



CFC Council Terms and Definitions

Throughout council meetings and discussions surrounding Community First Choice (CFC), we will consistently refer to key services that are common in CFC programs. Below is a list of these terms, acronyms, and definitions. If you are unfamiliar with any of these terms, we recommend keeping this document open during each council meeting. Any additional relevant definitions are located on the Department's [Long-Term Services and Supports Benefits Glossary web page](#).

1. Acquisition, Maintenance and Enhancement of skills (AME)

AME consists of habilitation services and supports related to assistance with functional skills training through hands-on assistance, supervision and/or cuing to accomplish the Activities of Daily Living (ADLs)/Instrumental Activities of Daily Living (IADLs) and health related tasks to increase independence and reduce supports needed in the home and community.

2. Activities of Daily Living (ADLs)

Activities of daily living are activities related to personal care and basic everyday activities. They include, but are not limited to, bathing or showering, dressing, getting in and out of bed or a chair, walking, using the toilet, and eating.

3. Community First Choice (CFC)

Community First Choice (CFC), also known as 1915(k), allows states to offer Health First Colorado (Colorado's Medicaid Program) attendant care services on a state-wide basis to eligible members. Through CFC, members would have the option to direct attendant care services or to receive services through an agency.

Attendant care services are those that assist in accomplishing:

- Activities of daily living, such as eating, dressing, and bathing
- Instrumental activities of daily living, such as shopping and keeping doctor appointments
- Health-related tasks, such as medication monitoring and administration
- Promoting self-direction is a significant program goal and is detailed in federal regulations. To encourage states to adopt CFC, Congress has authorized a higher federal match on CFC related Health First Colorado expenditures. Under CFC, Colorado would pay approximately 44% of program costs instead of the 50% it currently pays on most services.

4. Consumer Directed Attendant Support Services (CDASS)

CDASS is a participant-directed program that lets members direct and manage the attendants who provide personal care, homemaker, and health maintenance services, rather than working through an agency.

5. Health Maintenance (HMA)

Health Maintenance activities include routine and repetitive health-related tasks furnished to eligible members in the community or in the member's home, which are necessary for health and normal bodily functioning that a person with a disability is physically unable to carry out. These activities include skilled tasks typically performed by a Certified Nursing Assistant (CNA) or licensed nurse that do not require the clinical assessment and judgement of a licensed nurse.

6. Home and Community Based (HCBS) Waivers

A waiver is an extra set of Health First Colorado (Colorado's Medicaid program) benefits members can qualify for in certain cases. These benefits can help members remain in the home and community. Waivers have extra program rules, and some programs may have waitlists. These waivers are provided through 1915 (c) authority.

7. Homemaker (HM/HMK)

Homemaker services are general household activities provided by an attendant in a member's home to maintain a healthy and safe environment for the member. Homemaker activities shall be provided only in the primary living space of the member and multiple attendants may not be reimbursed for duplicating homemaker tasks.

8. In-Home Support Services (IHSS)

IHSS is a participant-directed program that lets members direct and manage the attendants who provide personal care, homemaker, and health maintenance services, with the added support of an agency.

9. Instrumental Activities of Daily Living (IADLs)

IADLs are activities related to living independently in the community. They include, but are not limited to, meal planning and preparation, managing financing, shopping for food, clothing, and other essential items, transportation to participate in the community, performing light or heavy housework, and using the telephone.

10. Participant Direction

Participant-directed services are Home and Community-Based Services (HCBS) that help people of all ages, across all types of disabilities, maintain independence and determine what mix of personal assistance supports and services work best for them.

11. Personal Care (PC)

Personal Care services are furnished to an eligible member to meet the member's physical, maintenance, and supportive needs and do not require the supervision of a nurse or require physician's orders.

12. State Plan/State Plan Amendment

The State Plan is the term used when referring to Colorado Medicaid. In order to implement CFC, the State Plan will need to be amended to include CFC. When a state is planning to make a change to its program policies or operational approach, states send state plan amendments (SPAs) to the Centers for Medicare & Medicaid Services (CMS) for review and approval.

13. Transition Services

Transition services help support members in the community after transitioning from an institutional setting to a community-based setting or after a major life event. These services include the following:

- **Transition Setup:** coordination and coverage of one-time, non-recurring expenses necessary for a member to establish a basic household upon transitioning from a nursing facility, Intermediate Care Facility for Individuals with Intellectual Disabilities (ICF/IID), or Regional Center to a community living arrangement that is not operated by the state.
- **Life-Skills Training:** individualized training designed and directed with the member to develop and maintain his/her ability to independently sustain himself/herself physically, emotionally, socially, and economically in the community. LST may be provided in the member's residence, in the community, or in a group living situation.
- **Peer Mentorship:** means support provided by peers to promote self-advocacy and encourage community living among members by instructing and advising on issues and topics related to community living, describing real-world experiences as examples, and modeling successful community living and problem-solving.
- **Home Delivered Meals:** includes nutritional counseling, planning, preparation, and delivery of meals to members who have dietary restrictions or specific nutritional needs, are unable to prepare their own meals, and have limited or no outside assistance.