



North Carolina

MEDICAID WAIVERS

for People with Disabilities

What are Medicaid Waivers?

Medicaid waivers allow states to “waive” certain federal Medicaid rules, such as income requirements, so that individuals with qualifying disabilities can access specialized services and supports covered by Medicaid. These waivers are designed to help individuals receive care at home rather than in a hospital or institutional setting. You do not need to have Medicaid before applying for a waiver. If a person qualifies for a waiver based on disability, Medicaid eligibility will be determined based solely on the income and assets of the person applying, regardless of their age. Medicaid waivers are state-specific and do not transfer from one state to another. In North Carolina, there are currently four 1915(c) Medicaid Home and Community-Based Services (HCBS) waivers available for individuals with disabilities. Scan the QR code at the end of this document to bring up the online version of this fact sheet to allow you to click on the links.

Community Alternatives Program for Children (CAP/C)

This Medicaid waiver is for children aged birth through 20 years old who are considered medically fragile or complex and are determined to require a level of institutional care under the North Carolina Medicaid State Plan. This just means that your child would qualify to receive care in an institutional setting if they did not have the support systems and services available for them to live at home. Find more information on eligibility and services offered through the CAP/C waiver here:

[Community Alternatives Program for Children \(CAP/C\) | NC Medicaid \(ncdhhs.gov\)](https://ncdhhs.gov).



You can apply for CAP/C by calling [Acentra Health](https://www.acentra.com) at 919-568-1717 or 833-522-5429 (toll free) or by faxing a completed [referral form](#) to 833-470-0597. You can also apply by contacting a local CAP/C case management entity in the county of residence of the applicant to request a CAP/C referral. See a statewide list of CAP/C case management entities [HERE](#). More information here: <https://ncliftss.acentra.com/cap-c/>. This waiver is available statewide. There is currently no waiting list for this waiver. Advocates for Medically Fragile Kids NC has detailed, easy to understand information on CAP/C on their [website](#).

Community Alternatives Program for Adults (CAP/DA)

This Medicaid waiver is for medically fragile or complex disabled adults age 18 and up who are determined to require a level of institutional care under the State Medicaid Plan. Find more information on eligibility and services offered through CAP/DA here: [Community Alternatives Program for Disabled Adults \(CAP/DA\) | NC Medicaid \(ncdhhs.gov\)](#).

You can apply for CAP/DA by calling [Acentra Health](https://www.acentra.com) at 833-522-5429 or by faxing a completed [referral form](#) to 833-470-0597. You can also apply by contacting a local CAP/DA case management entity in the county of residence of the applicant to request a CAP/DA referral. See a statewide list of CAP/DA case management entities [HERE](#). More information here: <https://ncliftss.acentra.com/cap-da/>. This waiver is available statewide. Some counties have a waitinglist for this waiver.

Innovations Waiver

This Medicaid waiver is for people of all ages who have an intellectual or developmental disability or a closely related condition. The person must also meet the requirements for Intermediate Care Facility for Individuals with Intellectual Disabilities (ICF-IID) level of care, which you can find [HERE](#) beginning on the bottom of page 3. This waiver provides services and support for people with intellectual or developmental disabilities so they can live at home or in the community instead of in a residential facility. Find more information on eligibility and services offered through the Innovations Waiver here: [NC Innovations Waiver | NC Medicaid \(ncdhhs.gov\)](#).

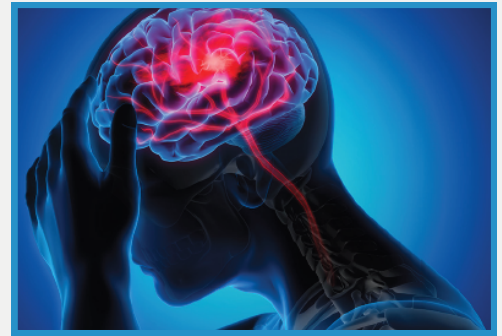
To apply for the Innovations Waiver, contact your Local Management Entity (LME) /Managed Care Organization (MCO), which you can find here: [NC DHHS: LME/MCO Directory](#). This waiver is available statewide.

There is a waiting list for the Innovations Waiver. You may sometimes hear people call the Innovations Waiver list “The Registry of Unmet Needs”. The waiting list varies by county and can be very long. You can see how many people are waiting for an Innovations Waiver slot on the [Innovations Waiver Dashboard](#) website. If financially eligible for Medicaid, the person with a disability may be eligible for some services while they are on the waiting list. These are called 1915i services, and can include services like respite care, Community Living and Supports and Supported Employment. You can access these services by contacting your Managed Care Organization (MCO). Read more about 1915i services here: <https://medicaid.ncdhhs.gov/1915i>

Advocates for Medically Fragile Kids NC has detailed, easy to understand information about the Innovations Waiver on their website: <https://fragilekidsnc.org/waiver-and-medicaid-services/innovations/what-is-the-innovations-waiver/>

Traumatic Brain Injury (TBI) Waiver

The NC Traumatic Brain Injury Waiver is for people aged 18 or older who sustained a traumatic brain injury on or after their 18th birthday. A traumatic brain injury (TBI) is an injury to the brain that is caused by an external physical force such as hitting your head or other types of blunt force trauma. Currently, the TBI waiver is only available in the counties that are served by [Alliance Health](#). Find more information on the TBI Waiver here: <https://medicaid.ncdhhs.gov/behavioral-health-and-intellectual-developmental-disabilities-tailored-plan/traumatic-brain-injury-tbi-waiver>.



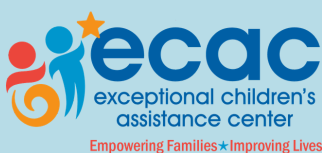
Denials

If you or your loved one is found ineligible (denied) for a waiver, you have the right to appeal that decision within the allowed timeframe. The information on how to appeal a denial should be included in the letter you received that informs you of the denial.

If you have questions about Medicaid waivers, please contact Christy Moore, Director of Children and Youth with Special Health Care Needs Programs, at cmoore@ecacmail.org, call 1-800-962-6817, or fill out a web inquiry form here: [Contact a Parent Educator - Exceptional Children’s Assistance Center \(ECAC\) \(ecac-parentcenter.org\)](#).

NC’s Family to Family Health Information Center

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907 Barra Row • Suite 103
Davidson, NC 28036
Office: 704- 892-1321
Help Line: 1-800-962-6817
Email: ecac@ecacmail.org
www.ecac-parentcenter.org



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