



Integrated Care Network (ICN)

ICN Physicians' Overview
July 2019

Introduction

The purpose of this training is to introduce you to the Alabama Select Network Integrated Care Network (ICN).

We will familiarize you with the purpose of the program, Alabama Select Network's role in the program and how we can work in tandem with physicians to better serve our communities.



What is an ICN?

The Integrated Care Network, or ICN, is a program that provides enhanced case management, education, and outreach services to Medicaid members needing long-term services and supports (LTSS).

LTSS can include help doing everyday activities that you may no longer be able to do for yourself – services like bathing, dressing, getting around your home, preparing meals, or doing household chores.

They include care in your own home or in the community. This helps in keeping you from having to go to a nursing home for as long as possible. These are called Home and Community-Based Services (HCBS).

However, LTSS could also take place in a Nursing Home. The member chooses their preferred setting in which to receive care. Freedom of choice is a critical component of the ICN.



Alabama Select Network

Alabama Select Network, LLC (ASN) is an Alabama company formed July 21, 2017. ASN is a joint venture between Senior Select Partners, Shared Health, and AlaHealth:

SeniorSelect Partners is sponsored by providers who operate nursing facilities, long term care pharmacies, nurse practitioner companies, DME companies, Medicare certified home health agencies and hospice companies in Alabama.

Shared Health is a wholly owned subsidiary of BlueCross BlueShield of Tennessee.

AlaHealth is a wholly owned subsidiary of Blue Cross and Blue Shield of Alabama.

Alabama Area Agencies on Aging are regional offices that maintain the day-to-day case management and work with the enrollees of the ICN population while coordinating efforts with the other ICN entities.

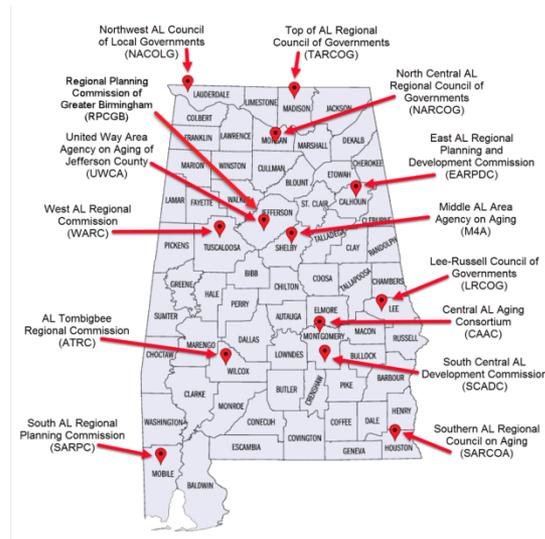


Other Resources and Agencies

Alabama Medicaid Agency (AMA) is the Medicaid Agency for the State

Alabama Department of Senior Services (ADSS) is the Operating Agency

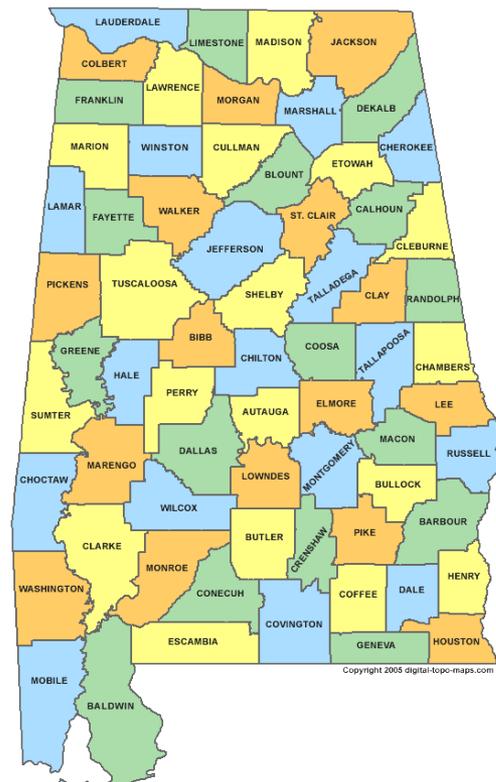
Aging and Disability Resource Center (ADRC) is a function operated within the AAAs



Waivers Covered within ICN

Elderly and Disabled (E & D) Waiver

Alabama Community Transition (ACT) Waiver



Elderly and Disabled (E & D) Waiver

This program is for those who qualify for Medicaid financially AND who would require placement in a long-term care facility if they did not get help in their home.

There are three basic requirements for eligibility:

- Income = No more than \$2,313* monthly (Qualified Income Trust can be utilized for individuals with income in excess of \$2,313* monthly)
- Resources = No more than \$2,000*
- Medical = Must meet nursing facility the level of care

*These monetary amounts are for 2019 and are revised annually.



Services Provided by E & D Waiver

Case Management – Assigned Case Managers will visit Enrollees in their homes one time a month (and additionally as needed) and assist in Creating a Care Plan. The Care Plan will include the types and amounts of services needed.

Personal Care – To help with daily activities such as bathing, dressing and eating.

Homemaker Services – Helps with light housekeeping to keep the home safe and clean. Includes tasks like washing dishes, light cleaning and laundry.

Adult Companion Services – Assists with daily activities and offers additional support or supervision.

Adult Day Health Care – Enrollees can attend for several hours during the day to get services and participate in activities. The Adult Day Health Care centers can provide transportation on an as-needed basis.

Skilled/Unskilled Respite – Service provided to caregivers to offer them time to step away and rest.

Home Delivered Meals – Nutritional meals that are delivered to the home.



Consumer Directed Services

With both the services you have just reviewed offered by the E&D Waiver, and the services you will see in the next section for the ACT Waiver, there is the option of Personal Choices.



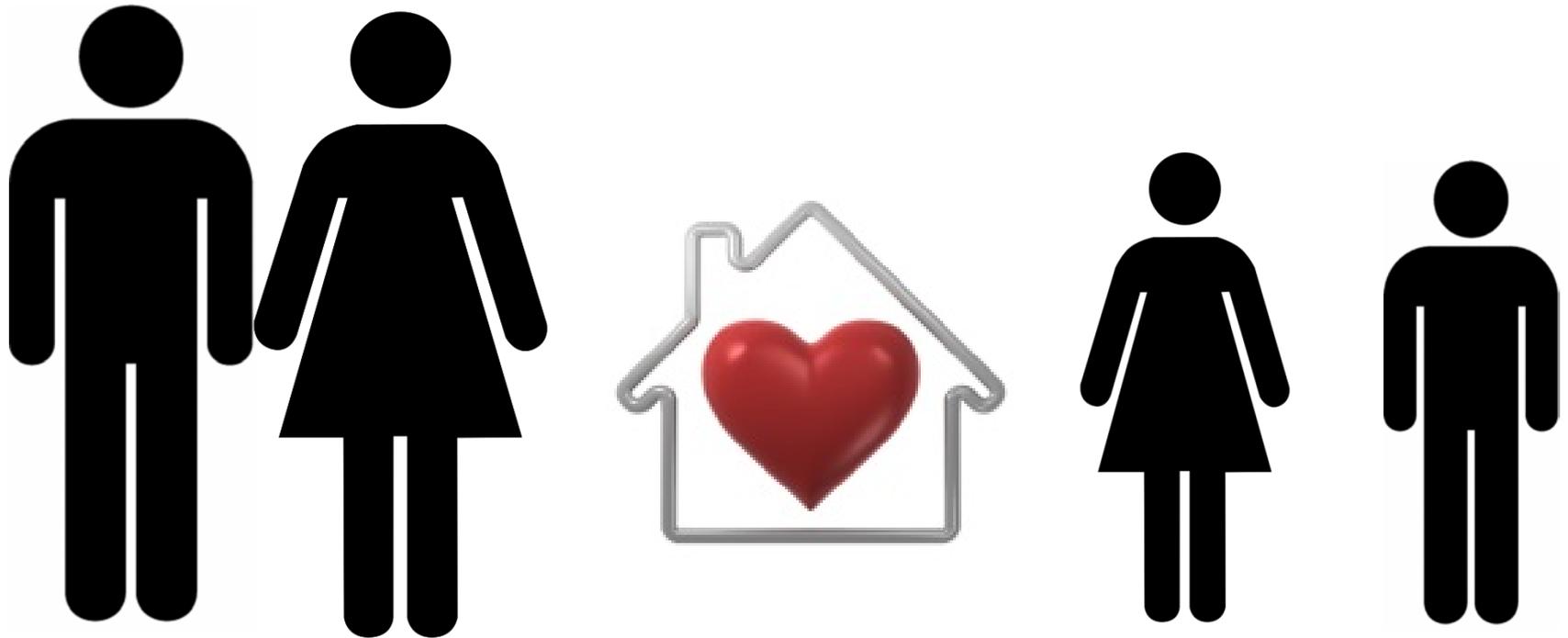
The Enrollee may choose to hire someone to help with care or you can save money for equipment purchases. Financial counselors help create a budget to manage the Enrollee's money. These services are available through Personal Choices.

Unskilled Respite
Homemaker

Personal Care
Companion Services

Alabama Community Transition (ACT) Waiver

This program provides services to individuals with disabilities or long-term illnesses who currently reside in an institution and who desire to transition to the home or community setting. This waiver includes both adults and children.



Types of Services Provided by ACT Waiver

In addition to the types of services offered by the E&D Waiver, the ACT Waiver also offers:

Transitional Assistance Services – Helps provide Enrollees who want to move from a Nursing Home to their own home with moving expense like deposits, buying household items

Skilled Nursing – Available for members who need observation or services that can only be provided by a Nurse

Assistive Technology – Items that help with Enrollee daily activities and safety

Personal Emergency Response Systems (PERS) – Installation and monthly fees for a device that is worn around the neck and can be used to call for emergency help

Medical Equipment, Supplies and Appliances – Materials aiding in safety and daily activities, and preventing things such as bedsores and infections

Personal Assistance Services (PAS) – Assists Enrollees with physical disabilities perform activities on their job

Home Modification – Minor revisions to a home such as wheelchair ramps, grab-bars, and door-widenings to make it possible for Enrollees to remain safe and comfortable in their homes

Who is Excluded from ICN?

Not all waiver populations are eligible for ICN. Some excluded waivers include:

- State of Alabama Independent Living (SAIL) Waiver
- Intellectual Disabilities (ID) Waiver
- Living At Home (LAH) Waiver
- Technology Assisted (TA) Waiver for Adults



Eligibility for ICN is determined by AMA, and a complete listing of waivers and their terms for qualification can be found at:

https://medicaid.alabama.gov/documents/6.0_LTC_Waivers/6.1_HCBS_Waivers/6.1_HCBS_Waiver_Summary_1-8-19.pdf

AMA Goals for ICN Program

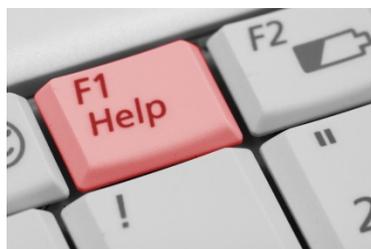
- Improve education and outreach about LTSS options
- Provide more comprehensive and integrative Case Management that promotes person-centered planning, enhances quality of life, and improves health outcomes
- Drive a shift in the percentage of the LTSS population residing in the HCBS setting
- Increase the percentage of recipients using Home and Community Based Services (HCBS) for long term care
 - Presently mix of Medicaid long term care beneficiaries is approximately 70% nursing home residents and 30% community
 - The Agency would like the future mix (in 5 years) to be 67.2% nursing home residents and 31.6% community – these targets were set in May 2019

ASN will do this by “deflecting” future recipients into Home and Community Based Services (HCBS) service, as well as assisting those wishing to transition from the Nursing Facility to a Home and Community based setting.



Here's How We Can Help You

The goal of Alabama Select Network (ASN) is to complement and enhance the current long-term services and supports (LTSS) system by introducing tools to better manage the medical and LTSS needs of members. ASN will educate members and other stakeholders about the full array of LTSS options, and work to promote LTSS use in the least restrictive setting.



ASN works with providers to create a positive change in the LTSS community. We offer enhanced case management, including Medication Reconciliation; ongoing Case Manager education; Care Transitions for Enrollees with a diagnosis of Sepsis or COPD; and outreach services in order to help Enrollees reach their full potential. ASN strives to make it possible for individuals to lead healthier and happier lives at their home and in their communities.

Regional ASN Case Manager Supervisors

There are five ASN Case Manager Supervisors who each work with multiple AAAs in their designated region as a liaison and resource. They are:

Krysie Caros - ATRC, SARPC

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Tracey Davenport - NACOLG, NARCOG, WARC

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Lisa Hynes - EARPDC, TARCOG

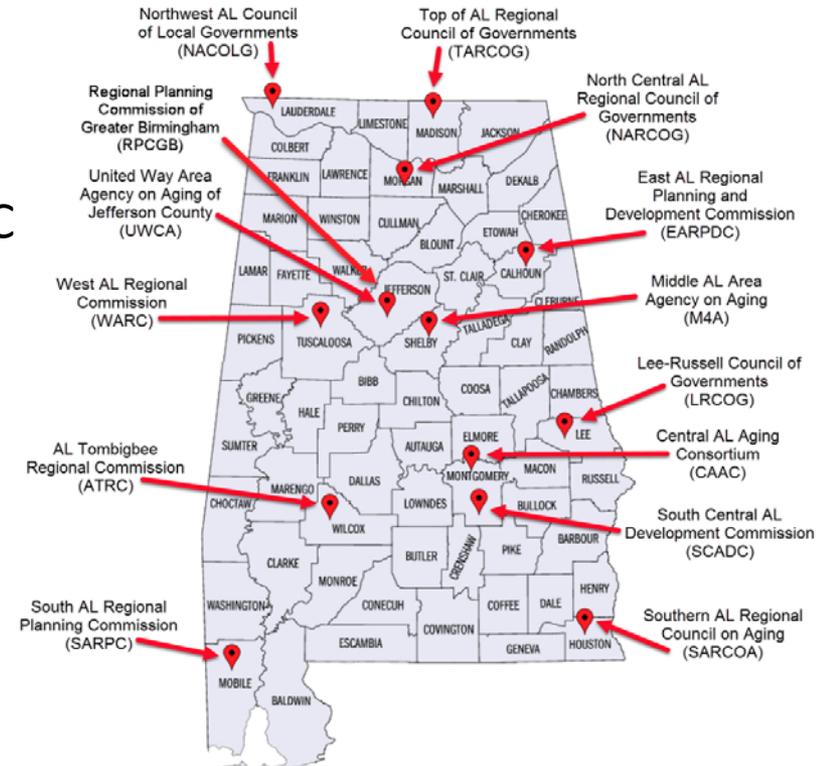
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Counties Covered by AAA

NACOLG:

Colbert, Franklin, Lauderdale, Marion, Winston

TARCOG:

DeKalb, Jackson, Limestone, Madison, Marshall

NARCOG:

Cullman, Lawrence, Morgan

WARC:

Bibb, Fayette, Greene, Hale, Lamar, Pickens, Tuscaloosa

M4A:

Blount, Chilton, Shelby, St. Clair, Walker

EARPDC:

Calhoun, Chambers, Cherokee, Clay, Cleburne, Coosa, Etowah, Randolph, Talladega, Tallapoosa

Counties Covered by AAA

ATRC:

Choctaw, Clarke, Conecuh, Dallas, Morengo, Monroe, Perry, Sumter, Washington, Wilcox

CAAC:

Autauga, Elmore, Montgomery

LRCOG:

Lee, Russell

SCADC:

Bullock, Butler, Crenshaw, Lowndes, Macon, Pike

SARPC:

Baldwin, Escambia, Mobile

SARCOA:

Barbour, Coffee, Covington, Dale, Geneva, Henry, Houston

RPCGB: Jefferson (Greater Birmingham)

Referrals to Area Agencies on Aging

West Alabama Regional Commission
(WARC)
Northport, AL
205.333.2990

Northwest Alabama Regional Council of
Governments (NACOG)
Muscle Shoals, AL
256.389.0500

North Central Alabama Regional Council of
Governments (NARCOG)
Decatur, AL
256.355.4515

Top of Alabama Regional Council of
Governments (TARCOG)
Huntsville, AL
256.830.0818

East Alabama Regional Planning &
Development Commission (EARPDC)
Anniston, AL
256.237.6741

Middle Alabama Area Agency on Aging
(M4A)
Columbiana, AL
205.670.5770

Referrals to Area Agencies on Aging

Regional Planning Committee of Greater
Birmingham (RPCGB)
Birmingham, AL
205.325.1416

Alabama Tombigbee Regional Commission
(ATRC)
Camden, AL
334.682.4234

South Central Alabama Development
Commission (SCADC)
Montgomery, AL
334.244.6903

Central Alabama Aging Consortium (CAAC)
Montgomery, AL
334.240.4666

Lee-Russell Council of Governments
(LRCOG)
Opelika, AL
334.749.5264

South Alabama Regional Planning
Commission (SARPC)
Mobile, AL
251.433.6541

Southern Alabama Regional Council on
Aging (SARCOA)
Dothan, AL
334.793.6843

Additional ASN Contact Information

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