



What is an Assisted Living Program (ALP) in an Adult Home and how does it affect me?

What is an Assisted Living Program (ALP)?

Assisted Living Programs are services available in some adult homes and enriched housing programs. If a home has ALP certification for some or all of its beds, residents enrolled in the ALP can receive additional services from the ALP. A resident does not need to physically change beds to enroll in or disenroll from the ALP.

In some cases, the additional services available through the ALP are services residents previously received from a different Medicaid provider. The chart below gives some examples.

If you . . .	Then if you enroll in the ALP, you . . .
have an aide through a Medicaid managed care plan	will have an aide from the ALP.
go to a day program	might not be able to go to that day program, but can participate in a day program run by the ALP.
want someone to help you with dressing or bathing	will be assigned an aide to assist you.

What services must an adult home provide to all residents?

All residents at adult homes, whether or not they are enrolled in the ALP, are entitled to certain services, paid for by their “rent” or “room and board”:

- **A furnished room.** Residents might share a room, but each resident is entitled to a single bed, a pillow, a chair, a table, a lamp with a shade, a dresser, closet space, and lockable storage. The windows must have curtains, blinds or shades.
- **Free linens and laundry.** The home must provide two sheets and one pillowcase, at least one blanket and one bedspread, towels and washcloths. The home must also provide soap and toilet paper as needed. Your linens should be changed weekly or more often if needed.
- **Housekeeping services** to maintain a clean and comfortable environment.
- **Medication management.** If you need help, the home must assist you in taking your medications. If you’re able to administer your own medications, the home must offer to help you store them.

- **Personal care.** The home must provide a limited amount of assistance, if you need it, with dressing, bathing, using the toilet, brushing or combing your hair, shaving, caring for your nails, brushing your teeth and eating in the dining room.
- **Activities.** The home must offer an organized and varied program of individual and group activities that help develop your potential as a person.

What additional services do ALPs provide to residents?

If an adult home resident is enrolled in the ALP, they are entitled to additional services, consistent with their individualized care plan, which are paid for by Medicaid:

- **Personal Care & Home Health Care.** The ALP must provide assistance, if you need it, with dressing, bathing, using the toilet, brushing or combing your hair, shaving, caring for your nails, brushing your teeth and eating in the dining room.
- **Medical Supplies and Equipment.** The ALP must provide some medical supplies, like incontinence supplies, if you need them. The ALP can help arrange for you to obtain other medical equipment, like hearing aides, through Medicaid, but it does not provide them directly.
- **Nursing and Therapy Services.** The ALP must provide nursing services, physical therapy, occupational therapy, and speech therapy to residents, as needed.
- **Adult Day Health Program.** The ALP must provide an Adult Day Health Program. If you enroll in the home's ALP, you might not be able to attend the same day program you attended before you were in the ALP. That's because Medicaid will not pay multiple providers for the same service.

If a resident lives in an adult home that is converting to an ALP or already has ALP beds, is the resident required to enroll in the ALP?

No. Enrollment in the ALP is the resident's choice. Some residents find that it's convenient to receive services from the ALP, while others prefer to receive services from other providers. A home cannot evict or retaliate in any other way if a resident does not enroll in the ALP.

Does enrolling in the ALP affect which doctors I can see?

Residents can see the doctor of their choice, whether or not the resident is enrolled in the ALP. Most Medicaid recipients in adult homes are enrolled in insurance companies called Managed Long Term Care Plans, so they need to see a doctor in their plan's network. Residents in the ALP have "straight" Medicaid instead of a private insurance plan, and they can go to any doctor who accepts straight Medicaid.

How can I disenroll from the ALP?

Tell your adult home's case manager that you don't want the services provided by the ALP. If you need help, you can call Mobilization for Justice at 877-417-2427.

DISCLAIMER: This fact sheet gives general information for NYC residents; it is NOT legal advice.