

Resources and contact information

Education and in-reach specialists

Any of the following workers can provide information about home and community-based living:

Brooke Hellekson

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Colleen Koch

ckoch@utah.gov / 385-303-8651

Eman Warburton

ewarburton@utah.gov / 385-329-5310

Alan Norton

alannorton@utah.gov / 385-303-6741

Constituent services

Division of Integrated Healthcare

Tracy Barkley

1-877-291-5583

medicaidmemberfeedback@utah.gov

**Division of Services for People with
Disabilities**

Brenda Carlisle and Bob Pease

1-801-538-4091 / dspd@utah.gov

DHHS mailing addresses

Long Term Services and
Supports

PO Box 143112

Salt Lake City, Utah 84114-3112

Division of Services for
People with Disabilities

PO Box 145145

Salt Lake City, Utah 84114

Transition Program

Websites:

- medicaid.utah.gov/ltc-2/transition/
- dspd.utah.gov/services/intermediate-care-facility-transition-program/

Email:

- icftransition@utah.gov



Home and community-based living

*A guide for people currently living in
Intermediate Care Facilities to explore
available resources and options for living
in their communities.*



Utah Department of
Health & Human
Services

What is home and community-based living?

It is a way for people to get help with their care and supports, as you do now, in the home and community. There are many living options. Find one that best fits your needs.



Participation information

- If you or your loved one choose not to take part now, you can still choose to in the future.
- Individuals with disabilities (or with lived experience) lead decision making. Guardians should allow as much individual participation as possible. A non-guardian family member or friend may help if an individual invites it.
- If you choose to move, a worker called a support coordinator will help make sure you get the support you need. A support coordinator will always be available in the community.
- If you choose to move, you can have help both day and night as needed.

Services you or your loved one can get help with:

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Managing money

Learn how to budget money and pay bills.



Employment services

Find and/or keep a job.



Medication assistance

Make sure medication needs are met/get reminders to take medicine.



Nursing services

Get help with insulin shots, feeding tubes, or other medical care.



Community involvement

Get support to go places with friends and family and do activities you like.



Transportation

For medical visits and other places you want to go, such as visiting friends and family.



Residential supports

Provide care and supervision to individuals to meet their specific needs, up to 24 hours a day.

What happens next?

Case management:

A support coordinator will help you find services in the community. Together, you will make a plan to make sure you have the supports you need.

A support coordinator connects you to people in the community who can help with services and supports identified in your plan.

Person-centered planning

You will work with your support coordinator to make a plan just for you. This plan will help you make sure you have the support you need to meet your goals.

You or your loved one will:

- Choose a place to live.
- Choose who will provide services and supports.
- Be able to visit your new home.
- Have the choice to have a roommate and choose who you want to be your roommate.