



## Managed Long-Term Services & Supports

Even though many primary care physicians and other health care providers do not usually get involved with their patients' long-term or senior-care needs, it is important for you to know about the benefits available to your patients through Medi-Cal Managed Long-Term Services and Supports (MLTSS).

As part of California's Coordinated Care Initiative, patients with Medi-Cal—including those who are Cal MediConnect members—will receive their Managed Long-Term Services & Supports (MLTSS) through a health plan instead of as a fee-for-service Medi-Cal benefit.

MLTSS refers to a wide range of services that support people living independently in the community and in long-term care facilities. The MLTSS department at L.A. Care is dedicated to coordinating long-term and senior-care issues for your patients, working collaboratively with you, your patients, their families and other care providers.

### The MLTSS services that L.A. Care will oversee for our Medi-Cal patients include:

- In-Home Supportive Services (IHSS)
- Multipurpose Senior Services Program (MSSP)
- Community-Based Adult Services (CBAS)
- Long-Term Care (LTC) and Skilled Nursing Facilities (SNF)

### In-Home Support Services (IHSS)

IHSS is a program that provides home care services to low-income seniors and people with disabilities, allowing them to continue living safely at home.

Services available through IHSS include:

- **Personal Care** such as bathing and grooming, dressing and feeding
- **Domestic Services** such as housecleaning and chores, meal preparation and clean-up, laundry and grocery shopping
- **Paramedical Services** such as assistance with medications, bowel and bladder care and catheter insertion
- **Other Services** such as accompanying patients to their medical appointments, yard hazard abatement and protective supervision

IHSS services are assessed for and authorized by a County IHSS Social Worker. IHSS recipients hire and train their own workers, set schedules and supervise the care they receive.



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### Multipurpose Senior Services Program (MSSP)

MSSP is an intensive case management program for seniors who are certified for nursing home placement but wish to remain at home. Six MSSP sites serve nearly 3,400 individuals in L.A. County with social and health care management services such as adult day care, housing assistance, chore and personal care assistance, protective supervision, care management, respite care, transportation, meal services, social services and communication services.

### Community-Based Adult Services (CBAS)

CBAS is a program where patients can go to a center during the day for assistance with their daily needs. The goal is to help delay the placement of patients into nursing homes or other institutional care settings.

#### Core Services:

- Professional nursing and medication management
- Therapeutic activities
- Social services and/or personal care services
- One meal offered per day

Additional services include physician, occupational or speech therapy; mental health services; registered dietician services; and, transportation to and from the center to a patient's residence.

### Long-Term Care (LTC)

LTC is the provision of medical, social, and personal care services in either an institution or private home. Most LTC services are provided in Skilled Nursing Facilities. The primary purpose is to assist the individual in the activities of daily living such as assistance in walking, getting in and out of bed, bathing, dressing, feeding, using the toilet, preparation of special diets, and supervision of medication that usually can be self-administered. LTC is essentially personal care that does not require the continuing attention or supervision of trained medical personnel.

### Community Services

Numerous agencies and programs in L.A. County support individuals living independently in the community. While these services are not a part of a member's benefit package, these agencies often work with Medi-Cal health plans like L.A. Care to get plan members the services they need. The MLTSS Department coordinates services with these agencies.

### Care Plan Options

Available to Cal MediConnect plan members only, Care Plan Options are additional services, outside the normal scope of the MLTSS services noted above, that plans may provide to help members stay living safely in their homes. The MLTSS Department is currently developing guidelines for authorizing Care Plan Options for L.A. Care Cal MediConnect Plan members.

*For more information on Managed Long-Term Services and Supports, please contact the MLTSS Department at 855-427-1223, or via email at [LTSS@lacare.org](mailto:LTSS@lacare.org).*