

# NC Family to Family Health Information Center

*"A beacon for families of children with special health care needs."*

NC Family to Family Health Information Center  
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Fact Sheet

9

## Community Alternatives Programs (CAP)

North Carolina operates four programs to provide home and community care as a cost-effective alternative to institutionalization. These are known as "waiver" programs because standard program requirements are waived to allow the program to operate. The waiver programs provide some services that are otherwise not covered under Medicaid.

**CAP for Children (CAP/C):** statewide program which provides an alternative to nursing facility and hospital care for individuals:

- Under age 19.
- Who live in a primary private residence, and whose health, safety and wellbeing can be maintained in their primary residence.
- Who are medically high risk children and who would be institutionalized in a nursing facility or hospital without the Medicaid payment for the home care available through CAP/C.
- Who can have their needs met through the monthly cost limit.
- Who require Medicaid coverage through CAP/C services in addition to CAP/C case management to remain safely in their primary residence.
- Who have been ruled disabled by **Disability Determination Services (DDS)**.
- The CAP unit of **DMA** determines whether medical necessity has been established and if an individual may participate.

For questions other than eligibility contact the DMA CAP unit at (919) 855-4380.

**CAP for Disabled Adults (CAP/DA):** CAP/DA provides an alternative to nursing facility care for persons who are:

- Age 18 and older.
- Live in a private residence.

For questions other than eligibility contact the CAP/DA unit at (919) 855-4360.

The Family to Family Health Information Center is a program of The Exceptional Children's Assistance Center (ECAC) and is affiliated with Family Voices of North Carolina. This fact sheet was developed with funding from the U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau, Division of Services for Children with Special Health Needs. The NC Family to Family Health Information

# Community Alternatives Programs (CAP)

**CAP for Disabled Adults, Consumer Directed Care (CAP/Choice):** CAP/Choice is similar to CAP/DA in that it allows adults to remain in their private residence as an alternative to nursing facility care. CAP/Choice is a new program that allows Medicaid recipients flexibility to arrange for their care and the purchase of non-traditional goods and services that will increase their independence. The recipients are not required to go through a Home Care Agency for personal care services. They can choose whomever they desire, including a family member. The disabled adult may:

- Decide what special skills, if any, the people hired must possess.
- Train the workers to meet their needs.
- Replace (fire) workers, when necessary, who do not meet their needs.

For questions other than eligibility contact the CAP/Choice unit at (919) 855-4366.

**CAP for the Mentally Retarded/Developmentally Disabled (CAP/MR-DD):**

CAP/MR-DD provides an alternative to care in an intermediate care facility for people with mental retardation/developmental disabilities (**ICF/MR**). The program's goal is to allow individuals to return to and/or live in the community with as much independence as possible.

Participation depends on the availability of "slots" and services as well as meeting the criteria for ICF-MR/DD Level of Care. Prior approval is required for this level of care. To qualify, the individual must:

- Require active treatment necessitating the ICF-MR/DD level of care.
- Have a diagnosis of mental retardation or a condition that is closely related to mental retardation (MR).
- Have MR or a related condition that is manifested before the individual reaches age 22.
- Have MR or a related condition resulting in great functional limitations in 3 or more major life areas.

For questions other than eligibility contact the CAP/MR-DD unit at (919) 715-2774.

For more information about these programs visit:

[www.ncdhhs.gov/dma/commaltprog.htm](http://www.ncdhhs.gov/dma/commaltprog.htm)