

# OKLAHOMA'S **LIVING CHOICE**

YOUR HOME • YOUR COMMUNITY • YOUR CHOICE



**WELCOME TO OKLAHOMA'S LIVING CHOICE.**  
YOUR GUIDE TO INDEPENDENT LIVING.





## The Choice is Yours

Oklahoma's Living Choice is the state's brand name for the Money Follows the Person (MFP) demonstration and is administered by the Oklahoma Health Care Authority (OHCA). To date, it has helped more than 1,000 Oklahomans make the move into the community.

With the right guidance and support, many individuals can regain their independence becoming active and engaged members of the community. Living Choice offers an array of home and community-based services designed to assist individuals with their healthcare needs.

Oklahoma's Living Choice was created to transform the long-term care system by promoting home and community-based services instead of institutional care. It is a Medicaid program intended to provide care for individuals with long-term care needs in a home and community-based setting. The program aims to offer individuals the opportunity to live in their own home while receiving the necessary services and supports to meet their needs.

## Documents You Will Need

You will need your Medicaid ID. If you need assistance, you can call the SoonerCare helpline at 800-987-7767 or 711 (TDD) or ask your social worker for help.

## In addition to your Medicaid ID, you will need:

### State-Issued ID (must be current)

- Contact: Department of Public Safety
- Phone: 405-425-2424
- Website: [dps.state.ok.us/dls/okid.htm](https://dps.state.ok.us/dls/okid.htm)

### Birth Certificate

- Contact: Oklahoma State Department of Health - Vital Records
- Phone: 405-271-4040
- Website: [oklahoma.gov/health/services/birth-and-death-certificates/birth-certificates.html](https://oklahoma.gov/health/services/birth-and-death-certificates/birth-certificates.html)

### Social Security Card

- Contact: Social Security Administration
- Phone: 800-772-1213
- Website: [ssa.gov](https://ssa.gov)

### **Proof of Income (e.g., bank statements, SSI/SSD award letter)**

When searching for subsidized housing and/or submitting applications for rental assistance programs, you will most likely have to do the following with assistance from your transition coordinator:

- Obtain and review your credit reports, correcting incomplete and inaccurate information.
- Find assistance to pay past unpaid utility bills.
- Obtain and review criminal history/background reports.
- Obtain and organize documents needed to complete rent-controlled and subsidized housing applications.
- Obtain utility information and connect utilities.

### **Some Simple Ground Rules**

Oklahoma's Living Choice program offers transition services to qualified SoonerCare members ages 65 and older, SoonerCare members ages 19-64 with a physical disability, and SoonerCare members ages 19 and older with an intellectual disability. A Living Choice transition coordinator will help you understand the information and choose the services and support you need to live safely in the community.

**The most important factor will be how actively involved you are in the transition process.**

The transition process is based on trust. You must be always honest with your transition coordinator and each member of your transition team during the transition process.

## Living Choice Services

Review the following list of Living Choice transition services and check the box next to the services you may need.

<b>Service</b>	<b>Service Description</b>
<input type="checkbox"/> <b>Case Management</b>	Case management services assist a member in gaining access to medical, social, educational, or other services that may benefit the member in maintaining health and safety, regardless of the payment source of services.
<input type="checkbox"/> <b>Adult Day Health</b>	Services furnished on a regularly scheduled basis, for one or more days per week, in an outpatient setting. These encompass both the health and social services needed to ensure the optimal functioning of the individual.
<input type="checkbox"/> <b>Care Coordination Coach</b>	The care coordination coach is a community support service offered by the OU College of Nursing to assist Living Choice members in integrating into community living after transitioning from an institutional setting. Through education and community supports, coaches focus on the medical, socialization, personal finances, nutrition, and transportation needs of the member. This service is available for up to six months of the member's participation in the Living Choice program.
<input type="checkbox"/> <b>Personal Care Services</b>	Assistance with eating, bathing, dressing and personal hygiene activities of daily living. These services may also include assistance with preparation of meals and light housekeeping.
<input type="checkbox"/> <b>Respite Care</b>	Services provided to individuals unable to care for themselves. Furnished on a short-term basis because of the absence or need for relief of those persons normally providing the care.
<input type="checkbox"/> <b>Skilled Nursing</b>	Skilled nursing services provided in the member's home or other community setting are services requiring the specialized skills of a licensed nurse.
<input type="checkbox"/> <b>Prescription Drugs</b>	Prescribed drugs available through the approved state plan will be provided, although the limitations on amount, duration and scope will be as specified below rather than as specified in the state plan. Services will be as defined and described in the approved state plan.
<input type="checkbox"/> <b>Environmental Modification</b>	Environmental accessibility modifications are physical adaptations to the home, required by the individual's plan of care, which are necessary to ensure the health, welfare and safety of the individual, or which enable the individual to function with greater independence in the home.
<input type="checkbox"/> <b>Home Delivered Meals</b>	This service provides meals, each with a nutritional content equal to one-third of the dietary reference intake, delivered to the home for members who are unable to prepare meals and who lack an informal provider to do meal preparation.
<input type="checkbox"/> <b>Hospice Care</b>	Hospice care offers palliative and supportive care to meet the special needs arising out of the physical, emotional, and spiritual stresses experienced during the final stages of illness and during dying and bereavement.
<input type="checkbox"/> <b>Private Duty Nursing</b>	Private duty nursing is individual medically necessary skilled nursing care provided on a regular basis by licensed nurses within the scope of state law.
<input type="checkbox"/> <b>Personal Emergency Response System (PERS)</b>	Personal Emergency Response System (PERS) is an electronic device which enables individuals at high risk of institutionalization to secure help in an emergency. The individual may wear a portable help button to allow for mobility. The system is connected to the person's phone and programmed to signal a response center once the help button is activated.
<input type="checkbox"/> <b>Specialized Equipment and Supplies</b>	Specialized medical equipment and supplies to include devices, controls, or appliances, specified in the plan of care, that enable members to increase their

<input type="checkbox"/> <b>Speech Therapy</b>	The services of a speech language pathologist to assist members with aphasia in rehabilitation of speech and language skills are covered when needed. The services of a speech therapist to assist individuals with voice disorders to develop proper control of the vocal and respiratory systems for current voice production are also covered when needed.
<input type="checkbox"/> <b>Physical Therapy</b>	Physical therapy services help prevent physical disability through the evaluation and rehabilitation of individuals disabled by pain, disease, or injury. Services are intended to help the member achieve greater independence to reside and participate in the community.
<input type="checkbox"/> <b>Advanced Supportive/ Restorative Assistance</b>	Advanced supportive/restorative services are personal care services provided to assist a member with a stable, chronic condition in activities of daily living when such assistance requires devices and procedures related to altered body function.
<input type="checkbox"/> <b>Assisted Living Services</b>	Assisted living services are personal care and supportive services that are furnished to waiver members who reside in a home-like, non-institutional setting including 24-hour on-site response capability to meet scheduled or unpredictable resident needs and to provide supervision, safety and security. Services also include social and recreational programs and medication assistance.
<input type="checkbox"/> <b>Transportation Services</b>	SoonerRide is a program that helps members get to and from medical appointments if they need a ride. This service is provided by LogistiCare Solutions LLC for non-emergency transportation of members.
<input type="checkbox"/> <b>Transitional Funds</b>	Transition coordinators can request to assist the participant with paying deposits for rent, utilities, phone and other types of services, plus buying basic home items for the bedroom, living room, kitchen, bathroom and other miscellaneous items such as a starter supply of food. A maximum of \$2,400 is made available as a one-time allowance per participant.
	abilities to perform activities of daily living, or to perceive, control or communicate with the environment in which they live.
<input type="checkbox"/> <b>Respiratory Therapy</b>	Respiratory therapy services are provided for an individual who, but for the availability of in-home respiratory care services, would require respiratory care as an inpatient in a hospital or nursing facility, and would be eligible to have payment made for inpatient care under the state plan.
<input type="checkbox"/> <b>Occupational Therapy</b>	The services of an occupational therapist are necessary to assess the member's needs, to develop goals (to be approved by the physician), to manufacture or adapt the needed equipment to the member's use, to teach compensatory techniques, to strengthen the member as necessary to permit use of compensatory techniques, and to provide activities which are directed toward meeting the goals governing increased perceptual and cognitive function.
<input type="checkbox"/> <b>Speech Therapy</b>	The services of a speech language pathologist to assist members with aphasia in rehabilitation of speech and language skills are covered when needed. The services of a speech therapist to assist individuals with voice disorders to develop proper control of the vocal and respiratory systems for current voice production are also covered when needed.
<input type="checkbox"/> <b>Physical Therapy</b>	Physical therapy services help prevent physical disability through the evaluation and rehabilitation of individuals disabled by pain, disease, or injury. Services are intended to help the member achieve greater independence to reside and participate in the community.
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## Personal Finances and Budget Worksheet

In the box to the right, describe the type of assistance that would be most helpful, or describe concerns you have about your needs. Complete the budget worksheet on the next page to estimate the costs to live in the community.

<b>I need help with...</b>	<b>Describe Assistance Needed Comment or Concern</b>
<input type="checkbox"/> Paying bills	
<input type="checkbox"/> Establishing a monthly budget	
<input type="checkbox"/> Opening a bank account, establishing direct deposit of income	
<input type="checkbox"/> Transferring my Social Security payment to my personal bank account	
<input type="checkbox"/> Resolving past or present credit issues or problems	
<input type="checkbox"/> Personal budget training	

<b>Budget Categories</b>	<b>Monthly Amounts/Costs</b>
<input type="checkbox"/> Monthly income/resources	
<input type="checkbox"/> Housing cost (rent and utilities)	
<input type="checkbox"/> Food cost	
<input type="checkbox"/> Other expenses	
<input type="checkbox"/> Health care service expenses, prescription drugs (not covered by Medicaid)	
<input type="checkbox"/> Personal items, movies, entertainment costs, etc.	
<input type="checkbox"/> Transportation cost	





## Locating Appropriate Housing

A qualified residence in the community of your choosing is the foundation of living independently. Due to a lack of affordable, accessible and integrated housing in Oklahoma, it is important to begin exploring housing needs and living situations very early in the transition process. To participate in Living Choice, you must transition into a qualified residence. There are several categories of qualified residences:

**A. A home owned or leased by you or by a family member.** This living situation meets the requirement for a qualified residence if you or your family member owns or leases the home where you will live. In this situation, you must retain equal legal rights under the lease or as the owner.

**B. An apartment with an individual lease.** To qualify, the apartment must have lockable entrance/exit doors and living, sleeping, bathing and cooking areas over which you or your family have domain and control. To meet the requirement for a qualified residence, you (or your family representative) must sign a lease for an apartment. Examples include apartments that are fair market (nonsubsidized), affordable and subsidized, senior living complexes, and/or senior high-rise apartment buildings.

**C. Assisted living facilities** for older adults or people with disabilities who can live independently. Assisted living services may include meals, housekeeping, laundry service, transportation, emergency call service, planned activities, medication assistance, and the services of licensed nurses on staff. You must participate in the care planning process.

**D. A residence in a community-based residential setting** in which no more than four unrelated individuals reside. Many situations are covered in this category that meet the criteria for a qualified residence.

## Conducting a Housing Search

**First**, tell family, friends, neighbors, fellow church/synagogue or other organization members that you are looking for housing. Obtain the newspaper for the community to which you expect to resettle. Review the classified ads for housing/rental options. Most newspapers are available at a branch library near you.

**Second**, ask your Living Choice transition coordinator to assist you with a housing search using the HUD/OHFA resource online directory at [hud.gov/states/oklahoma/renting](http://hud.gov/states/oklahoma/renting) or [ohfa.org](http://ohfa.org).

**Third**, ask your transition coordinator to assist you with the housing search tools at [hud.gov](http://hud.gov). The housing search is free and provides a toll-free number (800-955-2232) if you are blind and/or do not have internet access. The website and toll-free number are bilingual.

**Fourth**, contact a local housing specialist at your nearest Center for Independent Living (CIL) for assistance. See our resource guide for a list of CIL locations serving your area.

**Fifth**, conduct an internet search for housing. If you don't have a computer with internet access and need one, you will find one at your local county library. Friends and family members may also be able to assist with internet searches for affordable housing using the websites that are listed in the following sections.

## **Affordable (Non-Subsidized) Housing Resources**

Affordable (non-subsidized) rental properties charge rents that are below market rates for that area. Since affordable housing varies according to income, not all these properties will be affordable to you. Complete the budget worksheet on page X so you have some idea of rental rates you can afford.

Your online housing search should include:

- [lowincomeapartmentfinder.com](http://lowincomeapartmentfinder.com)
- [affordablehousingonline.com](http://affordablehousingonline.com)
- [forrent.com](http://forrent.com)
- [apartmentfinder.com](http://apartmentfinder.com) or [apartmentguide.com](http://apartmentguide.com)

## **Affordable (Subsidized) Housing Resources**

You may be eligible for rental assistance that can substantially lower the amount of money you spend on housing. Your ability to qualify will depend on your income or the income of the household if you live with one or more people. Subsidized rental properties are properties (usually apartment complexes) that are not owned or managed by a local Housing Authority (see next section). As you search apartment listings and classified ads, you will notice "BOI" — this stands for "based on income." BOI means that the rental cost of the unit is based on the tenant's monthly income. These properties have rental rates based on 30% of the household's income. No pre-approval is needed to apply. Apply directly to the property manager at the complex.

**Section 8 Housing Choice Vouchers.** Living Choice participants can take advantage of the Section 8 Housing Choice Voucher program that Living Choice has with the Oklahoma Finance Housing Authority (OHFA). The Housing Choice Voucher program is a tenant-based rental assistance program that provides subsidies for the rental of apartments or houses in the private rental market. Your transition coordinator can assist you with the application process for a Housing Choice Voucher.

**As you do your housing search, you will see the following terms used:**

**Area Median Income (AMI)** – This refers to the middle or midpoint income for a particular area. The term is used to estimate the average income for a particular area.

**Affordable Housing** – A general term typically defined as housing where the occupant pays no more than 30% of gross income for total housing costs, including utilities.

**Public Housing Authority (PHA)** – A public agency created by state or local government to finance or operate low-income housing commonly known as public housing.

**Housing Choice Vouchers (formerly Section 8)** – A federally funded rent subsidy program for low-income persons. Local public housing authorities (PHA) receive funds from the U.S. Department of Housing and Urban Development (HUD) to administer the Housing Choice Voucher program. PHAs determine eligibility for the program and the amount of the rental assistance. The renter is required to pay 30% of her/his adjusted income for rent. If the PHA determines that the renter/family is eligible, it will issue a rental voucher or certificate. The renter is responsible for finding a suitable rental unit. The rental unit must meet minimum standards for health and safety as determined by the PHA.

**Based On Income (BOI)** – This means that rent will be (in most cases) 30% of adjusted gross monthly income.

**Single Room Occupancy (SRO)** – A building in which tenants occupy single private spaces but share cooking facilities and/or bathrooms. Generally known as a boarding house. This type of housing does **not** meet the Living Choice qualified residence requirement.

**Oklahoma Housing Finance Agency (OHFA)** – The Oklahoma Housing Finance Agency was created in 1975 as a non-profit, tax-exempt entity. OHFA offers housing assistance to low and moderate-income families in all 77 Oklahoma counties.

**Low-Income Housing Tax Credit (LIHTC)** – The Low-Income Housing Tax Credit (LIHTC) subsidizes the acquisition, construction, and rehabilitation of affordable rental housing for low and moderate-income tenants.

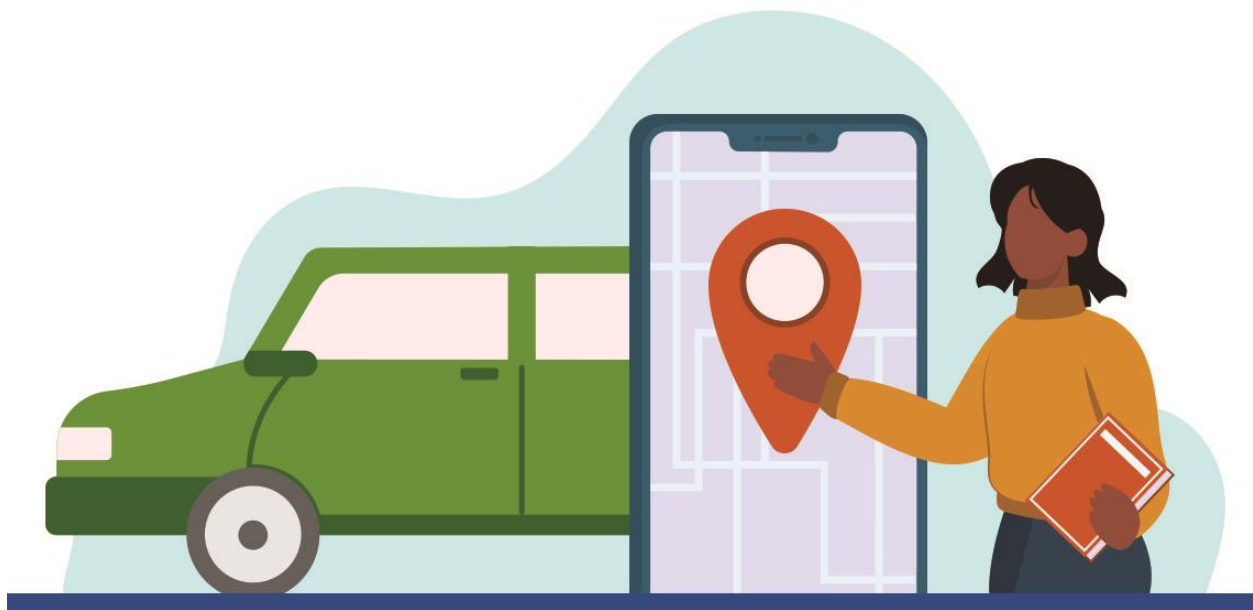


## Do You Want Self-Direct?

What does it mean to **self-direct** your services? The basic idea behind self-directed services is to give you a budget for services and then have you and your transition team decide how the budget is spent for available services. Being given a budget to manage puts you in the driver's seat. You, as the budget holder, are the person taking the lead in improving your own situation. As your authority increases over your *formal network* of services, so does your responsibility. You may select an authorized representative to assist you in managing the self-direction service option. In addition, your *informal network* of friends/family can be more involved both in giving advice and in delivery of services. If you choose self-direction, your transition coordinator will:

- Train you to develop and manage a budget based on level of care and other assessment tools and criteria.
- Connect you with a financial management service that disburses the funds for payment of your personal support services staff.
- Train you to recruit, interview, hire, train, supervise and discharge personal support services staff.
- Assist you in developing and implementing a service plan that includes an assessment of risks and a back-up plan should an issue arise with a personal support service employee.
- If you experience a reduction in personal support services or the termination of self-directed services, your transition coordinator will explain and assist you with the appeals process. Your transition coordinator may also help you prepare for a Fair Hearing or can assist you with a referral for additional legal assistance.

Your transition team's involvement and assistance decrease as your skills increase.



## Transportation Options

Your Living Choice transition coordinator will help you explore transportation resources and options for the community in which you choose to live. By connecting you with local transportation resources, Living Choice will ensure access to community resources and events. The following is a list of transportation resources to get you started.

**Public transportation.** Public transportation services vary by county. For example, Oklahoma and Tulsa counties have accessible public transportation, (e.g., EMBARK & TULSA TRANSIT) with daily schedules that run early morning to late night. For more information on public transportation in Oklahoma, visit [odot.org/transit/pubtrans.htm](https://odot.org/transit/pubtrans.htm). Paratransit services for people with disabilities may or may not be available in your current or chosen county of residence. There are four urban transit systems in the state. Check the transit system nearest you for more information about paratransit services: [odot.org/transit/s5311/index.htm](https://odot.org/transit/s5311/index.htm).

**Call-a-ride public transit.** This program is available in Pontotoc County. Ride line: 580-332-7950.

**Non-emergency transportation providers.** You can use SoonerRide for doctor appointments, therapy and clinic appointments, trips to your medical equipment vendor for equipment repair, and trips to the pharmacy for your medications. You can schedule your ride by calling toll-free at 877-404-4500 and TDD 800-722-0353 between the hours of 7 a.m. and 6 p.m. Monday through Saturday. You must call at least three business days before your appointment to arrange for your ride.

**SendaRide.** A non-emergency transportation provider whose mission is to improve the quality of life for seniors by eliminating transportation barriers. They allow an individual to schedule rides by phone Monday through Friday from 6 a.m. to 6 p.m. and Saturday from 8 a.m. to 1 p.m. with as little as an hours' notice. Contact SendaRide by email at [info@sendaride.com](mailto:info@sendaride.com), by phone at 800-731-1885 or by visiting [sendaride.com](https://sendaride.com).

**Rural 5311 transportation providers.** Rural communities with at least 50,000 residents may have access to DOT 5311 transit providers. Some 5311 transit providers have vans with lifts. Contact the Oklahoma Department of Transportation (ODOT) at 405-521-2584 or visit [okladot.state.ok.us/transit/s5311](http://okladot.state.ok.us/transit/s5311).

Transportation from family, friends, volunteers, church members or others is an important option and worth considering.

The Oklahoma Department of Vocational Rehabilitation may be able to assist you with transportation as you begin your job search once you have settled into your community. Visit [okrehab.org](http://okrehab.org).

Check the ***Quick Reference Guide to Resources*** for a list of **additional transportation resources**.



## Moving Day!

### My transition date is set for: \_\_\_\_\_

Once you receive notification that your qualified residence is ready for you to occupy within 30 days, your Living Choice transition coordinator will review the documents and information needed for you to change your status from a nursing facility resident to a waiver participant/community resident. Your transition coordinator will assist you with visiting the Social Security Administration office and providing them with a transition date and evidence of your move to the community. If you are moving into an apartment or house and will be paying rent, you will need to open a bank account. Your transition coordinator will help you set up a bank account and direct deposit of your Social Security check (or other resources).

On your transition date, the nursing facility will provide you, your family or your transitional coordinator with the following:

- Case information to include discharge, POA and advance directive documents.
- Any remaining supply of your current medications and remaining supplies in the medication unit.
- Personal clothing and belongings.
- Any personal documents (i.e., Social Security card or birth certificate).
- Contact information for the nursing facility discharge planner/social worker, and contact information for the doctor who provided your medical care in the nursing facility.

When possible, your circle of friends, family and your transition coordinator should be available to assist you on moving day. Your transition coordinator will assist you in arranging for a moving service or getting help from your friends and family to move your belongings and any furniture you have to your qualified residence. If your qualified residence needs to be modified, your transition coordinator will manage these services with contractors and will let you know when it will be completed. Once your community transition is complete, you should ask your transition coordinator to accompany you to your local pharmacy to get your prescriptions filled.

On transition day, your transition coordinator will discuss your service plan and program services with you and help you test your personal emergency response system (PERS). Your transition coordinator will make sure you have their contact information.



## **Your First Year in the Community**

Your Living Choice transition coordinator will arrange monthly check-ins (e.g., phone calls and visits) with you to see how you are doing. Your transition coordinator will also work with you to resolve any problems or remove any barriers that you may have encountered.

If you find that you need additional Living Choice services, such as additional modifications to your qualified residence, you should ask your transition coordinator for help. He or she can work with you to obtain additional equipment and/or services that are needed so you can use your qualified residence as safely and independently as possible.

During your first year in the community, your transition coordinator work together with you to refine your waiver service plan and your 24/7 emergency backup plan.

## **Short-Term Hospitalizations or Nursing Facility/Rehab Stays**

During your Living Choice participation (for 365 days after your transition date), if you require hospital or nursing facility services for any reason for less than 30 days, you would still be considered a Living Choice participant. However, you must complete your 365 days as soon as your condition is stable, and you are able to return to your qualified residence.

Your transition coordinator would work with you to determine if any changes were needed in your service plan to prevent a readmission to the hospital. If you need to return to the nursing facility or hospital for a stay of longer than six months, institutional residency requirements would apply and you would need to be re-evaluated as a new Living Choice participant. Living Choice staff, your transition coordinator, and your transition team are all dedicated to helping you live successfully in the community.

## **Your Waiver Services Continue After Living Choice**

Your services will continue unless you no longer meet financial or medical eligibility. A case manager will continue to contact you periodically to see how you are doing and ask you if your situation has changed. Once each year, your case manager will meet with you to update your service plan. This can be done more often if changes in your circumstances require it. Be sure to contact your case manager if your income, resources, living arrangements, family size or other circumstances change. These changes could affect your eligibility for home and community-based services.





Thank you for participating in Oklahoma's Living Choice Program. Our team wishes you the best of luck in your journey to independent living. Don't hesitate to reach out with any questions at 888-287-2443 or [oklahoma.livingchoice@okhca.org](mailto:oklahoma.livingchoice@okhca.org).

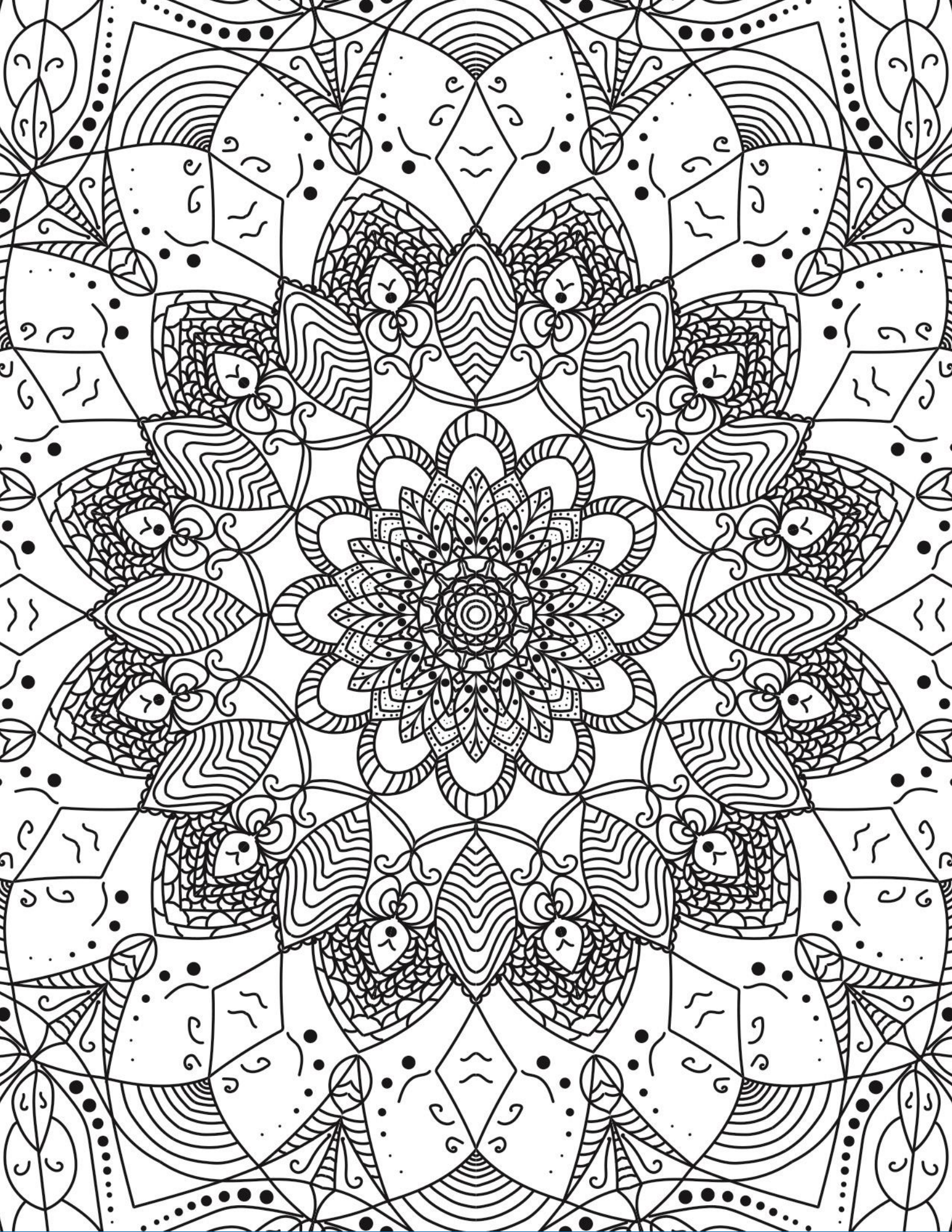
## Essential Household Items

Category/ Initials	Needed Items	Cost
<b>Bedroom</b>		
/	Bed (mattress, box spring, frame)	
/	Bedding (mattress pad, sheets, blanket, bedspread, pillow)	
/	Dresser, nightstand, mirror	
/	Alarm clock	
<b>Bathroom</b>		
/	Bath linens (towels, hand towels, wash cloths, bathmat)	
/	Shower items (curtain, liner, rods, rings)	
/	Accessories (soap dish, toothbrush holder, wastebasket)	
<b>Kitchen</b>		
/	Pots and pans, cooking utensils, cutlery	
/	Bakeware, mixing bowls, measuring cups/spoons	
/	Dishes (plates, cups, bowls, glasses, flatware)	
/	Accessories (pitcher, dish drainer, storage container, can opener)	
/	Garbage can	
/	Microwave	
/	Small appliances (coffee pot, toaster, crockpot)	
/	Linens (dish towels, dish cloths/scrubbers, hot pads)	
<b>Living and Dining Rooms</b>		
/	Sofa or futon	
/	Dining table and chairs	
/	Armchair	
/	Lamp(s)	
/	End table(s)	
/	Bookcase	
<b>Miscellaneous Household Items</b>		
/	Fan	
/	Vacuum	
/	Cleaning supplies (mop, broom, bucket, sponges/cloths)	
/	Telephone	
/	Blinds/curtains	
/	Laundry supplies (basket, hangers)	
/	Repair items (small sewing kit, small tool set)	
/	Calculator	
/	Medication planner	
<b>Grocery and Supplies</b>		
/	Groceries and supplies (See Recommended Grocery List)	
<b>Other</b>		
	Total Costs	\$0.00









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