



## **How do I Become a Paid Caregiver for a Family Member?**

This question comes up quite frequently as families need to spend more time caring for family members. There are several programs/services available through the State of Maine Office of Aging and Disability Services that can assist your family member. These services can only be accessed after your family member has been assessed and determined to be eligible.

The first step to finding out if your family member is eligible for home care funding would be for you, or your family member's Primary Care Physician to contact Maximus at 1-833-525-5784 and ask for a Long-Term Care Assessment for community services. You can also go to the Department of Health and Human Services office to apply for Long Term Care services under Mainecare. This application is available online [LTC-Application.pdf \(maine.gov\)](#), a SMAA Resource Specialist can mail you one, or you can go to My Maine Connection to apply online ([mymaineconnection.gov](#)). The Department of Health and Human Services will determine financial eligibility for Mainecare Programs.

After this has been done, you or your family member will be contacted by Maximus regarding an Assessor who will complete a medical eligibility assessment either in person or possibly by phone in some areas. The Assessor will explain which program your family member is medically eligible for and will provide a written Plan of Care based on the needs identified during the assessment. The plan includes the number of hours and the types of services your family member is eligible for each day/week/month.

Depending on which program Maximus has identified for your family member, they will be referred to a Care Coordination Agency such as SeniorsPlus Care Coordination or Alpha One. These two agencies coordinate home care services for the State, and they will find the caregivers to implement the care plan that Maximus created for your family member. It is at this time that that your family member would communicate with SeniorsPlus Care Coordination or Alpha One that they are interested in the consumer-directed options where you could possibly be the paid caregiver, which also depends on the program that your family member is eligible for.