

Long Term Services and Supports

3/2026

Consider the service options listed below when deciding which long-term care services are most appropriate for you or someone you are caring for. Because some programs can serve only a limited number of people, not all programs are available in all areas of the state. For more information, contact the Health and Human Services Commission (HHSC) by dialing 2-1-1 or 1-877-541-7905.

Adult Foster Care (AFC) — Services such as assistance with personal care, activities of daily living and transportation provided in a 24-hour living arrangement with supervision for persons unable to independently function in their own homes.

Community Attendant Services (CAS) — Provides non-skilled, non-technical in-home attendant services to eligible people:

- who have a medical condition that results in a functional limitation in performing activities of daily living, and
- whose income makes them ineligible for Primary Home Care (PHC).

Consumer Managed Personal Attendant Services (CMPAS) — Personal assistance services provided to persons with physical disabilities who can supervise their attendants or delegate the supervision. Services are available statewide in all counties.

Day Activity and Health Services (DAHS) — Structured program services designed to meet the needs of an adult by providing health, social and related services in a DAHS facility.

Emergency Response Services (ERS) — An electronic monitoring system for emergency assistance available to adults with functional impairments who spend significant time, at least eight hours daily, alone or live with a person who is incapacitated who could not call for help or otherwise assist in an emergency.

Family Care Services (FCS) — Non-skilled, non-technical attendant care services, such as home management or personal care services, available to people with functional limitations to assist with activities of daily living.

Home Delivered Meals (HDM) — Delivery of a nutritious meal to a person's

home to make sure they have at least one healthy meal per day.

Hospice Services — A program of palliative care consisting of medical, social and support services provided to people with a terminal illness and a physician's prognosis of six months or less to live.

For more information, call 2-1-1 or 1-877-541-7905 toll free.

STAR Kids/MDCP Medically Dependent Children Program (MDCP) —

Home and community-based services and supports provided to families who care for a medically dependent child, younger than 21, in their home. These services may include:

- adaptive aids,
- flexible family support services, such as those that:
 - support independent living,
 - participate in child care, and
 - participate in post-secondary education,
- minor home modifications,
- respite,
- employment assistance,
- supported employment, and
- transition assistance services.

The STAR Kids Managed Care Program administers STAR Kids/MDCP.

Primary Home Care (PHC) — Provides non-skilled, personal care services for people with Medicaid whose chronic health problems impair their ability to perform activities of daily living.

Program of All-Inclusive Care for the Elderly (PACE) — Provides comprehensive community-based services and support for people 55 or older as an alternative to nursing facility care. Preventative, acute care and long-term services and supports are available. These include:

- adult day care services,
- inpatient and outpatient medical care,
- specialty services, such as:
 - dentistry,
 - podiatry,

- physical therapy, and
- occupational therapy,
- social services,
- in-home care,
- meals, and
- transportation.

These services are currently available in the Amarillo, Lubbock and El Paso areas.

For more information about PACE, call 2-1-1 or 1-877-541-7905.

Residential Care (RC) — Access to 24-hour assistance for persons who do not require daily nursing intervention. Services included:

- personal care,
- home management, and
- social and recreational services.

STAR+PLUS HCBS Program — A Texas Home and Community-based program which provides long term services and supports as an alternative to nursing facility placement through a STAR+PLUS managed care health plan. Covered services include:

- unlimited prescription medication,
- adult day activity and health services,
- respite,
- adult foster care,
- assisted living,
- personal attendant services,
- dental,
- nursing,

- professional therapies,
- employment services,
- adaptive aids,
- emergency response services and
- minor home modifications.

For more information call 1-877-438-5658 toll free.

Special Services to Persons with Disabilities (SSPD) — Services provided in a variety of settings designed to assist persons develop the skills needed to live in the community as independently as possible. Services are currently available in the Austin and Dallas areas.

Services for Adults 60+ and Caregivers

Consider the service options listed below when deciding which services are most appropriate for you or someone you care for. Because some programs can serve only a limited number of people, not all programs are available in all areas of the state.

For more information about services listed below, call 1-800-252-9240 and you will be routed to the Area Agency on Aging nearest you.

Access and Assistance Services — Provide information and assistance to identify, support and meet the needs of people who are older and their family caregivers. Access and assistance services include:

- information,
- referral and assistance,
- care coordination,
- caregiver support and coordination,
- benefits counseling and awareness, and
- advocacy for residents of long term care facilities through the Ombudsman program.

Caregiver Support Services — Caregiver support services are for families to help them maintain their caregiver roles. A caregiver is an adult family member or another person who provides in-home and community care to a person who is older or to a person with Alzheimer's disease or a related disorder with neurological and organic brain dysfunction.

Additionally, a grandparent or person who is older who:

- is a relative caregiver,
- lives with the child,
- is the primary caregiver based on certain circumstances, and has a legal relationship to the child, or
- is raising the child informally

may be eligible for services when the child is 18 or younger or has severe

disabilities regardless of age. Services provided under this program include:

- caregiver support coordination,
- caregiver information services,
- caregiver education and training,
- caregiver respite care-in-home,
- institutional and non-residential, such as:
 - the caregiver's day out program, and
 - support.

In-Home Support Services — In-home and community services are designed to assist people who are older avoid institutionalization, assist people who are older in long-term care institutions who are able to return to their communities and assist people who are older live independently in

a home environment. In-home and community services include:

- homemaker and personal assistance services,
- chore maintenance,
- adult day care,
- residential repair,
- health screening,
- monitoring and maintenance,
- emergency response,
- instruction,
- training,
- transportation,
- hospice services, and
- services provided in a senior center.

Nutrition Services — Nutrition programs are designed to reduce hunger and food insecurity, and promote socialization of people who are older. Programs are also designed to promote the health and well-being of people who are older by helping them gain access to nutrition and other disease prevention and health promotion services. Programs aim to delay the onset of adverse health conditions that result from poor nutritional health or sedentary behavior. Nutrition programs provide meals and educational services to make sure people who are older have access to appropriate nutrition and to socialization. Services include congregate and home delivered meals, nutrition education and nutrition counseling.

Programs and Services for Adults and Children with Intellectual Developmental Disabilities

For more information about the services listed below, call 2-1-1 or other contacts as listed.

Community Living Assistance and Support Services (CLASS) — Home and community-based services and supports provided as an alternative to institutional placement for people diagnosed with an intellectual or developmental disability classified as a related condition. Services include:

- personal assistance services and habilitation (PAS/HAB),
- adaptive aids,
- dental treatment,

- minor home modifications,
- nursing,
- skilled and specialized therapies,
- behavioral support,
- respite,
- case management,
- support/continued family services, and
- transition assistance services.

For more information, call 1-877-438-5658 toll free.

Deaf Blind with Multiple Disabilities (DBMD) — Home and community-based services for people:

- diagnosed with deaf-blindness or a condition that leads to deaf-blindness, and
- with an additional disability that results in an impairment in independent functioning.

This program is an alternative to institutional care and offers services such as:

- intervener,
- orientation and mobility,
- personal assistance services/habilitation (PAS/HAB),
- adaptive aids,
- minor home modifications,
- dental treatment,
- professional therapies and assisted living.

For more information, call 1-877-438-5658 toll free.

Home and Community-based Services (HCS) — Services and supports available to people diagnosed with an intellectual disability or a related condition who live with:

- their family,
- in their own home, or
- in a three-person, four-person or host home/companion care settings.

Services include:

- residential assistance – host home/companion care, supervised living, residential support
- personal assistance services and habilitation (PAS/HAB),
- adaptive aids,
- dental treatment,
- minor home modifications,
- professional therapies,
- behavioral support,
- nursing,
- day habilitation,
- employment assistance,
- supported employment and
- respite.

For more information, contact your local intellectual and developmental disability authority (LIDDA) through the [2-1-1 Texas website](#).

Intermediate Care Facility for Individuals with an Intellectual Disability or Related Conditions (ICF/IID) — 24-hour residential and habilitation services provided in homes for groups ranging from six to more than 100 people.

For more information, contact your LIDDA through the [2-1-1 Texas website](#).

Intellectual and Developmental Disability (IDD) Community Services — These services are administered by or through LIDDAs and are primarily intended to help persons remain in their own or their family's home. All LIDDAs provide screening for:

- IDD services,
- eligibility determination,
- service coordination, and

- respite.

Optional services may include:

- crisis intervention,
- crisis respite,
- employment assistance,
- supported employment,
- community support,
- nursing,
- behavioral support,
- specialized therapies,
- vocational training, and
- day habilitation.

Not all optional services described in this section are available in all areas of the state.

For more information, contact your LIDDA through the [2-1-1 Texas website](#).

Preadmission Screening and Residential Review (PASRR) — PASRR is a federally mandated program for people entering or living in nursing facilities (NFs). PASRR is responsible for:

- screening people who seek admission to a Medicaid-certified NF for mental illness (MI) or IDD;
- ensuring appropriate placement in the community or the NF;
- assisting eligible people with access to specialized services; and
- assisting people who wish to divert or transition from NFs.

The following NF specialized in services are available for a person who is positive for IDD:

- habilitative therapies – speech therapy, physical therapy and occupational therapy,
- durable medical equipment, and

- customized manual wheelchair.

The following habilitative specialized services are available for a person who is positive for IDD:

- independent living skills training,
- day habilitation,
- behavioral support,
- supported employment, and
- employment assistance.

The following specialized services are available for a person who is positive for MI:

- medication training and support services,
- psychiatric diagnostic interview examination,
- psychosocial rehabilitation services,
- routine case management, and
- skills training and development.

For more information, contact your LIDDA through the [2-1-1 Texas website](#).

State Supported Living Center (SSLC) — State-operated centers that provide 24-hour residential and habilitation services for people with:

- a severe or profound intellectual disability, or
- an intellectual disability who are medically fragile or have behavioral problems.

For more information, contact your LIDDA through the [2-1-1 Texas website](#).

Texas Home Living Program (TxHmL) — Services and supports available to people diagnosed with an intellectual disability or a related condition, who live in their family homes or their own homes. Services include:

- adaptive aids,
- dental treatment,
- minor home modifications,
- professional therapies,
- behavioral support,
- nursing,

- day habilitation,
- employment assistance,
- personal assistance services and habilitation (PAS/HAB),
- supported employment, and
- respite.

For more information, contact your LIDDA through the [2-1-1 Texas website](#).

Additional Services

Relocation Assistance — Assistance available to people living in a nursing facility to transition back to their own homes or community setting. For more information, contact the local Community Care Services Eligibility Office by dialing 2-1-1.

Texas Health Steps — Available through the Texas Department of State Health Services, this program provides periodic preventive medical checkups, diagnosis and treatment, including the activities that promote and support preventive health care, for Medicaid enrolled children through 20. An expanded portion of the Texas Health Steps program, called the Comprehensive Care Program, includes treatment in freestanding psychiatric hospitals, developmental speech therapy, developmental occupational therapy, augmentative communication devises/systems and private duty nursing.

For more information, call 1-877-847-8377.

Community First Choice — A state plan Medicaid entitlement program available to eligible people in any Medicaid program who meet the need for an institutional level of care. Nursing facilities, ICF/IIDs, hospitals and institution for mental disease, provide such services as:

- personal assistance,
- habilitation,
- emergency response services,
- financial management services, and
- support management.

For more information about CFC, contact your LIDDA service coordinator, the managed care organization service coordinator and visit the [Community First Choice \(CFC\) | Texas Health and Human Services](#).

Medicaid for Elderly and People with Disabilities Programs (MEPD) —

Medicaid programs are available for persons who are aged, blind or disabled. Medicaid matching federal funding provides medical care and supportive services, such as vendor drugs, nursing facility and institutional care to persons who qualify for Medicaid under one of the MEPD programs, which includes:

- Qualified Medicare Beneficiary,
- Specified Low-income Medicare Beneficiaries,
- Qualifying Individual's, and
- Qualified Disabled Working Individuals.

MEPD also determines eligibility for buy-in Medicaid for working persons with disabilities, working adults and children.

For more information, dial 2-1-1 or visit the [Your Texas Benefits – Learn webpage](#).

Youth Empowerment Services (YES) Waiver — Home and community-based services and supports provided to children and youth at risk of institutionalization because of a serious emotional disturbance (SED). Services through the YES Waiver are short term, intensive services delivered through a strengths-based planning process called Wraparound. Length of care varies based on individual need. The average length is 11-18 months. Services include:

- specialized therapies,
- community living supports,
- family support,
- employment assistance and supported employment,
- paraprofessional services,
- respite,
- non-medical transportation,
- supportive family-based alternatives,
- adaptive aids and supports,

- minor home modifications, and
- transition services.

For more information, contact your [local mental or behavioral health authority YES waiver inquiry line \(PDF\)](#).