

Calvin's Story

At the time of my car accident, I was divorced, owned a successful business, and had two sons in college. The accident changed everything for me. Now, I can control only one finger on one hand. All of the physical changes and challenges were hard to adjust to, but not as hard as the loss of my independence. I could no longer run my business, make a good living, or function as the business professional I had worked so hard to become. The accident also took away my privacy, my autonomy, and financial security for me and my sons. I had to spend my assets down to qualify for Medicaid, and now I have \$94 a month to live on while I live in a nursing facility.

For a while I felt very defeated – how could I get any of my life back? How would I ever control my future? Would I always need to have someone else around me? Would I ever be able to live on my own? I worried about my sons, not being able to support them, being a burden on them, and not having as much contact as I wanted due to my physical limitations.

What is Important to Calvin:

- Privacy and autonomy, particularly when it comes to working and finances
- His relationship with his sons

Integrating Long-Term Services and Supports

My care coordinators found a transition specialist to help me learn about various community programs and options for me to obtain long-term services and supports (LTSS). This included exploring employment options by qualifying for a Medicaid program that allowed me to keep enough income to pay rent.

I worked with the transition specialist to identify services to support my plan to move out of the nursing home and back into my own place. Initially, I didn't believe I could live independently with my injuries. The first step was to find and secure an affordable and accessible apartment. This involved arranging for transportation to more than a dozen potential apartments and completing applications. Once I had secured a place, my transition specialist worked with the property management and maintenance staff to assist in installing the equipment I would need. We thought creatively about equipment such as voice-activated phones and other technology to maximize my independence and safety. I also chose a personal care agency (PCA) for LTSS that would be flexible in scheduling my service hours and work with me to get the support I needed.

The Impact of Long-Term Services and Supports on Calvin's Life

I moved into an affordable two-bedroom apartment where my sons visit often. The property management and maintenance staff made a variety of home modifications, including power door openers and curtain controls. I have PCA services on a flexible schedule to meet my needs while maximizing my privacy. I got a part-time job that helps with my finances and establishes my connection to a business environment and colleagues. It was very difficult for people to imagine a man with very limited physical function living independently, but thanks to the right LTSS, I am doing it! I have my life back!

*Disclaimer: Names and identifying details have been changed to protect the privacy of individuals.
You can find additional resources regarding the Disability-Competent Care Model [here](#).*