



Personal Care Services Options Guide

For Older Adult Medi-Cal Members in San Diego County
Including those with Dementia



LIVE WELL
SAN DIEGO

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TABLE OF CONTENTS

About the Guide	4
Health Plans and Personal Care Services	5
<u>Options for Medi-Cal Managed Care Plan Members (MCP): At-a-Glance</u>	6
Options while Living at Home At-a-Glance (For MCP members)	7
In-Home Supportive Services (IHSS)	8
CalAIM Community Supports: Personal Care and Homemaker Services	9
CalAIM Community Supports: Respite Services	10
Community Based Adult Services (CBAS)	11
Home and Community Based Alternatives (HCBA) Waiver	12
Options for Living in a Facility At-a-Glance (For PACE, SCAN, and MCP members)	13
CalAIM Community Supports: Assisted Living Facility Transitions	14
Assisted Living Waiver	15
Skilled Nursing Facilities (SNF)	16
<u>Options for PACE or SCAN Connections at Home Members</u> (while living at Home or Facility):	17
Reference Information	18
In-Home Supportive Services (IHSS) Decision Tree	19
Support System for IHSS	20
Steps to Applying for IHSS	21
Program Acronyms	22
Common Terms (Home Health vs Home Care and more)	23
What is Dementia?	24

About the Guide

Personal care services help Medi-Cal members who are older adults (55+) and/or people with disabilities continue to live in their communities by providing support in performing essential **Activities of Daily Living (ADLs)**. ADLs include **getting dressed, bathing, toileting, eating, preparing meals, and other routine activities**.

Medical and social care providers in San Diego County have asked for clear guidance on how to navigate and access Personal Care Services options. The County of San Diego Health and Human Services Agency, in partnership with the Healthy San Diego Transitions of Care Workgroup, **created this Guide to help professionals such as social workers, clinic staff, and hospital discharge planners**. Others, such as families and caregivers may find it helpful as well.

Personal Care Service Options depend upon two key factors:


- 1. The type of Medi-Cal coverage the care recipient has.** Also, for Medi-Cal members eligible for Medicare, the type of Medicare coverage also impacts personal care services options.
- 2. Whether the care recipient is safe to live at home or needs facility care.** If the person can no longer live safely at home, it is time to consider options for living in a facility where ADL assistance will be included as part of other services provided. Facility options depend upon the type of Medi-Cal and Medicare coverage the care recipient has in place.

What is not in this Guide?

This Guide focuses solely on personal care service programs funded by Medi-Cal. Some Medi-Cal members may qualify for other government-funded personal care services, such as through the Veterans Administration or the San Diego Regional Center. In addition, many other services can help a Medi-Cal member live safely in their home, such as care coordination, medical alert systems, and home modifications. These may be available through the Member's Managed Care Plan or a community organization.

The Reference Information section at the end of the Guide provides suggested contacts. For more information, contact the Medi-Cal Health Plan directly or the agencies below:

- 211 San Diego (Dial 2-1-1) or visit www.211sandiego.org
- Aging & Independence Services (AIS) Call Center 1-800-339-4661 or visit www.Aging.SanDiegoCounty.gov



"As our aging population grows, our region needs to work collaboratively to create communities where people of all ages and abilities can thrive."
- [San Diego County Aging Roadmap](#)

Health Plans and Personal Care Services

Options for personal care services for Medi-Cal members depend on the type of Medi-Cal Plan the member is enrolled in. In San Diego County, older adults eligible for Medi-Cal may enroll in the following:

Medi-Cal Managed Care Plan (MCP): This category includes four health insurance organizations:

- Blue Shield Promise
- Community Health Group
- Kaiser Permanente
- Molina Healthcare

Medi-Cal Members that also qualify for Medicare (“Dual Eligible”)

If a member of an MCP is also eligible for Medicare, they have several options for obtaining Medicare coverage:

- Enroll in "original Medicare," providing the opportunity to see any healthcare provider who accepts Medicare.
- Enroll in a Medicare Managed Care Plan, known as Medicare Advantage (MA). The MA Plan does not need to be provided by the same company that provides Medi-Cal. Members in an MA Plan must see providers in the MA Plan's network for services covered by Medicare. The MA Plan may also offer extra benefits such as vision and dental care.
- Enroll in a Duals-Special Needs Plan (D-SNP), a special category of Medicare Advantage Plan designed for Dual Eligibles.

and Medicare, Medicare covers hospitalizations, outpatient visits, and other medical services. However, Medicare does **not** cover long-term care services. Medi-Cal **does** cover long-term care and social care including the personal care services described in this Guide. Medi-Cal also covers co-pays and other Medicare costs for Medi-Cal members.

Program of All-Inclusive Care for the Elderly (PACE): PACE combines a member's Medi-Cal and Medicare services into one program, provides medical and social care, and provides significant coordination of these services. It is also possible to enroll in PACE if the member only has Medi-Cal. PACE members see healthcare providers who are in the PACE organization's network. For more information see **PAGE 17**.

Senior Care Action Network (SCAN)

Connections at Home: SCAN Connections at Home is a health plan that combines a member's Medicare and Medi-Cal benefits into one health plan and covers both medical and social care. Like other Managed Care Plans, the member must see healthcare and social care providers in the SCAN network. For more information see **PAGE 17**.

In general, for someone who has both Medi-Cal

Personal Care Services Options for Medi-Cal Managed Care Plan Members At-A-Glance

These options are potentially available for members of the following Medi-Cal Managed Care (MCP) Plans: [Blue Shield Promise](#) | [Community Health Group](#) | [Kaiser Permanente](#) | [Molina Healthcare](#)

Each service below provides Personal Care Services. Pages 7 - 16 provide more details about each program.

How to determine if someone is safe at home? Pages 19 and 20 have some information that may be helpful to consider. If they are not safe at home, or if you are unsure, contact the primary care physician and consider other options in this guide, including facility care.

If safe living at home



In-Home Supportive Services (IHSS) is the primary source of long-term personal care. Application generally takes 45 days, plus additional time for onboarding a caregiver. 1-800-339-4661 (Page 8)

Additional programs see the At-a-Glance on page 7.

- **CalAIM Community Supports - Personal Care and Homemaker Services** can be in place within a week (page 9)
- **CalAIM Community Supports - Respite Services** (page 10)
- **Home and Community Based Alternatives (HCBA) Waiver - San Ysidro Health** 1-833-503-5910. If more than 283 IHSS hours/month are needed (page 11)
- **Community-Based Adult Services (CBAS)**, also known as Adult Day Health Care (page 12)

If facility care is needed



View the At-a-Glance on page 13.

CalAIM Community Supports - Assisted Living Facility Transitions (page 14)

Assisted Living Waiver

Sixteen Care Coordinating Agencies arrange placements in one of the many Residential Care Facilities for the Elderly, also known as Assisted Living Facilities. The waiver covers the personal care services for eligible individuals in a facility. (page 1)

Skilled Nursing Facility (SNF) - Rehabilitation/Acute Care

Many facilities offer beds for short-term post-hospital stays. Generally accessed through a hospital referral. (page 16)

Skilled Nursing Facility (SNF) - Custodial Care

Many facilities, but beds available for Medi-Cal members are difficult to find because of expected long duration of stay. Must be authorized by the Medi-Cal Managed Care Plan. (page 16)

Personal Care Options while Living at Home At-a-Glance



The options are potentially available for Medi-Cal members of the following Medi-Cal Managed Care Plans (MCPs):

Blue Shield Promise | Community Health Group | Kaiser Permanente | Molina Health Care

PRIMARY SERVICE: In-Home Supportive Services (IHSS) (pages 8, 19-21)

- Long-term homemaker and personal care assistance in the home for **up to 283 hours/month (depending on recipient need)**
- Assistance can include bathing, grooming, shopping, laundry, meal preparation and more
- State program operated by each County in California – County determines eligibility and authorized hours; qualified recipients may receive care for years
- Assessment process/approval generally takes 45 days, plus additional time for onboarding a caregiver.
- Consumer directed - allows choice of caregiver (including family/friends) to be paid through the program

Other Programs

The services below can fill a need for immediate care or be used as a supplement to the hours per month authorized by IHSS.

Community Supports- Personal Care and Homemaker Services (page 9)

- In-home care authorized by MCP
- Generally available within one week - Can help support more immediate needs
- Requires application to IHSS - Can be used while awaiting assessment and start of IHSS
- Can be used for short-term needs
- Some agencies offer choice of caregiver (including family/friends) to be paid through the program

Community Supports - Respite Services (page 10)

- Authorized by MCP
- Similar to the Community Supports - Personal Care and Homemaker Services, however this option is focused on giving a break to the regular caregiver

Adult Day Health Care (Community Based Adult Services/CBAS) (page 11)

- Authorized by MCP
- Community day center with personal care and clinical care on-site (typically M-F, 8am - 5pm)
- Meals and transportation provided

Home and Community Based Alternatives (HCBA) Waiver - San Ysidro Health (page 12)

- Authorized by waiver service provider (not MCP).
- Offers in-home care and adult day health center care services
- Provides care coordination and other services
- Limited number of participant slots available, member may be placed on a waitlist
- Priority enrollment for individuals with a stay of more than 60 days in institutional facilities



In Home Supportive Services (IHSS)

IHSS provides personal care assistance for Activities of Daily Living (ADLs) and homemaker services to eligible individuals who need help in the home to remain independent and avoid institutionalization.

IHSS services may include:

- Bathing, grooming, dressing
- Ambulation, toileting
- Feeding, meal preparation and clean-up
- Housecleaning, shopping, laundry

The IHSS recipient (or their Authorized Representative) directs their own care and identifies their own caregiver to be paid through the program. The caregiver may be a family member, friend, or someone identified through a referral obtained through the IHSS Public Authority Caregiver Registry.

The program may provide **up to 283 hours of care per month**, depending on recipient need. The County determines eligibility and authorized hours. It is not a short-term program - qualified recipients may receive care for years.

For more information on IHSS, see the Reference section of this guide:

- IHSS Decision Tree – considerations for determining if IHSS will potentially safely meet the need (page 19)
- Support System for IHSS for people who cannot direct their own care (page 20)
- Steps to apply for IHSS (page 21)



CalAIM Community Supports

Personal Care and Homemaker Services

- **For Medi-Cal members who need help with Activities of Daily Living (ADLs):**
 - Bathing, dressing, toileting, ambulation, or feeding
 - Meal preparation
 - Light support with home chores such as house cleaning and laundry
 - More than 20 providers are available
 - Some agencies offer choice of caregiver (including family/friends) to be paid through the program
- **Must meet at least one of eligibility requirements:**
 - Have applied for In-Home Supportive Services (IHSS) and need care before IHSS is in place
 - Need more care beyond their IHSS authorized hours
 - At risk for hospitalization or institutionalization in a nursing facility
 - Are unable to care for themselves and who do not have support
- **Ways to get connected:**
 - Provided by the Medi-Cal Managed Care Plans (Member's plan determines eligibility)
 - Call 211 or visit <https://211sandiego.org/cal-aim/> for a full list of contracted providers
 - Visit sandiegocounty.gov/SDAIM for more information and referral forms for providers

Medi-Cal Plans	Phone Number
Blue Shield Promise	1-855-699-5557
Community Health Group	1-800-224-7766
Kaiser Permanente	1-855-839-7613
Molina Healthcare	1-888-665-4621



CalAIM Community Supports Respite Services

- Similar services as Community Support - Personal Care and Homemaker Services, however the Respite Services Community Support is designed to provide relief for ongoing caregivers and to help to prevent the Medi-Cal member from moving to a nursing home or facility
- Up to 336 hours of respite per year to support the caregivers of eligible Medi-Cal members
- For Medi-Cal members who live at home and
 - Who are depending on a caregiver for assistance with Activities of Daily Living; or
 - For caregivers of children with complex needs
- Ways to get connected
 - Call the member's Medi-Cal Health Plan to see if you may be eligible for this or other community supports
 - Call 2-111 or visit <https://211sandiego.org/cal-aim/> for a full list of contracted providers
 - Visit sandiegocounty.gov/SDAIM for more information and referral forms for providers

Medi-Cal Plans	Phone Number
Blue Shield Promise	1-855-699-5557
Community Health Group	1-800-224-7766
Kaiser Permanente	1-855-839-7613
Molina Healthcare	1-888-665-4621



Community Based Adult Services (CBAS) also known as Adult Day Health Care

Community Based Adult Services (CBAS) is available to eligible Medi-Cal members enrolled in a Medi-Cal Managed Care Plan.

CBAS offers services to eligible older adults and/or adults with disabilities to restore or maintain their optimal capacity for self-care and delay or prevent institutionalization.

CBAS services include:

- An individual assessment
- Professional nursing services
- Physical, occupational and speech therapies
- Mental health services
- Therapeutic activities
- Social services
- Personal care
- Meals
- Nutritional counseling
- Transportation to and from the participant's residence and the CBAS center.

Get Connected:

[https://www.dhcs.ca.gov/services/Pages/Community-BasedAdultServices\(CBAS\)AdultDayHealthCare\(ADHC\)Transition.aspx](https://www.dhcs.ca.gov/services/Pages/Community-BasedAdultServices(CBAS)AdultDayHealthCare(ADHC)Transition.aspx)

<https://211.my.site.com/s/?keyword=Community+Based+Adult+Services>



Home and Community Based Alternatives (HCBA) Waiver

- **Also known as 'Waiver Personal Care Services' (WPCS)**, this program offers in-home care, facility respite care and can supplement IHSS hours
- Provides care coordination, some clinical services such as private duty nursing, and other services
- Limited number of slots, may be placed on a waitlist
- Not a requirement, but individuals who have been in a facility for more than 60 days may be prioritized for enrollment
- Covers all of San Diego County, provided by San Ysidro Health:
 - <http://www.syh.org/hcba>
 - 1-833-503-5910
 - caremanagement@SYHealth.org

Personal Care Service Options while Living in a Facility At-a-Glance



Assisted Living / Residential Facility for the Elderly (RCFE)

- Facility staff provide personal care services, along with meals and activities. Some facilities have Memory Care.
- Medi-Cal members with an MCP (Blue Shield Promise, Community Health Group, Kaiser Permanente, or Molina Healthcare), may be able to use an Assisted Living Waiver (ALW) to cover the care costs. See next page for ALW information.
- **CalAIM Community Supports: Assisted Living Transitions** can also provide support for eligible Medi-Cal members (see page 14 for more details)
- PACE and SCAN Connections at Home cover the costs of care in Assisted Living facilities when authorized - members must enroll in PACE or SCAN Connections at Home while they are living at home.

Skilled Nursing Facility (SNF) - Rehabilitation / Acute Care

- Authorized by a Medi-Cal Health Plan after hospital stay
- Provides short-term skilled care including physical therapy and personal care.
- Covered by Medicare for a specific period of time depending on medical need.
- For Medi-Cal members without Medicare, this is covered by Medi-Cal.
- Also covered by PACE and SCAN Connections at Home.

Skilled Nursing Facility (SNF) - Custodial Care

- Covered by Medi-Cal only, not Medicare
- Personal care provided
- Access often obtained only while in SNF- Rehab
- This is ongoing support and assistance with activities of daily living for people who need long-term care
- Can be difficult to find beds, often obtained once a patient is in a SNF for rehab
- Also covered by PACE and SCAN Connections at Home. Members must enroll in PACE and SCAN Connections at Home while they are living safely at home.



CalAIM Community Supports: Assisted Living Facility Transitions

This Transition support is available for eligible Medi-Cal members who could safely move to an Assisted Living Facility if they had support to coordinate the move and are:

- In a nursing or licensed health care facility (for 60+ days) and would like to transition to an Assisted Living Facility; or
- Living at home and need nursing facility level of care and would like to transition to an Assisted Living Facility. (Please note this service also can help with transitions to an Adult Residential Facility.)
- Support may include help with:
 - Understanding housing options
 - Securing an Assisted Living Facility residence
 - Moving and ensuring the member has the care needed in a facility or at home

Provided by the Medi-Cal Managed Care Plan, which determines eligibility

Does not include payment for room and board at facilities, or for the personal care provided in the facility. (The Assisted Living Waiver may be used to pay for the personal care – see Page 15.)

- Call 2-11 or visit sandiegocounty.gov/SDAIM for more information

Medi-Cal Plans	Phone Number
Blue Shield Promise	1-855-699-5557
Community Health Group	1-800-224-7766
Kaiser Permanente	1-855-839-7613
Molina Healthcare	1-888-665-4621



Assisted Living/Residential Care Facility for the Elderly (RCFE) and the Assisted Living Waiver

Residential Care Facilities for the Elderly (RCFEs) are also known as Assisted Living or Board and Care facilities.

- Provide non-skilled/non-medical services including assistance with Activities of Daily Living
- Costs vary from \$3,000 - \$10,000 month
- RCFEs can vary from 6 beds to hundreds of beds

For Medi-Cal members, the **Assisted Living Waiver** covers the monthly costs for the personal care portion of services but not the costs of "room and board." Generally, the resident uses their SSI or other income to pay for the non-Waiver costs.

- To use the Assisted Living Waiver, the member must enroll with an Assisted Living Waiver Care Coordination Agency (CCA).
- More than 15 CCAs serve San Diego County

Visit: <https://www.dhcs.ca.gov/services/ltc/Pages/List-of-Approved-CCAs.aspx> for more information.



Skilled Nursing Facilities

Skilled Nursing Facilities (SNFs) provide two main categories of care:

SNF - Rehabilitation / Acute Care

- Skilled nursing care – usually for post-hospitalization rehabilitation – provided by licensed professionals including Certified Nursing Assistants (CNAs), Licensed Vocational Nurses (LVNs), Registered Nurses, and Physical/Occupational Therapists. Oversight is provided by a physician.
- Licensing and monitoring are conducted by the California Department of Public Health.
- Covered by Medicare for up to 100 days depending on clinical need.
- Also covered by Medi-Cal for people who have Medi-Cal only.

SNF - Custodial Care

- Non- medical personal care for Activities of Daily Living (ADLs) provided by nursing assistants and aides
- Covered by Medi-Cal; not covered by Medicare.
- It can be very difficult for Medi-Cal members to transfer from home or an Assisted Living/RCFE into a SNF for Custodial Care. However, it is possible in some cases with a doctor's evaluation. In general, Medi-Cal members transfer from a hospital to a SNF for Skilled/Post-Acute/Rehab care covered by Medicare. When the Medicare authorization for skilled care runs out, the patient converts to custodial care covered by Medi-Cal.

Personal Care Options for PACE or SCAN Connections at Home

Key Considerations:

- Medi-Cal members must enroll for Program of All-Inclusive Care for the Elderly (PACE) and Senior Care Action Network (SCAN) Connections at Home while living at home and should be able to reside safely at home for at least six months..
- PACE is available for Medi-Cal members age 55 and over
- SCAN Connections at Home requires coverage by both Medicare and Medi-Cal ("Dual Eligible")
- PACE and SCAN Connections at Home members are no longer eligible for IHSS, CBAS, CalAIM Community Supports, the HCBS Waiver, or the Assisted Living Waiver. Instead, similar services are provided through PACE and SCAN Connections at Home Networks.
- PACE and SCAN Connections at Home members also need to receive medical care services through these networks.

PACE (Assisted Living or Skilled Nursing Facility)



PACE provides comprehensive health and social care, including clinical care, personal care at home or in a day center, and coordination of all services. Once enrolled in PACE, as member's needs change, PACE coordinates the services. If a PACE member needs facility care (SNF or Assisted Living), PACE coordinates the move and covers the cost of the care in the facility.

As of May 2025, four PACE organizations serve multiple areas of San Diego County. Visit 211 San Diego for more information:

<https://211.my.site.com/s/?keyword=PACE+Programs>

SCAN Connections at Home



SCAN Connections at Home provides comprehensive health and social care, including clinical care, personal care at home or in a day center, and coordination of these services.

Once enrolled in SCAN Connections at Home, as member's needs change, SCAN Connections at Home coordinates the services and covers care in Assisted Living or Skilled Nursing Facilities.

To enroll in SCAN Connections at Home call 1-866- 563-7382

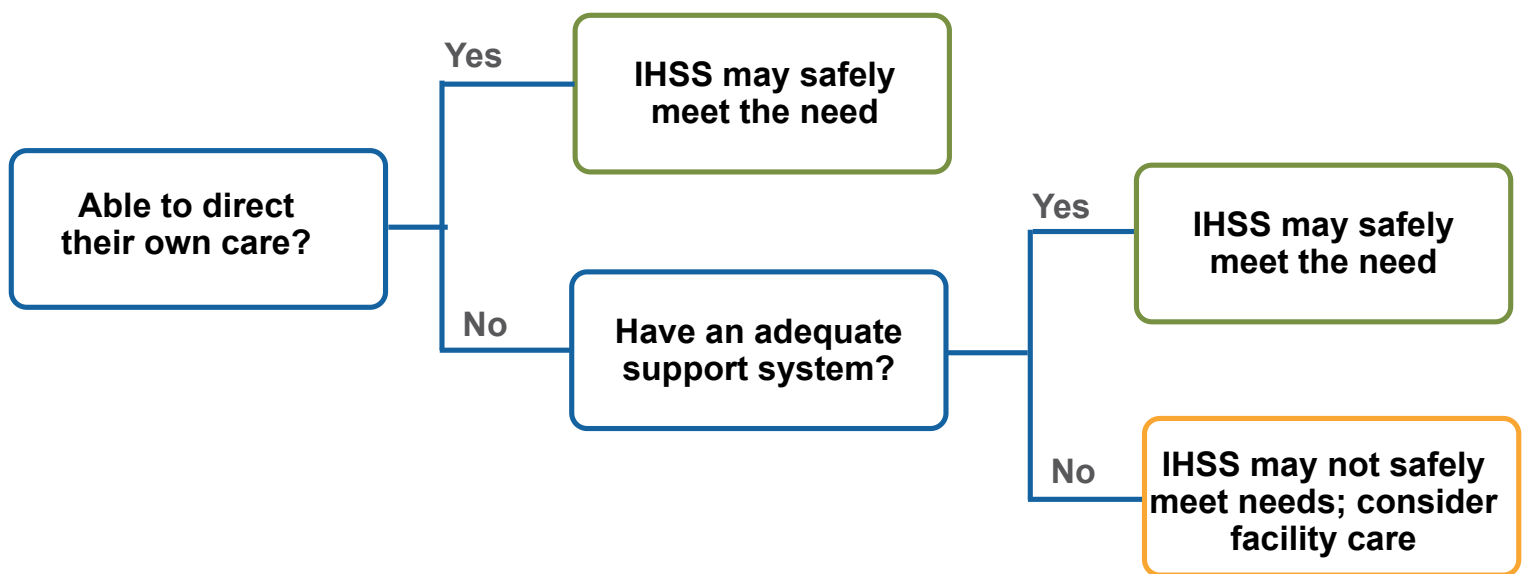
Reference Information

In Home Supportive Services (IHSS) Decision Tree



IHSS is not an emergency program;

- For immediate care needs, use other care options as described in this guide.



IHSS is a "consumer directed" program, which means that the IHSS recipient may interview and hire a care provider of their choice and then train and oversee the work. When determining whether IHSS may safely meet the need for a Medi-Cal member, the first thing to consider is whether the person **can direct their own care**.

If the IHSS recipient cannot direct their own care, it is very important that they have a trusted person, or combination of trusted people, to serve as their **support system**. The IHSS recipient's support system needs to act on behalf of the recipient in a variety of ways to ensure that proper care is provided and that the person is safe in their home. The next page provides more information about an adequate support system.

If the care recipient is not able to direct their own care and does not have an adequate support system to stay safe at home, it may be time to consider living in a residential care facility.

Visit the website for more information and to apply [Aging.SanDiegoCounty.Gov](https://www.sandiego.gov/aging).

Support System for IHSS

If the IHSS recipient cannot direct their own care and ensure their own safety, the recipient should have support in place to navigate the IHSS program and to ensure their care and safety during the times that the IHSS caregiver is not present.



Provide care and ensure safety

Provide any care needed beyond the authorized IHSS hours (the IHSS maximum is 283 hours per month/up to 9 hours a day)

Ensure the person is safe, such as NOT:

- Leaving the stove on
- Wandering into the street
- Taking the wrong medications



Navigate IHSS program components and direct the IHSS caregiver

The IHSS recipient may choose an Authorized Representative (such as a trusted friend or family member) who must act in the applicant/recipient's best interest. The Authorized Representative may do the following:

- Provide information to the IHSS program about the recipient's needs
- Hire the IHSS Individual Provider (IP) who provides care;
- Train the IP - provide information to the IP about the recipient's needs and how to provide the care;
- Manage the ongoing work of the IP - this may be on a daily or weekly basis, depending on the needs of the recipient;
- Terminate the IP if necessary and identify the next IP;
- Serve as the Time Sheet Signatory (TS): confirm and sign the IP time sheet twice a month – TS must be separate from IP, unless AR is the legal conservator



Provide types of care that are not covered by IHSS

Additional support may be needed to provide or oversee care that is not covered by IHSS, such as scheduling medical appointments and managing finances.

Applying for In-Home Supportive Services (IHSS)

1. Start an application

- Clients can apply for IHSS on their own behalf by calling the **Aging & Independence Services Call Center at (800) 339-4661**.
- Professionals may make a referral online:
 - First-time users must register at the HHSA Web Portal: <https://sd.boundsportal.net/Portal/SDPublicSignUp.aspx>
 - Once registered, users can submit a referral at the IHSS/Case Management Portal: <https://sd.boundsportal.net/Portal/ProviderLogin.aspx>

2. After applying, an IHSS Social Worker will...

- Make an appointment to meet the client at their home.
- Talk with the client about their medical condition, living arrangements, and help they get from their family, friends, or others.
- Talk with the client about their abilities and limitations - what tasks they can and cannot do for themselves. Discuss services they need and how often.
- A healthcare professional must complete a certification form (SOC 873) with the client about their medical condition and need for services.
- It may take up to 45 days to send the client a Notice of Action informing them if they qualify for services, what services they qualify for, and if they have a share of cost.

3. If authorized for IHSS...

- After authorization, it is time to get a caregiver in place.
- The caregiver can be a family member or friend, someone the recipient identifies by placing job ads in local papers or posting online, or someone the recipient identifies with the assistance of IHSS Public Authority, whose Registry Department connects available caregivers to recipients needing assistance.
- The caregiver will need to contact IHSS Public Authority to complete the State enrollment process in order to be paid. The IHSS social worker will give the recipient information on next steps and how to contact IHSS Public Authority.

Program Acronyms

ALW: Assisted Living Waiver

CBAS: Community Based Adult Services (also known as Adult Day Health Care)

CCA: Care Coordination Agency (CCAs are the agencies that coordinate the Assisted Living Waiver)

CS-PC/HS: Community Support- Personal Care Homemaker Services HCBA Waiver: Home and Community Based Alternatives Waiver IHSS: In-Home Supportive Services

LTSS: Long Term Services and Supports (refers to services that help people stay in their home)

MCP: Managed Care Plan

PACE: Program of All-Inclusive Care for the Elderly

RCFE: Residential Care Facility for the Elderly, also known as Assisted Living

SCAN: Senior Care Action Network (a health insurance organization – SCAN Connections at Home is one of SCAN's health plans.)

SNF Custodial Care: Skilled Nursing Facility Custodial Care

SNF Rehab: Skilled Nursing Facility Rehabilitation

Common Terms:

- Home CARE vs Home HEALTH
- Non-Medical vs Medical
- Assisted, SNF-Custodial Care, SNF-Rehab



Home



Facility



Non-Medical Assistance with ADLs



Home CARE

Can be covered by Medi-Cal (IHSS, CalAIM Community Support, or HCBA waiver), PACE, or SCAN.

Not covered by Medicare.

Assisted Living

Partially covered by Medi-Cal via ALW and CalAIM

SNF - Custodial Care

Covered by Medi-Cal

Medical RNs, OTs, etc. and assistance with ADLs



Home HEALTH

Requires a medical diagnosis/doctor's order, generally covered by Medicare for rehab or short-term use. Support for ADLs is sometimes included but this is primarily for health care.

SNF- Rehabilitation (Rehab) / Acute Care

Covered by Medicare for short periods, after a hospital stay to recover from a surgery or injury.

What is Dementia?

Dementia is a general term for a group of symptoms that can include memory loss, difficulties with language, and changes in visual perception, judgment, problem-solving and reasoning skills. Dementia symptoms are progressive. The signs of cognitive impairment start out slowly and gradually get worse over time, leading to dementia. Many different diseases cause dementia, including Alzheimer's disease which accounts for 60%-80% of all cases. Currently, dementia has no cure, but certain medicines manage symptoms and behavior problems, and new medicines are emerging to treat disease progression.

Visiting a primary care doctor is often the first step for people who are experiencing symptoms of dementia. The primary care doctor may do a screening for cognitive impairment and possibly conduct a more extensive evaluation or refer to a specialist. In addition to clinical care, people living with dementia and their loved ones can benefit from community resources and education. San Diego County has many resources for clinicians, people living with dementia and their loved ones.

People living with dementia and their caregivers can face great challenges, including the person's ability to handle tasks, changes in family relationships, loss of work, and the need for more care as the underlying disease progresses. People in the earlier stages of dementia may need help with daily activities, while people living with advanced dementia may need constant care and supervision.

Most individuals with Alzheimer's disease and related dementias have Medicare and/or Medi-Cal coverage. California Senate Bill 48 expanded the Medi-Cal schedule of benefits to include an annual cognitive health assessment for Medi-Cal members who are 65 years of age and older if they are otherwise ineligible for a similar assessment through Medicare. The annual cognitive health assessment should identify signs of Alzheimer's disease or dementia, consistent with the standards for detecting cognitive impairment under the federal Centers for Medicare and Medicaid Services and the recommendations by the American Academy of Neurology

Resources for healthcare providers:

- San Diego County Alzheimer's Project - Physician Guidelines and more:
<https://championsforhealth.org/alzheimers/>
- <https://www.alzheimers.gov/professionals/health-care-providers>

Resources for service providers, individuals, and families:

- Alzheimer's San Diego
 - <https://www.alzsd.org/>
- Alzheimer's Association
 - <https://www.alz.org/sandiego>
- Southern Caregiver Resource Center
 - <https://www.caregivercenter.org/>
- County of San Diego
 - <https://www.sdalzheimersproject.org/>
 - www.livewellsd.org/dementia

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