



Do you need help:

- getting in and out of bed?
- dressing and bathing?
- preparing meals?
- managing medications?

Would you like to learn more about services that may help you stay in your own home or community?

If you answered “yes” to any of these questions, please contact NH ServiceLink toll-free at:

1-866-634-9412

You may qualify for assistance under the Choices for Independence (CFI) Program.

Services Offered Through The CFI Program

CFI is administered by the New Hampshire Department of Health and Human Services, Bureau of Elderly and Adult Services (BEAS). CFI is available to adults who are financially eligible for Medicaid and who medically qualify for the level of care provided in a nursing home. The program provides a wide range of service choices designed to help program participants stay in their own homes and communities.

If you are determined eligible for the CFI Program, a case manager will work with you to develop a plan of care that contains services based on your individual clinical needs. Services may be provided in your home, the home of another person, in an adult family home, or in an assisted living facility.



Some examples of CFI Program services include:

- In-home services to assist with eating, bathing, dressing and other personal care tasks, as well as assistance with general household tasks and the preparation of nutritious meals; and
- Specialized services such as:
 - Medical equipment and supplies that support independence;
 - Adult medical day services (a daytime program of social and health services provided in a group setting); and
 - Respite care (short-term care provided when the usual caregiver is unavailable).

BEAS



The New Hampshire Department of Health and Human Services, Bureau of Elderly and Adult Services (BEAS), provides a variety of services and programs to assist adults age 60 and older and adults between age 18 and 60 who have a chronic illness or disability.

BEAS also contracts with the ServiceLink Resource Center Network to administer the Aging and Disability Resource Centers. These centers are located statewide and serve as a lead entry point into the long-term care services system.

www.dhhs.nh.gov/dcbcs/beas/

ServiceLink

Through ServiceLink, older adults, adults with chronic illnesses or disabilities, and family caregivers can:

- Obtain free information on, and supported referrals to, many services and programs, including the Choices For Independence (CFI) Program.
- Learn about other long-term care options and family caregiver supports and receive help in enrolling for various benefit programs.



**For more information on the
CFI Program,
call ServiceLink at
1-866-634-9412
or visit www.ServiceLink.org**

Exploring The Choices for Independence Program



**Help to
Continue
Living
Independently
in
Your Home
and Community**