

# Medicaid and Home and Community-Based Services (HCBS)

## A Guide for Autistic Individuals, Families & Providers



### What Services Can Medicaid Cover?

Medicaid provides access to essential healthcare and daily living support, including:

#### Healthcare Needs

- Doctor Visits & Hospital Care – Check-ups, specialists, hospital stays
- Medications & Medical Equipment – Prescription drugs, wheelchairs, speech devices
- Mental Health Services – Therapy, counseling, and psychiatric care
- Dental & Vision Care – Covered in some states for adults, always covered for children
- Emergency Care – Ambulances and ER visits

#### Home & Community-Based Services (HCBS) Personal Care Assistance

- Personal Care Assistance – Help with daily tasks like dressing, bathing, and eating
- Respite Care – Short-term relief for family caregivers
- Job Coaching & Day Programs – Support with employment, social programs, and independent living skills
- Transportation Assistance – Help with getting to medical appointments and community activities
- Home Modifications – Accessibility improvements like wheelchair ramps and stair lifts
- Assistive Technology – Communication devices, adaptive equipment, and mobility aids

Medicaid coverage varies by state. To learn what's available in your area, contact your state's Medicaid office or Aging and Disability Resource Center (ADRC).

# Who Qualifies for Medicaid & HCBS?

There are different ways to qualify, and eligibility depends on income, disability status, and level of need.



## Income-Based Medicaid

- Available to people with low income, regardless of disability status
- Eligibility depends on household size and income (varies by state)
- Apply through your state's Medicaid website or [HealthCare.gov](https://www.healthcare.gov)



## Disability-Based Medicaid & HCBS Waivers

- Designed for individuals with disabilities who need long-term support
- Income limits may be higher for people who need HCBS services
- Requires proof of a need for help with daily living (institutional level of care)
- Includes options like Katie Beckett Medicaid (for children with disabilities) and HCBS Waivers for adults

**Some states allow individuals with disabilities to qualify for Medicaid even if their family earns too much. These programs ensure people can get the services they need without putting families in financial distress.**



## How to Apply?

- **Online:** Visit [HealthCare.gov](https://www.healthcare.gov) or your state's Medicaid website
- **By Phone:** Call your state's Medicaid's office guidance
- **In-Person:** Visit your local Aging and Disability Resource Center (ADRC) for free assistance
- **With Support:** Contact advocacy groups like The Arc, Family Voices, or Autism organizations for assistance



## What If You're Denied?

- **You have the right to appeal!** If your application is denied, you can challenge the decision. Disability rights organizations and legal aid groups can provide support and guidance.
- Medicaid and HCBS services can be life-changing, but the system can be complex. If you need help navigating the process, reach out—there are people and organizations ready to support you!