



## **Long Term Care at home attestation should include the following**

Patient information – name and date of birth minimally

Patient qualifications documented:

1. Individual is receiving services through Home and Community Based Services (HCBS) waiver program or other qualified waiver program; OR
2. Individual needs support for at least **two** ADLs/IADLs\* **AND**
  1. mobility issues causing them to be homebound or unable to leave their house on their own (unable to drive)
  2. Has multiple chronic conditions (minimum of 3)
  3. Is taking multiple maintenance medications in treatment of the chronic conditions

Attestations should be signed by the healthcare professional assessing the patient that they meet these qualifications. It can be the pharmacist but should not be the caregiver (non-healthcare professional or patient themselves).

Pharmacist should also sign off on a separate line that they are providing applicable LTC services as defined by the criteria from CMS for Medicare Part D along with care coordination, medication management, and other pharmacy services.

The attestation is prepared to demonstrate that the patients being serviced as LTC pharmacy at home qualify for these services. As the program develops, changes in what is required for both the patient and the pharmacy may change and the pharmacy should be ready to evolve with these changes.

Please see [www.ltcah.com](http://www.ltcah.com) or [www.pharmacyathome.org](http://www.pharmacyathome.org) for more information.

### **Services the pharmacy must provide (or provide via a contract)**

Medication Regimen Review and Provider Coordination

Specialize packaging for Medication

Transitions of Care/Care Management

Pharmacists on Call (24/7)

Delivery

IV medication

Compounding and Alternative Forms of Drug Composition

## **\*Types of ADLs**

The activities of daily living are classified into basic ADLs and Instrumental Activities of Daily Living (IADLs). Basic ADLs (BADL) or physical ADLs are those skills required to manage one's basic physical needs, including personal hygiene or grooming, dressing, toileting, transferring or ambulating, and eating. The Instrumental Activities of Daily Living (IADLs) include more complex activities related to the ability to live independently in the community. This would include activities such as managing finances and medications, food preparation, housekeeping, and laundry.

### **Basic ADLs**

The basic ADLs include the following categories:

- **Ambulating:** The extent of an individual's ability to move from one position to another and walk independently.
- **Feeding:** The ability of a person to feed oneself.
- **Dressing:** The ability to select appropriate clothes and to put the clothes on.
- **Personal hygiene:** The ability to bathe and groom oneself and maintain dental hygiene, nail, and hair care.
- **Continence:** The ability to control bladder and bowel function
- **Toileting:** The ability to get to and from the toilet, use it appropriately, and clean oneself.

Learning how each basic ADL affects an individual to care for themselves can help determine whether a patient would need daily assistance. It can also help the elderly or disabled people to determine their eligibility for state and federal assistance programs.

### **Instrumental ADLs**

The instrumental ADLs are those that require more complex thinking skills, including organizational skills.

- **Transportation and shopping:** Ability to procure groceries, attend events, and manage transportation, either via driving or by organizing other means of transport.
- **Managing finances:** This includes the ability to pay bills and manage financial assets.
- **Shopping and meal preparation,** ie, everything required to get a meal on the table. It also covers shopping for clothing and other items required for daily life.
- **Housecleaning and home maintenance.** Cleaning kitchens after eating, maintaining living areas reasonably clean and tidy, and keeping up with home maintenance.
- **Managing communication with others:** The ability to manage telephone and mail.
- **Managing medications:** Ability to obtain medications and take them as directed.