

Long-term services and supports (LTSS)

Initiative 2 of the Medicaid Transformation Project (MTP)

What is LTSS and what programs are included?

[Initiative 2](#) supports Washington's aging population and family caregivers who provide care for their loved ones. This initiative is made up of two programs, **Medicaid Alternative Care (MAC)** and **Tailored Supports for Older Adults (TSOA)**, both of which:

- Expand care options for people, ages 55 and older, so they can stay at home and delay or avoid more intensive services, such as moving to a nursing facility.
- Help unpaid family caregivers, ages 18 or older, who provide care for their loved ones.

Washington State Department of Social and Health Services' Aging and Long-Term Support Administration (AL TSA) leads this initiative.

What are MAC and TSOA and the benefits provided?

MAC provides support for unpaid family caregivers caring for Medicaid-eligible people who are not currently accessing Medicaid long-term services and supports. MAC helps unpaid family caregivers provide high-quality care for their loved ones, while also tending to their own health and well-being.

TSOA establishes a new eligibility category and benefit package for people who may need Medicaid long-term services and supports in the future. TSOA helps people and families avoid or delay impoverishment and the future need for Medicaid-funded services. TSOA also provides support to unpaid family caregivers.

MAC and TSOA benefits

Under Initiative 2, MAC and TSOA provide a variety of services that support the unpaid family caregiver and the person who is receiving care.

- **Caregiver assistance services** support the unpaid family caregiver and include services, such as respite care, housekeeping and errands, adult day care, and home-delivered meals.
- **Training and education** help caregivers gain skills and knowledge to care for their loved one and help them maintain independent living for as long as possible.
- **Specialized medical equipment and supplies**, such as bath benches, sock aides, personal emergency response systems, and incontinence supplies, are available for family caregivers and those receiving care.
- **Health maintenance and therapies** include massage therapy and caregiving counseling, and help caregivers remain a caregiver or help a loved one remain at home.
- **Personal assistance services** help individuals complete everyday activities to remain in their home. These services are only available to an individual enrolled in TSOA who doesn't have a caregiver. Examples of personal assistance services include personal care services, home-delivered meals, and personal emergency response systems.



Benefits for caregivers

Under both MAC and TSOA programs, unpaid family caregivers can receive and have access to number of services, such as:

- Training
- Support groups
- Respite services
- Help with housework
- Errands
- Home-delivered meals

Am I or a family member eligible?

To learn if you or a loved one is eligible for MAC or TSOA services, contact your local [Community Living Connections office](#) or call 1-855-567-0252.

What is the purpose of LTSS?

Under MTP, this initiative is changing the Medicaid health care delivery system by:

- Providing additional options for people with long-term care needs.
- Increasing access to services for people on the cusp of poverty to reduce:
 - A potential health decline.
 - The need to move out of home.
 - The spending-down of limited resources.
- Slowing the growth trend of traditional Medicaid-funded services, including Medicaid long-term services and supports.
- Providing unpaid family caregivers with supports and knowledge to continue providing care while also taking care of themselves.
- Helping people remain at home for as long as possible, and to maintain independent living.

Where can I get more information?

- Visit the [ALTSA website](#) for a list of contacts and resources by county. This includes information for a local Area Agency on Aging, Home & Community Services, Residential Care Services, and much more.
- Learn more about MTP by visiting the [Health Care Authority website](#).