



### Home and Community Based Options

As a result of your interest in home and community based services, this information is being provided to assist you in locating additional resources that may help you maintain an independent lifestyle. There are many different kinds of services that individuals may be able to get when they need help with day-to-day activities. Services may be available in the person's own home, or a residential care, an assisted living or a long term care facility. Some services may be covered by your health or long term care insurance. You should contact your insurance company or agent with any questions. Missouri Medicaid for the aged, blind and disabled provides medical care for persons who meet specific eligibility requirements. If you wish to make application for Medicaid benefits contact your nearest Family Support Division Office or visit <https://mydss.mo.gov/healthcare>.

#### Other agencies that can assist you in locating resources specific to your needs include:

- **Area Agencies on Aging (AAA)** offices located throughout the state can provide information and assistance services about the many resources available to older persons and their caregivers. To locate an AAA that serves your area, contact the Department of Health and Senior Services at 573/526-4542 or visit <https://www.ma4web.org/>.
- **Centers for Independent Living (CIL)** provide a variety of services to persons with disabilities to increase their independence and opportunities to participate in day-to-day life within their community. Services provided include: information and referral, peer support, skills training and advocacy. To locate the CIL that serves your area, visit <http://www.mosilc.org/mo-centers-db/> or contact the Division of Vocational Rehabilitation at 573/751-3251 or toll-free at (877) 222-8963.
- **2-1-1** By dialing 2-1-1 callers can talk with a trained professional 24-hours a day, 7 days a week who can access a database of information specific to the request and area of the state. Dialing 2-1-1 is a fast, free and confidential way to get help. If you are calling from a cell phone, you can reach the 2-1-1 call center by dialing (800) 427-4626.

#### Other informational links:

<http://health.mo.gov/seniors/seniorservices/>

<https://www.usa.gov/#all-topics-header>