

# Curious about your options for community-based living?



## We are here to help!

A local transition counselor will help you learn more about your options for returning to community-based living.

During an **options counseling** conversation, you can talk to a transition counselor about your current living situation and your goals for the future. The transition counselor will provide you with information and resources to understand your options.



## What is community-based living?

Community-based living includes an **apartment, house, group home, or Medicaid assisted living**. You may be qualified to work with a Transition Coordination Agency to understand your housing options and access Medicaid Home and Community Based Services (HCBS).



## What services are available in the community?

Medicaid HCBS services may include **home-delivered meals, non-medical transportation** and **homemaker** and **personal care assistance**. Your transition coordination agency will help you explore additional benefits and support available to maximize your independence and help you remain in the community.



## How can you qualify for transition coordination services?

If you are currently

- A Health First Colorado (Medicaid) Member
- Age 18 or older
- Living in a nursing home

OR

- Living in an intermediate care facility or regional center for people with intellectual disabilities



## How to get started:

You, a social worker, family member, friend, legal guardian or someone you trust **can submit a referral to learn**

**about your options**. Requesting more information about community-based living does not guarantee any outcome, and you are not obligated to enroll in Medicaid Transition Services. After receiving your referral, a transition counselor will contact you. You can also call or email the Community Options Program any time with questions or requests for additional information. Our contact information is included below.



[drcog.org/transitions](https://drcog.org/transitions)

DRCOG Area Agency on Aging  
Community Options Program  
303-480-6838

Email us: [transitionsteam@drcog.org](mailto:transitionsteam@drcog.org)



Scan the QR code to make a referral today!