



Live the Life You Desire

with In-Home Support Services

In-Home Support Services (IHSS) is a Medicaid service delivery option for Health First Colorado members which blends traditional agency-based care with self-direction. IHSS lets you direct and manage your in-home care services with the added support of an IHSS agency.

The IHSS agency handles hiring and employment responsibilities. This allows you to focus on your daily life. IHSS is a great first step to exploring the benefits of self-direction.

IHSS is available to Coloradoans who qualify for one of the following Home and Community-Based Services (HCBS) waivers:

- **Children's Home and Community Based Services (CHCBS) waiver**
- **Elderly, Blind, and Disabled (EBD) waiver**
- **Complementary and Integrative Health (CIH) waiver**

IHSS Services

IHSS can support you with the following services.

• **Personal Care Services**

Daily tasks typically done by yourself including bathing, dressing, eating and hygiene.

• **Homemaker Services**

General household activities including housekeeping, meal preparation, laundry, and maintaining a safe living environment.

• **Health Maintenance Activities**

Skilled tasks typically performed by a Certified Nursing Assistant (CNA) including care for the skin, nails, or mouth, dressing, feeding, toileting, exercise transferring, medical management, or respiratory care.

How IHSS Works

In IHSS, you work closely with your Case Manager to determine your needs and eligibility.

Upon qualifying, you may direct and manage your care by participating in interviewing, selecting, training, and supervising your attendants with the support of your selected IHSS agency.

- If you have an existing attendant, talk to them about becoming an employee with your IHSS agency.
- Attendants can be friends, family members, neighbors, or anyone you think might be a good attendant.

The IHSS agency hires your attendants, provides 24-hour back-up services (in case you need a substitute attendant), and has a nurse on staff for supervision.

Scan to learn more about IHSS and sign up for the IHSS e-learning.

Consumer Direct Care Network Colorado (CDCO) serves as the training and operations vendor for IHSS. CDCO provides training and customer service to Members, Authorized Representatives, IHSS Agencies, and Case Managers.

