

How Do I Get Started?

For the HCB Waiver, contact your local Area Agency on Aging and Independent Living:

Barren River: (800) 598-2381 or (270) 781-2381
Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, Warren

Big Sandy: (800) 737-2723 or (606) 886-2374
Floyd, Johnson, Magoffin, Martin, Pike

Bluegrass: (866) 229-0018 or (859) 269-8021
Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, Woodford

Buffalo Trace: (800) 998-4347 or (606) 564-6894
Bracken, Fleming, Lewis, Mason, Robertson

Cumberland Valley: (800) 795-7654 or (606) 864-7391
Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle, Whitley

FIVCO: (800) 499-5191
Boyd, Carter, Elliott, Greenup, Lawrence

Gateway: (606) 780-0090
Bath, Menifee, Montgomery, Morgan, Rowan

Green River: (800) 928-9094 or (270) 926-4433
Daviess, Hancock, Henderson, Mclean, Ohio, Union, Webster

Kentucky River: (800) 928-5723 or (606) 436-3158
Breathitt, Knott, Lee, Leslie, Letcher, Perry, Owsley, Wolfe

KIPDA: (800) 928-6084 or (502) 266-5571
Bullitt, Henry, Jefferson, Oldham, Shelby, Spencer, Trimble

Lake Cumberland: (800) 916-7092 or (270) 866-4200
Adair, Case, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor, Wayne

Lincoln Trail: (800) 264-0393 or (270) 769-2393
Breckinridge, Grayson, Hardin, Larue, Marion, Meade, Nelson, Washington

Northern Kentucky: (866) 826-4118 or (859) 283-1885
Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen, Pendleton

Pennyrile: (800) 928-7233 or (270) 886-9484
Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd, Trigg

Purchase: (877) 352-5183 or (270) 247-7171
Ballard, Calloway, Carlisle, Fulton, Hickman, Graves, Marshall, McCracken

For the ABI, SCL and MP Waivers, contact your regional Community Mental Health Center:

Adanta (Lake Cumberland Regional MH/MR): (606) 679-4782
Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor, Wayne

Bluegrass MH/MR: (859) 271-3812 or (800) 928-8000
Anderson, Bourbon, Clark, Estill, Fayette, Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, Woodford

Communicare: (270) 765-2605 or (888) 344-8066
Breckinridge, Grayson, Hardin, Larue, Marion, Meade, Nelson, Washington

Cumberland River: (606) 528-7010
Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle, Whitley

Four Rivers Behavioral Health: (270) 442-5088
Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, Livingston, Marshall, McCracken

Kentucky River Community Care: (800) 262-7491 or (606) 666-9006
Breathitt, Knott, Lee, Leslie, Letcher, Owsley, Perry, Wolfe

Lifeskills: (270) 901-5000
Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, Warren

Mountain Comprehensive Care Center: (606) 886-8572
Floyd, Johnson, Magoffin, Martin, Pike

Northkey: (859) 331-3292 or (877) 331-3292
Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen, Pendleton

Pathways: (606) 329-8588
Bath, Boyd, Carter, Elliot, Greenup, Lawrence, Menifee, Montgomery, Morgan, Rowan

Pennyroyal Regional Center: (877) 473-7766
Caldwell, Christian, Crittenden, Hopkins, Lyon, Muhlenberg, Todd, Trigg

River Valley Behavioral Health: (800)737-0696
Daviess, Hancock, Henderson, McLean, Ohio, Union, Webster

Seven Counties Services: (800) 459-5292 or (502) 459-5292
Bullitt, Henry, Jefferson, Oldham, Shelby, Spencer, Trimble



Consumer Directed Option

C D O

Consumer Directed Option

Consumer Directed Option
Department for Aging and Independent Living
275 East Main St., 3W- F
Frankfort, Kentucky 40621
(877) 293-7447
(502) 564-6930

Cabinet for Health and Family Services



What is Consumer Directed Option?

Consumer Directed Option (CDO) gives Medicaid waiver members more choices in the way some Medicaid services are provided. With CDO you can choose who will provide services you need as well as how, when and where services will be provided.

Who is eligible?

Medicaid members who qualify for the following waivers:

- *Home and Community Based (HCB) waiver* provides respite, personal care, homemaking and attendant care for the elderly and people with disabilities.
- *Supports for Community Living (SCL) waiver* provides community living supports, respite, adult day training and supported employment for persons with mental retardation/developmental disabilities.
- *Acquired Brain Injury (ABI) Waiver* provides companion care, respite and personal care for persons with an acquired brain injury.
- *Michelle P. (MP) Waiver* provides a blend of services offered under the HCB and SCL waivers. The MP Waiver provides personal care, homemaker services, supported employment, adult day training, respite, behavioral supports, adult

day healthcare, attendant care, community living supports, as well as occupational, speech and physical therapy.

Residential and medical services are not covered under the Consumer Directed Option. Your support broker can advise you about CDO eligible services.

Are there goods and services I can get with my budget?

You can use some of your budget to buy goods and services to help you increase your independence or reduce your need for personal care.

What if I need help directing my services?

You can choose a qualified friend or family member to be your representative or ask your support broker to help you find a representative to help you direct your services. Your representative cannot charge for the help provided and will not be a paid employee.

What if I want to direct some services and keep other services with my current agency?

You can blend services, keeping some services with your current provider and directing other services yourself.

What if I no longer want to direct my services?

You can return to traditional service delivery at any time with no loss of services.

Who can provide CDO services?

You or your representative will recruit, hire and supervise staff to provide services approved in your plan of care. You may hire qualified family members, friends, neighbors, an agency or others to provide the services you need.

Who helps me get services?

A support broker will help you design a plan of care based on your identified needs. Your support broker will also help you decide staff duties, work schedules and wages and help you find staff to provide services.

Support brokers work for either a local Area Agency on Aging and Independent Living or a regional Community Mental Health Center depending on the waiver program you're approved to receive services.

Your support broker will work with a financial management agency to prepare your employee payroll. You can use some of your budget to buy goods and services to help you live as independently as possible or reduce your need for services.