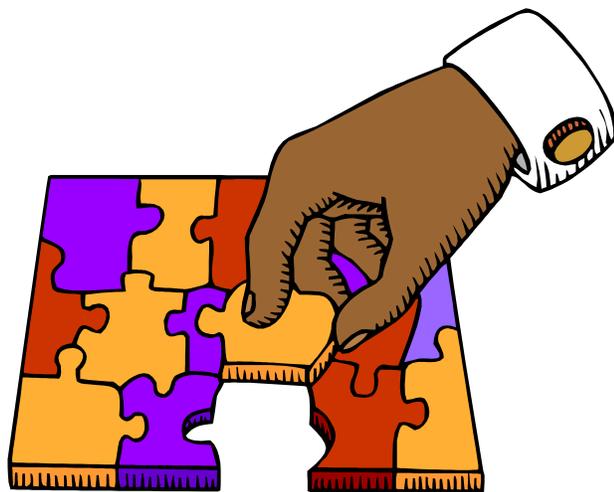


# Putting The Puzzle Pieces Together

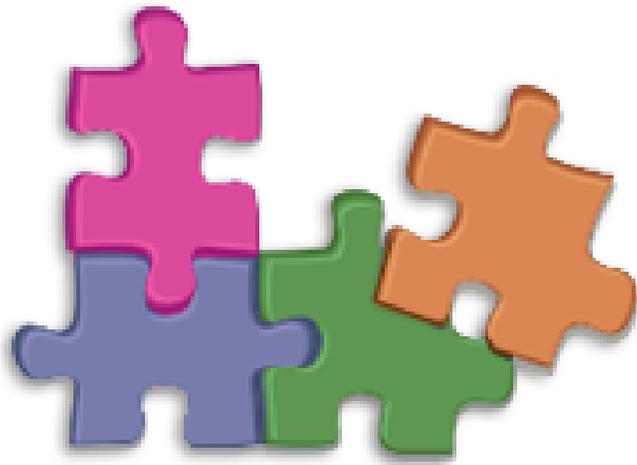


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# Separating the Pieces





## **Separating the Pieces**

### ***Where Do I Start?***

There are a number of resources to start the search for assistance with services. Remember to:

- Have your *questions ready*.
- Have your *basic idea* of the thing you may be looking for.
- Have *general income* information ready.
- Have *identifying information* available (date of birth, social security number.)
- Have *contact information* for the responsible party – *who are we calling?*

### ***Who Do I Call?***

You can call any number of places. A good place to start is with the state's Aging and Disability Resource Center (ARDC), also known as THE POINT, 462-4444, especially if you don't have any idea of what you are looking for. The ARDC can direct you to the agency close to you. Please see Page 2 for case management agencies certified by the Rhode Island Division of Elderly Affairs that you may call for help.

**Case Management Agencies**  
**Agency/Cities and Towns Served**

<b>Child &amp; Family Service of Newport County</b> <b>(401) 845-2270</b> Little Compton, Middletown, Newport, Portsmouth, Tiverton
<b>East Bay Community Action</b> <b>(401) 437-1000</b> Barrington, Bristol, Central Falls, East Providence, Pawtucket, Warren
<b>Westbay Community Action</b> <b>(401) 732-4660</b> East Greenwich, Warwick, West Greenwich, West Warwick
<b>South County Community Action Program</b> <b>(401) 789-3016, Ext. 7</b> Block Island, Charlestown, Coventry, Exeter, Hopkinton, Jamestown, Narragansett, North Kingstown, Richmond, Saunderstown, South Kingstown, Westerly
<b>Tri-Town Community Action Agency</b> <b>(401) 349-5760, Ext. 3</b> Burrillville, Cranston, Cumberland, Foster, Glocester, Johnston, Lincoln, North Providence, North Smithfield, Smithfield, Woonsocket
<b>Tri-Town Community Action Agency - Providence Unit</b> <b>(401) 349-5760, Ext. 3</b> Providence

## ***What Am I Looking For?***

There are a number of different programs available to assist you in the community, but you need to have an idea of the basics that your loved one needs. If the need involves assistance with daily tasks, such as housekeeping, laundry, meals or personal care, such as bathing, grooming, dressing, you need to be able to explain that to whomever you are calling. Below is a list of different needs that are often presented to us as being needed:

- Socialization, companionship
- Adult day services
- Only: housekeeping, errands, or laundry
- Help with personal care, toileting, and ambulating
- A combination of both housekeeping and personal
- Transportation
- Cost of medications or insurance issues
- Alternative living or nursing home placement

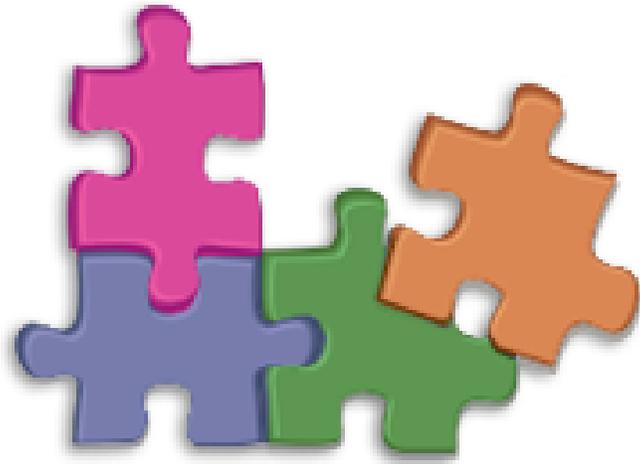
## ***What Questions Do I Ask?***

Being prepared for the calls or visits is very important. The more information you have about your needs, the more likely you are to have your questions answered, leaving you less frustrated. Below are some sample questions to ask. Remember, the questions should be dealing with the issues that are the most pressing or important to you and the care of your loved one.

- What is the service (home care, adult day services, etc.) going to provide to my loved one?
- How can this service also assist me?
- What are the guidelines, both financially and programmatically, for eligibility for this program?
- Do I have a say about when someone visits my loved one at home?
- Do I have a say on when my loved one attends any adult day programming?
- What are the time frames that this program is open?
- What can I expect from the program?
  - Is it going to improve the condition of my loved one?
  - Does it provide any support to me as the caregiver?
- What is my responsibility related to the program?
- Are there any other options that:
  - are less restrictive?
  - are more flexible?
  - provide other additional services?

Please remember these are just sample questions. Your questions may be very different. If you have them listed and ready when you call someone or someone visits, you are more likely to get the information that you need.

# Matching the Pieces



## **Medical Resources**

If you haven't already sought the assistance of a geriatrician or a neurologist, it is important that you do so. A strong relationship with a medical provider is critical to the management of the disease and the ability for you to be a good caregiver. As the person who will often be speaking with the doctor, it is extremely important that you have your questions listed and ready. Keep track of your concerns related to your loved one. Make note of any behaviors that change or reactions to new medicines.

The doctor will need to hear from you about what is occurring. You may even want to show him/her your list. Something that *we* think is important may not be as important as something on *your* list. If there are visiting nurses coming into your home, please make sure they are up to date on any changes or concerns you might have. The visiting nurses can also assist you in communicating those concerns to the doctor.

The following pages contain a list of doctors provided by the Alzheimer's Association that specialize in Dementias. There are both geriatricians and neurologists on the list. In addition, there are informational bulletins about how to work with your doctor and what to do after a diagnosis.

## **Physicians**

*Please note: The Alzheimer's Association-RI Chapter provides this list as a service to all persons affected by Alzheimer's disease or a related disorder. We do not endorse or recommend any physician listed. Your own family doctor may also be able to diagnose and manage Alzheimer's disease or related disorders. (List updated 10/7/10)*

### **Northern Rhode Island**

Dennis Aumentado, M.D. (Neurologist)  
RI Neurology Group, Inc.  
1065 Mendon Road  
Woonsocket, RI 02895  
401-762-0170

Alla Korennaya, M.D. (Neurologist)  
175 Nate Whipple Highway, Suite 203  
Cumberland, RI 02884  
401-658-3600

### **Greater Providence**

Motasem Al-Yacoub, M.D. (Neurologist)  
East Bay Neurology  
333 School Street  
Pawtucket, RI 02860  
401-724-4100

Oscar Bernal, M.D. (Neurologist)  
University Medical Group  
877 Chalkstone Avenue  
Providence, RI 02908  
401-456-2310

Joseph V. Centrofanti, M.D. (Neurologist)  
725 Reservoir Avenue, Suite 308  
Cranston, RI 02910  
401-944-9559

David Dosa, M.D. (Geriatrician)  
University Medical Foundation  
407 East Avenue, Suite 110  
Pawtucket, RI 02860  
401-728-7270

Norman M. Gordon, M.D. (Neurologist)  
East Side Neurology  
450 Veterans Memorial Pkwy/Building 11  
East Providence, RI 02914  
401-431-1860

Fred Griffith, M.D. (Neurologist)  
East Side Neurology  
450 Veterans Memorial Pkwy/Building 11  
East Providence, RI 02914  
401-431-1860

Gary L'Europa, M.D. (Neurologist)  
Neurohealth, Inc.  
227 Centerville Road  
Warwick, RI 02886  
401-732-3332

Samuel Maghuyop (Geriatrician)  
University Medical Foundation  
407 East Avenue, Suite 110  
Pawtucket, RI 02860  
401-728-7270

Albert J. Marano, M.D. (Neurologist)  
1524 Atwood Avenue, Suite 244  
Johnston, RI 02919  
401-272-7660

Lynn McNicoll, M.D. (Geriatrician)  
University Medical Foundation  
407 East Avenue, Suite 110  
Pawtucket, RI 02860  
401-728-7270

Dr. Denis E. Moonan (Geriatrician)  
1515 Smith Street  
North Providence, RI 02911  
401-353-0555

Thomas Morgan, M.D. (Neurologist)  
54 Jefferson Blvd.  
Warwick, RI 02888  
401-467-7720

John Murphy, M.D. (Geriatrician)  
University Medical Foundation  
407 East Avenue, Suite 110  
Pawtucket, RI 02860  
401-728-7270

Aman Nanda, M.D. (Geriatrician)  
University Medical Foundation  
407 East Avenue, Suite 110  
Pawtucket, RI 02860  
401-728-7270

Brian R. Ott, M.D. (Neurologist)  
AD & Memory Disorders Central/RI Hospital  
Ambulatory Patient Center / 8<sup>th</sup> Floor  
593 Eddy Street  
Providence, RI 02903  
401-444-6440

Ramona Rhodes. (Geriatrician)  
University Medical Foundation  
407 East Avenue, Suite 110  
Pawtucket, RI 02860  
401-728-7270

Stephen Salloway, M.D. (Neurologist)  
Memory and Aging Program / Butler Hospital  
345 Blackstone Blvd.  
Providence, RI 02906  
401-455-6403

William M. Stone, M.D. (Neurologist)  
100 Highland Avenue, Suite 306  
Providence, RI 02906  
401-351-3312

John Stoukides, M.D. (Geriatrician)  
Roger Williams Senior Health Associates  
2 Atlantic Blvd.  
North Providence, RI 02911  
40-231-0450

Susan D. Weinman, M.D. (Neurologist)  
Long-Term Care Psychiatry  
345 Blackstone Boulevard / Suite C-311  
Providence, RI 02906  
401-277-9935

Vlad Zayas, M.D. (Neurologist)  
East Side Neurology  
450 Veterans Memorial Pkwy / Building 11  
East Providence, RI 02914  
401-431-1860

### **East Bay**

Elaine C. Jones, M.D. (Neurologist)  
Southern New England Neurology  
814 Metacom Avenue  
Bristol, RI 02809  
401-396-5200

Randy B. Kozel, M.D. (Neurologist)  
Aquidneck Neurology  
112 Clock Tower Square  
Portsmouth, RI 02871  
401-683-9002

Brian R. Ott, M.D. (Neurologist)  
Bristol Medical Center  
1180 Hope Street  
Bristol, RI 02809  
401-253-8900

Susanne Patrick-Mackinnon, M.D. (Neurologist)  
Bristol Neurology Services  
814 Metacom Avenue  
Bristol, RI 02809  
401-254-6055

### **South County**

Peter Bellafiore, M.D. (Neurologist)  
360 Kingstown Road, Unit 102  
Narragansett, RI 02882  
401-596-6207

Carlo Brogna, M.D. (Neurologist / Internal Medicine)  
Coastal Neurology  
101 Airport Road  
Westerly, RI 02891  
401-789-4885

Roland Losos (Internal Medicine; Specialty-Geriatrics)  
45 Well Street, Suite 203A  
Morgan Building  
Westerly, RI 02891  
401-348-0788

## **How a Diagnosis is Made**

*(Courtesy of the Alzheimer's Association)*

Dementia is not a disease itself, but rather describes a group of symptoms, such as memory loss and behavior changes, that are caused by serious problems with the way that the brain works. Alzheimer's disease is the most common type of dementia.

There is no single test that can detect if a person has Alzheimer's disease. The diagnosis is made by reviewing a detailed history on the person and the results of the tests listed below. Once these tests are completed, a diagnosis of "probable" Alzheimer's disease can be made based on this complete assessment which considers all possible causes of the symptoms. Physicians can then be 80 to 90 percent certain that their diagnosis is accurate. Alzheimer's disease cannot be confirmed, however, until brain tissue, removed at autopsy, is examined under a microscope.

A complete diagnostic assessment includes:

- A medical and psychiatric history
- Lab tests (blood and urine)
- A physical and neurological exam including brain imaging techniques (CT or MRI scans) as well as neuropsychological testing
- A "mental status exam" to evaluate the person's thinking and memory
- An evaluation of the person's ability to do common daily activities such as managing finances and medications
- An interview with a family member or caregiver

The diagnostic process generally takes more than one day and is usually performed on an outpatient basis. None of the tests are invasive or painful. The diagnostic process may involve going to several different locations or to a specialized diagnostic center.

Questions to ask if diagnosis is “probable” Alzheimer’s disease:

- What does the diagnosis mean?
- What can we expect in the near future and over time?
- As a caregiver, what are the next things I need to do?
- Do you have any written material on Alzheimer’s disease? If not, who does?
- What medications are available and what are their risks and effectiveness? What about participating in drug trials?
- What about treatments that don’t involve medications?
- Is there anything to change at home to make things easier or safer?
- What resources/support services are available in the community?
- What involvement will you have in managing this disease?
- How often will we see you for regular visits?

## **How To Work With Your Loved One's Doctor**

*A Guide for Caregivers of Persons with Alzheimer's Disease  
(Courtesy of the Alzheimer's Association)*

### ***Have Clear Expectations of the Doctor's Role***

*While Alzheimer's disease is not "curable", it is "treatable".*

Expect the doctor to:

- Make a comprehensive assessment (referring to a specialist or memory loss clinic as needed), explain the results of tests and what to expect as the disease progresses.
- Work with you as the caregiver in providing care to person with Alzheimer's disease – e.g. help you determine when to end driving, when to involve support services like adult day programs or home care and when to make long-term care placement.
- Continue routine health exams with preventive care that makes sense – e.g. flu shots, mammograms, vision and hearing tests.
- Evaluate any agitation, depression or hallucinations for which medications and other interventions may help.
- Watch for medical problems that might add to confusion – e.g. constipation, urinary tract infections, medication interactions.
- Communicate well with you and listen to your concerns.

## ***Be A Partner with the Doctor***

- Observe any health change and concerns and report them to the doctor. Don't minimize symptoms or situations.
- Let the doctor know of other medical specialists involved in care of person with Alzheimer's disease and all medications taken, including non-prescription items.
- Set up visits at the best time for person with Alzheimer's disease.
- Ask for extra time for important meetings.
- Prepare for your meetings with doctor by writing down questions beforehand. *Don't hesitate to ask questions!*
- Take notes during meetings with doctor.
- Contact doctor before an appointment to alert him/her to concerns you have about person's functioning. If needed, set up a separate meeting for you to address concerns and get advice.
- Learn all you can about the disease and the services and medications available to help.
- Try non-medical management before requesting medication. For example, more daytime activity and fewer daytime naps may give a better night's sleep.
- Discuss end-of-life decisions in advance so doctor will have a clear idea of your preferences for care.
- Be an advocate. You know the needs of your loved one as well as or better than the doctor. *Don't hesitate to speak up!*

## **Maintaining Good Dental Care**

Maintenance of good dental care can often be difficult for the person with dementia and their caregiver. As the disease progresses, it becomes critical that the caregiver assume increased responsibility for this task to help prevent infection, gum disease or toothaches. A caregiver's attention to dental care in the *early* stage of the disease can help to prevent extensive and even frightening procedures for the person later in the disease. Good dental care can increase a person's comfort, appearance and nutritional levels.

Persons with dementia can forget how to brush their teeth or even that they wear dentures. Caring for one's teeth or dentures is a complicated task with many steps. Persons with dementia forget what to do next. Caregivers can help by breaking the tasks down into simple steps and reminding or showing the person one step at a time. Caregivers may also have success by brushing their teeth alongside the person with dementia in order to provide an additional visual cue.

## **Take Preventive Measures**

- Encourage brushing twice a day, especially before bedtime.
- Use dental floss, if at all possible.
- Use a soft bristled child-size toothbrush.
- Using a "swabette", a small sponge on the end of a stick, may be helpful.
- Stay away from electric toothbrushes because they may be frightening to the person with dementia.
- Recognize the relationship between diet and good oral health. Try to substitute fruits and vegetables for sugary foods. Consider hiding sweets or if need be, serve sweets only as part of a regular meal. Then, after the meal, encourage person to brush their teeth or rinse their mouth with water.
- Consider the use of a fluoride rinse in addition to fluoride toothpaste.
- Look for signs of oral discomfort such as red or white gums, bleeding gums, broken teeth or fillings and refusal to eat. Enlist the help of a dentist.

### **Find a Knowledgeable and Trustworthy Dentist**

- Seek dental care for the person shortly after they are diagnosed.
- Schedule regular cleaning appointments *more than* twice a year.
- Stress maintenance and treating the person's dental problems early on.
- Make dentist aware of all medications the person is taking. Some may cause "dry mouth", a condition that can lead to tooth decay and gum problems.

### **Take Special Care of Dentures**

- Ask dentist to verify that dentures fit properly. Poorly fit dentures make it difficult to eat and digest food and also may contribute to a poor appetite or lack of interest in certain foods.
- Rinse partial and full dentures after each meal with water. Be aware that person with dementia may try to drink the cleanser or eat the tablet.
- In the later stages of the disease, the person may not be able to wear their dentures.

## **Dentists**

Listed below are three dental offices in RI that we know are willing to provide dental care to persons with Alzheimer's disease. This list is not meant to be all-inclusive but to give some suggestions of professionals to contact. Your own dentist might also be willing to provide care. *NOTE: The Alzheimer Association – RI Chapter does not endorse, recommend or approve any dentist listed. List updated 6/06.*

**Burriville:** Northwest Community Healthcare Center  
36 Bridgeway  
Burrillville, RI 02859  
401-568-7661

**Johnston:** Alan Lichtenfeld, DDS  
Susanne Lavoie, DDS, MPH  
2695 Hartford Ave.  
Johnston, RI 02919  
401-934-3389

**Wakefield:** Mark Johnson, DDS  
24 Salt Pond Road, Suite B2  
Wakefield, RI 02879  
401-783-1525

## **Community Resources**

There are a large number of resources available in the community who can assist you in your search for assistance. Each agency can provide information about different resources and accessibility.

***The POINT: 462-4444*** – This is the state’s Aging and Resource Disability Center who has information about all state resources and can make a referral for you to the appropriate agency. They are also the main intake number for services through the Division of Elderly Affairs Home and Community Program.

***Division of Elderly Affairs: 462-3000*** – This is our state’s office charged with assisting elders. They can also direct you to the appropriate agency for services.

***Senior Centers (Call The POINT: 462-4444 or go online: [www.dea.ri.gov](http://www.dea.ri.gov) – Click “Programs” or “Pocket Manual”)*** – Senior centers are located throughout our cities and towns. They provide very diverse activities and supportive services. A person does need to be independent in their abilities to go there. They may be accompanied by someone else who can assist them.

***Adult Day Programs (Call The POINT: 462-4444 or go online: [www.dea.ri.gov](http://www.dea.ri.gov) – Click “Programs” or “Pocket Manual”)*** – These programs are designed to assist individuals who need some supervision in social settings. Nursing, CNA’s, meals and socialization are provided. There is a cost associated with these programs, but they are often subsidized through different funding sources.

***Case Management (See Pg.20)*** – The Division of Elderly Affairs sponsors case management agencies that are located throughout the state. The role of these agencies is to assist individuals with assessing and connecting people to home and community care services which will assist with care. They also assist with accessing other programs that can assist families with maintaining an individual within a community setting.

**Alliance for Better Long Term Care: 785-3340** – This agency serves as the Nursing Home Ombudsman for the state. Their role is to assist with issues related to the care provided by facilities and home care agencies.

**The Veteran’s Administration (800-827-1000 or [www.va.gov](http://www.va.gov))** – Many of our loved ones are veterans and may be eligible for services through the V.A. Often we forget that many of older women are veterans and may also be eligible for services. Programs to ask about are Aid and Attendance, Home and Community Care and Respite Care.

**Long-Term Care Insurance** – Some individuals may have long-term insurance policies that assist with paying for home care, adult day services and alternative living situations. Please check to see if that is in place and what it covers.

**Department of Human Services (See Pg.21)** – Provides assistance with financial programs that assist with paying for home care, adult day programs and alternative living situations. They also assist people who need financial assistance for food stamps (SNAP). There are financial and medical eligibility criteria for many of the programs.

**Respite Care: 421-7833, Ext. 4** – This program provides assistance with giving relief to caregivers. The program is designed to give you a number of units of care per year that you can use to hire assistance to give you a break. It can also be used for short-term stays in a facility if needed.

**Case Management Agencies**  
**Agency/Cities and Towns Served**

<p><b>Child &amp; Family Service of Newport County</b>  <b>(401) 845-2270</b>          Little Compton, Middletown, Newport, Portsmouth, Tiverton</p>
<p><b>East Bay Community Action</b>  <b>(401) 437-1000</b>          Barrington, Bristol, Central Falls, East Providence, Pawtucket, Warren</p>
<p><b>Westbay Community Action</b>  <b>(401) 732-4660</b>          East Greenwich, Warwick, West Greenwich, West Warwick</p>
<p><b>South County Community Action Program</b>  <b>(401) 789-3016, Ext. 7</b>          Block Island, Charlestown, Coventry, Exeter, Hopkinton, Jamestown, Narragansett, North Kingstown, Richmond, Saunderstown, South Kingstown, Westerly</p>
<p><b>Tri-Town Community Action Agency</b>  <b>(401) 349-5760, Ext. 3</b>          Burrillville, Cranston, Cumberland, Foster, Glocester, Johnston, Lincoln, North Providence, North Smithfield, Smithfield, Woonsocket</p>
<p><b>Tri-Town Community Action Agency - Providence Unit</b>  <b>(401) 349-5760, Ext. 3</b>          Providence</p>

## DHS Offices/Long Term Care

Includes Home and Community Based Services (HCBS), Nursing Home  
and  
Assisted Living and Preventive Services Program (Adult Services).

<p><b>Providence Regional Family Center</b> 206 Elmwood Avenue Providence, RI 02907 Tel. (401) 415-8524 (Home &amp; Community Based Services) Tel. (401) 415-8455 (Nursing Homes)</p>	<p style="text-align: center;">Providence, N.Providence</p>
<p><b>East Providence LTC</b> 206 Elmwood Avenue Providence, RI 02907 Tel.(401) 415-8459</p>	<p style="text-align: center;">Barrington, Central Falls, E.Providence, Pawtucket, Warren</p>
<p><b>Cranston LTC</b> Building #55 Howard Avenue Cranston, RI 02920 Tel. (401) 462-5182</p>	<p style="text-align: center;">Block Island, Charlestown, Coventry, Cranston, Exeter, Foster, Hopkinton, Johnston, Narragansett, N.Kingstown, Richmond, Scituate, S.Kingstown, Warwick, W.Greenwich, W.Warwick, Westerly</p>
<p><b>Newport Regional Family Center</b> 110 Enterprise Center Middletown, RI 02842 Tel. (401) 851-2100 or 1-800-675-9397 Fax (401) 851-2105</p>	<p style="text-align: center;">Bristol, Jamestown, Little Compton, Middletown, Newport, Portsmouth, Tiverton</p>
<p><b>Woonsocket LTC</b> 450 Clinton Street Woonsocket, RI 02895 Tel. (401) 235-6241 Fax (401) 235-6237</p>	<p style="text-align: center;">Burrillville, Cumberland, Glocester, Lincoln, N.Smithfield, Smithfield, Woonsocket</p>

## **Home and Community Care Programs**

There are a number of home-based services available to assist you with the care of your loved one. The Division of Elderly Affairs has two programs that can provide assistance with personal care and light housekeeping. The programs can also assist with paying for adult day services.

### **Co-Pay Program**

The co-pay program is designed to assist people who have a need for some personal care, light housekeeping, errands and laundry. This is the program that services most people in the community due to the financial resources that people have available to them. The financial guidelines currently have a limit of approximately \$22,000 for an individual and \$30,000 for a couple. (Please see Attachments AA and BB for current guidelines and a list of documents that are needed for the program.) The resources that exist do not count towards eligibility except for the income that is generated from them. A person may also be over the income guidelines, but may be able to use medical expenses to spend down. The person receiving the services pays a reduced rate for the services based on their income. There is a limit of 20 hours per week of homecare. In addition, a person may also attend adult day programs. Please remember that we cannot force your loved one to take services, and if they refuse, we cannot put the services in place.

This program is not an emergency program. We are not usually able to arrange services in a very short span of time. If your loved one is in need of skilled services quickly, please call your loved one's doctor and request emergency skilled services for him/her.

### **Waiver Programs**

Some people may be eligible for programs through the Department of Human Services with Medicaid eligibility. The programs are known as Waiver Programs. This means that a client is on Medicaid and meets a level of care as they would if they needed a nursing home. They instead opt to receive the services at home, through a waiver program. These programs provide services that include personal care, errands, laundry and light

housekeeping. Waivers also pay for some additional services (ex: Meals on Wheels, personal emergency response buttons, some durable medical equipment and adult day services). The eligibility for waivers is very different than for the co-pay program. There are very strict asset and income guidelines. A client also has to meet a medical need which is equal to that of a person entering a nursing home. This process can be lengthy and is very much a partnership between you as the caregiver and the agency that is assisting you.

There are times when a client may be in need of Medicaid services (a waiver) and their assets/income may be over the guidelines. You may want to discuss this issue with a representative from your local DHS office, a case manager or attorney.

Listed below are waivers that cover different services:

**Department of Human Services (DHS) Waiver** – This is overseen by the staff at the various long-term offices in the state.

**Division of Elderly Affairs (DEA) Waiver** – This is overseen by the staff at the various D.E.A. case management agencies.

**Assisted Living Waiver** – This helps people who meet the criteria for living in an assisted living facility pay for the cost of the services received in the facility. The resident also receives extra income from Social Security to assist with paying for the room/board.

**Personal Choice Waiver** – This is designed to allow the client or his/her family to make the choice of whom they hire and how the budget, that is assigned to them from the state, is used. A client (or their representative) creates a plan based on the budget and determines the hours that a person will cover.

**Habilitation Waiver** – This is a very small program that has very strict medical criteria for admission. This program is usually used for people who have sustained a brain injury and are in need of rehabilitation to return to a previous level of functioning.

(Attachment AA)

*Rhode Island Division of Elderly Affairs*

## **Guidelines and Cost Shares for RIDEA Co-Pay Program**

Effective **July 1, 2011 to June 30, 2012**

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	<b><u>Income Guidelines</u></b>	<b><u>Client Cost Share</u></b>
<b><u>Level 1</u></b>	<b>Individual: up to \$13,962.50</b>	<b>Home Care: \$4.50/Hour</b>
<b>125% FPL</b>	<b>Couple: up to \$18,912.50</b>	<b>Adult Day Services: \$7.00/Day</b>
<hr/>		
<b><u>Level 2</u></b>	<b>Individual: up to \$22,340</b>	<b>Home Care: \$7.50/Hour</b>
<b>200% FPL</b>	<b>Couple: up to \$30,260</b>	<b>Adult Day Services: \$11.50/Day</b>

CLE8

Revised

March 2012

(Attachment BB)

**Document Copies Needed for Co-Pay Determination:**

- Social Security card
- Proof of birth date (birth certificate, passport, naturalization papers)
- Proof of citizenship (naturalization papers, green card)
- Income for all members of household (Social Security, pensions, interest, dividends, rental income, etc.)
- Latest bank statements
- Health insurance cards/numbers
- Medical deductions (such as: co-pays for doctor's visits/prescriptions or payments for home care services.) *Needed **only** if client is over-income. Medical deductions can be used as a "spend-down" to determine if the client can still qualify for the co-pay program.*

## Legal Resources

It is very important to have your legal situation reviewed and your documents in order. As your loved one's symptoms and condition change, it may be necessary for you to have the legal power to make decisions for that person. This can be done in a variety of manners including Power of Attorney, Durable Power of Attorney and Guardianship.

Often programs providing services need to see that you have the legal power to make decisions and it is extremely important this document be easily accessed. Powers of Attorney and Guardianships are processes that need to be executed by an attorney. A Durable Power of Attorney can be done at home with witnesses who observe the signing of the document. It is important to understand that some of these documents, such as Powers of Attorney, need to be done early in the process of the disease, as the *person granting* the Power of Attorney has to understand what *they* are granting/signing. A Guardianship is the last step and one where you have total control over a person's choices.

Many people assume that they cannot afford a lawyer to assist them with these documents, but this may not be true. In the state of Rhode Island, there are programs in place that can assist with at least an initial consult at a reduced cost. **The Rhode Island Bar Association Legal and Referral Service at 521-5040**, can assist you. Following is also a list of lawyers that have experience and are familiar with elder care issues.

## **Attorneys Experienced in Elder Law / Estate Planning Issues**

(Courtesy of the Alzheimer's Association)

*The field of elder law encompasses estate planning, Medicaid and Medicare claims and planning, Social Security and disability planning, including use of durable powers of attorney, living trusts, living wills for financial management and health care decisions. Check with attorneys to see the areas of elder law in which they are experienced. While RI does not have a process for certification of legal specialists, the attorneys on this list are experienced in the practice of elder law. Please note that this list is not an endorsement nor is it meant to be inclusive. (List updated 10/28/09). Access further information on elder law at [www.elderlawanswers.com](http://www.elderlawanswers.com).*

David Ball 333-3311  
R.I. Elder Law Center  
650 George Washington Highway  
Lincoln, RI 02865

Larry Barrera 437-4450  
1481 Wampanoag Trail  
East Providence, RI 02915

Gene M. Carline 831-9000  
410 South Main Street  
Providence, RI 02903

Linda Carney 273-4500  
115 Williams Street  
Providence, RI 02906

Nancy Chudacoff 727-1616  
24 Spring Street  
Pawtucket, RI 02860

Attorneys Experienced in Elder Law / Estate Planning  
Issues *(continued)*

R.J. Connelly III 724-9400  
Connelly Law Offices  
372 Broadway, Suite A  
Pawtucket, RI 02860

Maureen Dunnigan 727-1616  
24 Spring Street  
Pawtucket, RI 02860

William George 949-0801  
82 Austin Avenue  
Greenville, RI 02828

Susan Gershkoff 333-3550  
132 Old River Road  
Lincoln, RI 02865

Peter Hanley 334-4545  
Walsh, Brule & Associates  
1334 Mendon Road  
Cumberland, RI 02864-4813

\*\*James Hardy 727-1616  
24 Spring Street  
Pawtucket, RI 02860

\*\*Mark Heffner 737-1600  
615 Jefferson Boulevard  
Warwick, RI 02886

Jeremy Howe 841-5700  
55 Memorial Boulevard, Unit 5  
Newport, RI 02840

Attorneys Experienced in Elder Law / Estate Planning  
Issues *(continued)*

Kenyon and Aukeman 60 South County Commons Way Wakefield, RI 02879-2246	788-9080
**Laura M. Krohn 631 Main Street East Greenwich, RI 02818	398-8383
Peter Lewiss 79 Franklin Road Westerly, RI 02891	596-9951
Lillian M. Lloyd 55 Dorrance Street Providence, RI 02903-2219	331-3800
Diane Magee P.O. Box 499 Bristol, RI 02809	245-8550
Janet A. Mastronardi P.O. Box 702 East Greenwich, RI 02918	885-6002
Richard A. Pacia Law Associates, LLC 50 Power Road / Suite 200 Pawtucket, RI 02860	728-1600 (Pawtucket) 921-4920 (Warwick)
	<i>303 Jefferson Blvd Warwick, RI 02888</i>
Jeffrey M. Padwa 303 Jefferson Boulevard Warwick, RI 02888	921-4800
Kenneth J. Rampino 615 Jefferson Boulevard, Suite 104 Warwick, RI 02886	738-1910

**Attorneys Experienced in Elder Law / Estate Planning  
Issues** *(continued)*

John C. Revens, Jr. *(Revens and St. Pierre)* 822-2900  
946 Centerville Road  
Warwick, RI 02886

Pierre Rondeau 769-0737  
Stadium Building, Suite 410  
18 Monument Square  
Woonsocket, RI 02895

Turner Scott 847-7500  
122 Touro Street  
Newport, RI 02840

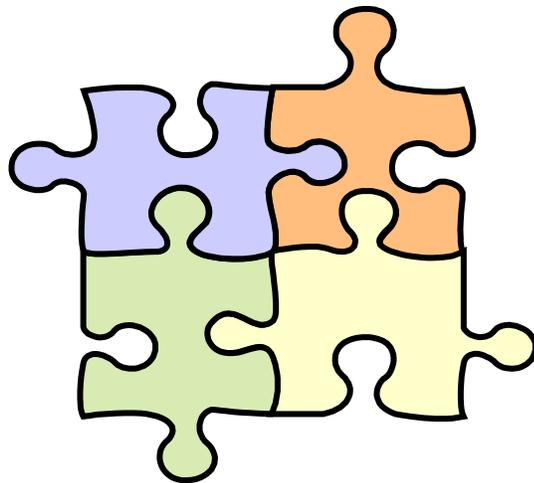
Kalander & Shaw, LTD 273-2210  
55 Pine Street, Suite 400  
Providence, RI 02903

Sjoberg & Votta 737-9696  
200 Centerville Road  
Warwick, RI 02886

Sullivan and Sullivan 294-9556  
The Meadows, 1130 Ten Rod Road  
North Kingstown, RI 02852

**\*\*Particularly experienced in Medicaid applications, regulations and law.**

# Putting It All Together





## **Putting It All Together**

### ***What do you need to be prepared?***

- When you call an agency, it is important to have your loved one's personal information and documents ready so the agency can better assist you.
- In some cases, you will be asked to provide originals, and in other instances, copies will do. In most cases, the longer it takes for you to gather documents, the longer it will be for services to be put in place.
- Prepare now. Have one place where you keep all documents, and always keep them updated. Put them in a place that is easily accessible so they are easier to find in case of emergency.
- Tell family members where you keep these documents so they can access them in case of emergency.

### ***What are your responsibilities?***

We (the agencies) are glad to assist you, but we need to work together. You will need to do the following in order to make it work and to help us take care of your loved one:

- ***Take care of yourself.*** Without you, the services we put in won't work. You hold it together.
- ***Ask for help.*** If we don't know, we can't help. Doing it all by yourself isn't the answer for you or your loved one.
- ***Ask questions.*** If we don't have an answer, we will try to find one for you.
- ***Let us know if your loved one enters a hospital or nursing home.*** We may need to do some work related to the admittance to the facility.
- ***Plan ahead.*** Sometimes it is easier said than done, but this is helpful to you and will reduce your stress.
- ***Know that you are doing all you can do and don't second guess yourself.***

- ***Be open-minded.*** A solution offered to you may be very different than what you have in mind. Also, please remember the person's needs may be different than they had been previously. They may now like bingo, when they never did!
- ***Be flexible.*** Services may not be available at the exact time that you want, so please be open to an alternative schedule.
- ***Be patient.*** Please know that we (the agencies) do our best to assist people as best we can. We are trying to meet the needs of many, many people. However, we as humans get behind at times, and we make mistakes. It doesn't make it right, but we will work with you to make the situation right.

## **How to Advocate for Yourself and Loved One**

Advocating for your loved one and yourself can be very difficult and emotional. When you call an agency or program for assistance, it is important to remember the following:

- ***Be prepared.*** Know what it is that you need and be concise. Make sure you start with the person in charge of the case, and then move up the chain of command.
- ***Be prepared to give guidance and direction.*** If you have an agency providing services within your home, remember you need to create a list of the tasks that you want accomplished. Speak with the person giving the care. If you have a problem, bring it to the attention of the supervisor. If the problem is something you are unsure of how to handle, seek advice from your case manager/social worker.
- ***Be polite, but firm.***
- ***Seek alternative solutions to a problem.*** The solution may be something that you may not have thought of before.
- ***Be prepared to be creative.***
- ***Research/visit different nursing homes/assisted living facilities.*** Remember that you should find the facility that best matches your loved one, not just the prettiest.
- ***Remember, everyone's experience is different.*** What your friends or others tell you is told from their point of view and from the needs they had. Determine your needs and work from there.