



North Carolina Home and Community Based Services

Home and Community-Based Services (HCBS) enable consumers to remain in their own homes and continue enjoying their independence with support. HCBS may be paid for by the Medicaid State Plan, Medicaid waivers, Medicare, Long-Term Care Insurance, VA benefits or purchased privately from your own resources. To contact a local service provider, go to <http://www.ncdhhs.gov/aging/service.htm>

Service Examples

- **Day services:** an organized program of services during the day in a community group setting for the purpose of supporting the personal independence of older adults and adults with disabilities and promoting their social, physical and emotional well-being.
- **Home Care Services:** provides individuals who have functional/ physical and/or mental limitations with nursing services ,physical therapy, speech therapy, occupational therapy, medical social work services, in-home aide services,infusion nursing services, companion services, sitter services
- **PACE:** a managed care program for adults age 55+ who need nursing home level of care but want to live as independently as possible. Each individual must be determined able to be cared for in the community safely. Once enrolled, the PACE Program provides all the medical care, social services, and personal care services required by the individual.
- **Senior center:** a community facility where adults age 55+ come together for educational, recreational and wellness activities that reflect their skills and interests
- **Case/Care Management:** a coordinated function that includes assessment of need, care planning, assistance with accessing services, monitoring and advocacy
- **Respite:** short-term, temporary supervision or care provided to an individual when the primary caregiver cannot be there or needs "time off" from caregiving responsibilities.
- **Mental Health Counseling:** incorporates care consultation, evaluation, and outpatient treatment to adults who are experiencing mental health problems
- **Home Modification/Repair:** minor to major repairs and renovations that allow older adults and adults with disabilities to remain living in their own homes safely
- **Meal Preparation and Delivery:** at least one nutritionally sound meal delivered to an individual's home daily.
- **Friendly Visitor/Telephone Reassurance:** Regular contact by trained volunteers to increase safety and reduce social isolation