

# ADVOCACY DENVER

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providing active voice and supporting civil rights  
for people with disabilities

**Complementary and Integrative Health Waiver  
(CIH)**

# Complementary and Integrative Health Waiver (CIH)

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- A waiver is an extra set of Health First Colorado (Colorado's Medicaid program) benefits that you could qualify for in certain cases. These benefits can help you remain in your home and community.
- The Complementary and Integrative Health (CIH) Waiver is available statewide to Home and Community Based Services (HCBS) eligible Coloradans living with a spinal cord injury (traumatic or nontraumatic), multiple sclerosis, muscular dystrophy, brain injury, spina bifida, or cerebral palsy **with the inability for independent ambulation** over the age of 18.

# Complementary and Integrative Health Waiver (CIH)

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- CIH services work with or add to the services that you receive through the Health First Colorado State Plan and other federal, state, and local public programs.
- CIH also works with the supports that families and communities provide.
- If you receive services through the CIH waiver, you are also eligible for all Health First Colorado covered services except nursing facility and long-term hospital care.

# How do I Qualify?

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## Level of Care

- You require long-term support services at a level comparable to services typically provided in a nursing facility.

## Eligibility Group

- You must be 18 years or older.
- Have a qualifying condition of a spinal cord injury (traumatic or nontraumatic), multiple sclerosis, brain injury, spina bifida, muscular dystrophy, or cerebral palsy.
- Have been determined to have an inability for independent ambulation resulting from the qualifying condition as identified by the case manager through the assessment process. The inability for independent ambulation means:
  - The individual does not walk and requires the use of a wheelchair or scooter in all settings, whether or not they can operate the wheelchair or scooter safely on their own, OR;
  - The individual does walk, but requires use of a walker or cane in all settings, whether or not they can use the walker or can safely on their own, OR;
  - The individual does walk, but requires "touch" or "stand-by" assistance to ambulate safely in all settings.

# How do I Qualify?

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## Financial

- Your income must be less than three times the current Federal Supplemental Security Income (SSI) limit per month. (See SSI website for current information)
- For a single person, your countable resources must be less than \$2,000.
- For a couple, the countable resources must be less than \$3,000.
- If you do not meet these financial requirements, you may be eligible through the Health First Colorado Buy-In Program for Working Adults with Disabilities.



# Benefits and Services

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- Acupuncture, Chiropractic Services, Massage Therapy
- Home Delivered Meals
- Home Modifications
- Homemaker Services
- In-Home Support Services (IHSS)
- Life Skills Training
- Medication Reminder
- Non-Medical Transportation
- Peer Mentorship
- Personal Care
- Personal Emergency Response Systems
- Respite Care
- Transition Set Up



# Benefits and Services

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- **Consumer Directed Attendant Support Services (CDASS)**

- Consumer Directed Attendant Support Services (CDASS) lets you direct and manage the attendants who provide your personal care, homemaker and health maintenance services, rather than working through an agency. Through CDASS, you are empowered to hire, train and manage attendants of your choice to best fit your unique needs or you may delegate these responsibilities to an Authorized Representative.



# Benefits and Services

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- Adult Day Services help you live independently in the community. Services are given in an Adult Day Center. Services include basic social and health services such as:
  - Social and recreational services
  - Help with daily activities like eating, dressing and bathing
  - Emergency services
  - Nutrition services
  - Health monitoring services
  - Medication supervision
  - Special services for more complex needs





# Commonly Needed Documentation

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- Documented diagnosis
- Medical documentation to justify level of care services
- Daily breakdown of activities of daily living and how long each activity lasts



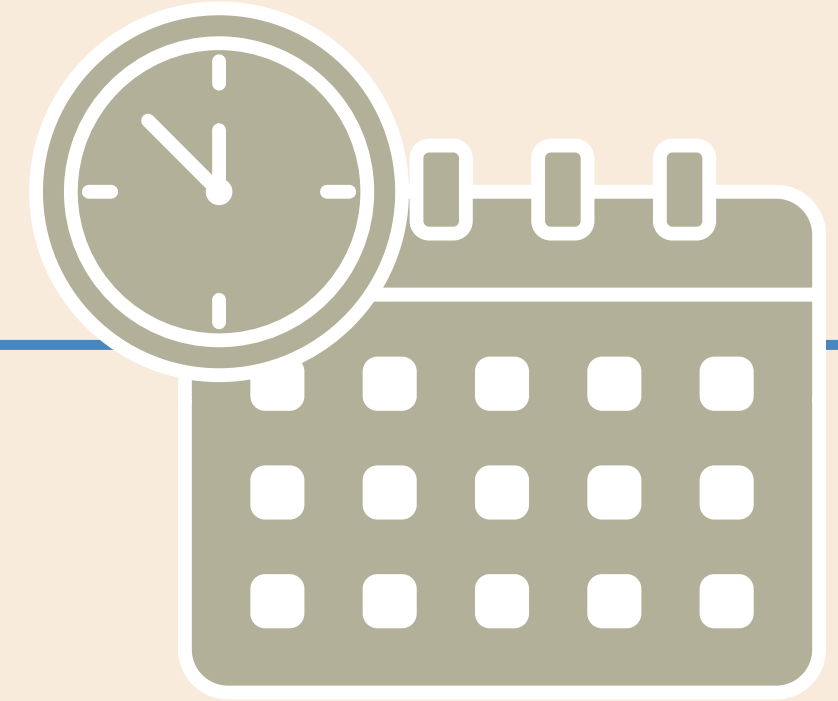
# Where do I Start?

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- Apply at your county's Single Entry Point (SEP)
  - List of SEPs by county: [/hcpf.colorado.gov/single-entry-point-agencies](https://hcpf.colorado.gov/single-entry-point-agencies)
- Denver County Residents apply at Rocky Mountain Human Services
  - 9900 E. Iliff Avenue, Denver, CO 80231
  - Main Phone: 1-844-790-RMHS (7647)
  - Website: [www.rmhumanservices.org](http://www.rmhumanservices.org)

# Timeline

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- 90 -180 days start to finish.
- Timely response is key - always get your required documentation in as soon as possible.
- CDASS requires mandatory training before services start that can take up to 45 days to complete, depending on the individual.
- CDASS services require set up with an outside payroll agency and your employees must complete a packet and background check.