



# North Carolina MEDICAID WAIVERS for People with Disabilities

## What are Medicaid Waivers?

Medicaid waivers “waive” certain federal Medicaid requirements, such as family income requirements, to allow for people with qualifying disabilities to have access to specialized services and supports that are covered by Medicaid. They are designed to allow for people with disabilities to be safely cared for at home instead of a hospital or institution. You do not have to have Medicaid to be eligible for these waivers. Medicaid waivers do not transfer from state to state. North Carolina currently has four Medicaid waivers for people with disabilities.

## 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. Find more information on eligibility and services offered through the CAP/C waiver here: [Community Alternatives Program for Children \(CAP/C\) | NC Medicaid \(ncdhhs.gov\)](#).

To apply for CAP/C, contact your local Case Management Agency. You can find your local Case Management Agency here: [CAP-C Case Management Agency Directory](#). You can also apply by contacting [Acentra Health](#) at 833-522-5429 or by faxing a completed [referral form](#) to 833-470-0597. This waiver is available statewide. There is currently no waiting list for this waiver.

## 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 \(ncdhhs.gov\)](#)

To apply for CAP/DA, contact your local CAP/DA Case Management Agency. You can find your local CAP/DA Case Management Agency here: [CAP-DA Case Management Agency Directory](#). You can also apply by contacting [Acentra Health](#) at 833-522-5429 or by faxing a completed [referral form](#) to 833-470-0597. This waiver is available statewide. Some counties have a waiting list 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. This waiver provides services and support for people with intellectual or developmental disabilities so they can live at home 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 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. The wait list is called “The Registry of Unmet Needs”. The waiting list varies by county. 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 1915(i) services here: [NC Medicaid Obtains Approval of the 1915\(i\) State Plan Amendment | NC Medicaid \(ncdhhs.gov\)](#).

## 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.

This waiver is currently in a pilot stage, and is only available in the counties that are served by Alliance Health Services.

These counties include Cumberland, Durham, Johnston,

Orange, Wake and Mecklenburg. Find more information on the TBI Waiver here: <https://www.ncdhhs.gov/divisions/mental-health-developmental-disabilities-and-substance-use-services/traumatic-brain-injury>

NC Medicaid is working on a plan to provide the TBI Waiver in all 100 NC counties.



## Denials

If you or your loved one is found ineligible (denied) for a waiver, you have the right to appeal that decision. 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, NC Family to Family Health Information Center Program Lead at [cmoore@ecacmail.org](mailto: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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This fact sheet is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$93,175 with 0 percent financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit [HRSA.gov](http://HRSA.gov).



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