 (Rev. 3/16)