

# Things to Do While You Wait for Innovations Waiver Services

Use this checklist to discover the things you can do while you wait for a slot for the Innovations Waiver. You can use this with the Innovations Waiver Pathway or on its own. These tips are from others who have already traveled the trail before you.

The information provided in this document is intended for general informational purposes only and should not be construed as professional advice or guidance. It is important to acknowledge that there are many ways to reach a desired outcome, and the methods, strategies, and approaches discussed may not be suitable for every individual or situation. As systems change, so will the resources in this document. Other formats are available upon request.

## Tip 1: Educate and inform others.

- Ensure that your whole family has an understanding of you or your family member's diagnoses and where they can go to learn more. Help them to understand the importance of understanding multiple diagnoses, including mental health ones. Share information that helps family caregivers understand more about what services and supports are available in the home and community, and how to get them. Educate others on [Home and Community Based Services](#) and how they help people live in the community or home.

## Tip 2: Determine your eligibility for other services while you wait.

- [Apply for Medicaid](#): If you haven't already done so, apply for Medicaid.
- [Apply for 1915\(i\) Waiver services](#): Learn about getting Home and Community-Based Services through the 1915(i) Waiver and apply to determine if you are eligible. Only those with Medicaid may be eligible for 1915(i) services.
- [Apply for Social Security disability benefits](#): Check out the [Supplemental Security Income \(SSI\)](#) program and the [Social Security Disability Insurance \(SSDI\)](#) program.
- [For children, learn if you are eligible for CAP/C services while you wait](#): Learn about [Community Alternatives Program for Children \(CAP/C\)](#).
- [For adults, learn if you are eligible for CAP/DA services while you wait](#): Learn about [Community Alternatives Program for Disabled Adults \(CAP/DA\)](#).
- See if you are eligible for employment services at [Employment and Independence for People with Disabilities \(EIPD\)](#), previously known as Vocational Rehabilitation.

**Tip 3: Learn more about services from your LME/MCO (Local Management Entity/Managed Care Organization) and contact them for updates or to report changes.**

- Each LME/MCO manages the Innovations Waiver within its own catchment area (counties) with its members.** They each have their own information materials. Take time to read through the Innovations Waiver materials from your LME/MCO:
  - **Alliance Health:** <https://www.alliancehealthplan.org/tp-members/accessing-bh-i-dd-tailored-plan-services/innovations-waiver-services/>
  - **Partners:** <https://www.partnersbhm.org>
  - **Trillium Health Resources:** <https://www.trilliumhealthresources.org>
  - **Vaya Health:** <https://www.vayahealth.com/benefits-services/intellectual-developmental-disabilities/nc-innovations-waiver-registry-unmet-needs/>
- Report changes to your LME/MCO:** If any significant changes have happened or if you are experiencing a crisis, contact your local LME/MCO to update them and see if there could be an emergency slot available. Also, be sure to let them know if your contact information changes or if you have moved.

**Tip 4: Be sure to look for support, stay abreast of policy changes regarding the Innovations Waiver or its Waitlist, and continue preparing for the future while you wait.**

- Look for support while you wait:** You can find community-based resources from the North Carolina Family and Youth Organizations/Agencies Resource Directory.
- Check the Waitlist dashboard:** Keep track of your progress with the Innovations Waitlist Dashboard and stay positive—each step brings you closer to the support you need. This dashboard displays Innovations Waiver waitlist counts by LME/MCO and county.
- Consider decisions and other things to plan for you or your family member's future:** This involves estate planning, ABLE accounts, guardianship and alternatives to guardianship, supported decision-making, special needs trusts, and more.
- Plan for your lifespan:** Discover what it takes to live the life you want to live by using resources from the LifeCourse Network.
- Be prepared for when you get a Waiver slot:** Be ready by understanding the potential challenges, such as income limits, workforce shortages for direct support professionals, and variations in service availability. Knowing these aspects will help you manage your benefits effectively and make the most of the resources available.
- Keep your records up-to-date:** Keep records up-to-date that you will need to get the Innovations Waiver. Check your LME/MCO for the details of what you will need.
- Check out the Inclusion Connects website:** This is an NCDHHS initiative to connect people with I/DD to more choices and more access to services and supports.

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