

Getting long-term services and supports

As a PHP Care Complete FIDA-IDD Plan Participant, you may be able to get long-term services and supports (LTSS), such as adult day health care, which includes care and services provided in a residential health care facility or approved extension site under the medical direction of a physician to a person who is functionally impaired, not homebound, and who requires certain preventive, diagnostic, therapeutic, rehabilitative or palliative items or services, and personal care services, which are services provided to assist individuals in activities of daily living. Long-term services and supports are help for people who need assistance to do everyday tasks like taking a bath, getting dressed, making food, and taking medicine. Most of these services are provided at your home or in your community but could be provided in an intermediate care facility or hospital. A full list of covered LTSS is available in Chapter 4 of your Participant Handbook.

When you enroll in our plan, your Care Manager will assess your medical, behavioral health, long-term services and supports (LTSS), and social needs. This will help your IDT to develop a Life Plan that specifically addresses your health care needs. Your IDT will continually monitor your health care needs. As your needs change, your Care Manager will work with you to update your Life Plan.



If you have questions, please call PHP Care Complete FIDA-IDD Plan at 1-855-747-5483 and 711 for TTY users, 8AM to 8PM, seven days a week. The call is free. **For more information**, visit www.phpcares.org.