

Montana Community First Choice (CFC): Health Supports Planning Guide

The Montana Community First Choice Health Supports Planning Guide is designed for use in (1) Person Centered Planning and (2) other times such as health crisis. This Guide can help you identify the CFC supports you need to maintain and promote your health. After using the Health Supports Planning Guide, identified supports should be included in the Person Centered Plan.

Montana's Community First Choice (CFC) supports individual's participation in community life. CFC is flexible enough to support approaches to being healthy and well. CFC works with other Medicaid services to support access to health care services. When your health care procedure is Medicaid reimbursable (e.g., a mammogram), Medical Transportation and Medical Escort services are also Medicaid reimbursable. Other health resources are not reimbursable under Medicaid (e.g., Living Well with a Disability). To access these health resources you can organize CFC supports in your Person Centered Plan.

Health Monitoring and Care Coordination

Will you need help to access health care professionals in order to better monitor your personal health and to coordinate your health care (i.e., to work together) to help you with chronic conditions and acute health care needs? Review the following list of health care professionals to identify the supports you will need to access care.

- **Primary care physician**
- **Mental health professional (psychiatrist, psychologist, licensed social worker, counselor)**
- **Dentist**
- **Vision specialist (optometrist or ophthalmologist)**
- **Hearing specialist or audiologist**
- **Physical, orthopedic, and/or speech therapists**
- **Other health care specialists (e.g., psychiatrist, dietitian)**

Your Serious Health Concerns. As part of the CFC Person Centered Planning Process, would you like to consult a health care provider such as your primary care physician or a nurse about a serious health concern(s)? To make this decision, take time to think about the concerns you have (e.g., heart attack or stroke, undiagnosed diabetes, medication side effects, pain, weight management, fatigue). Make a list of these health concerns, and work with your health care provider to identify CFC supports for inclusion in your Person Centered Plan.

Advanced Directive. Will you need CFC supports to access supports to develop an Advanced Directive? The Montana Department of Justice web site has information on [End of Life Registry and Advance Health Care Directives](#).

Chronic Condition Management

Will you need assistance to manage chronic conditions and maximize your independence and quality of life?

Here is a list of lifestyle behaviors that are effective for managing many chronic conditions.

- [Good nutrition: See Nutrition Guidelines for Americans](#)
- [Physical activity and exercise: See Physical Activity Guidelines for Americans](#)
- [Stress management: See American Psychological Association Tip Sheet](#)

Here is a list of some specific chronic conditions with example management objectives to support your planning process. Review the following list and identify CFC supports needed to address any conditions you might have.

- **DIABETES -- Monitor blood sugar at home; Attend diabetes education**
- **CANCER—Start or continue treatment; Seek follow-up care if cancer is in remission**
- **ASTHMA—Develop, review, and follow asthma management plan**
- **ARTHRITIS-- Develop, review, and follow pain management plan**
- **MENTAL HEALTH OR SUBSTANCE ABUSE PROBLEM—Develop, review, and follow behavioral health management plan**

- EMPHYSEMA, CHRONIC BRONCHITIS, OR COPD: Develop, review, and follow respiratory management plan
- HEART DISEASE, IRREGULAR HEART RATE, OR ANGINA: Develop, review, and follow heart health management plan
- HIGH BLOOD PRESSURE: Medication and monitoring
- SKIN CONDITION (ECZEMA, PSORIASIS): Routine skin checks, washing/bathing regimes, medication
- CHRONIC PAIN: Develop, review, and follow pain management plan
- OTHER CHRONIC CONDITIONS: e.g., UTI, pressure sores, dental cavities

Emergency Rooms

If your chronic condition led to an emergency room visit in the past year, could CFC or other supports help you avoid similar situations that would require urgent or emergent care?

Assistive Technology

What help will you need to identify, secure, or maintain needed assistive technology?

Here is a list of resources that offer assistive equipment and services.

- [MonTech](#)
- [The Montana Telecommunications Access Program \(MTAP\)](#)

Here is a list of assistive technology that can be used when managing chronic conditions. Review the following list and think about your need for assistive technology in order to identify and access needed services and supports.

- **Mobility Equipment**
- **Communication and Computer Assistive Technology**
- **Dental ware (dentures, etc.)**
- **Vision ware (glasses, contact lenses, etc.)**
- **Hearing devices (hearing aids, etc.)**

Pre/Postnatal Care

If you are pregnant or breastfeeding, will you need help in order to access prenatal care and to support breastfeeding?

The [MT WIC is a Special Supplemental Nutrition Program for Women, Infants and Children](#) is designed to improve health outcomes and influence lifetime nutrition and health behaviors.

Preventive Care

Do you need help to access preventive health care in the coming year?

For current recommendations, consult [The Guide to Clinical Preventive Services](#)

- **Health Care Screenings:** e.g., mammogram, pap smear, colorectal cancer screening, bone density screening, prostate exam
- **Immunization/vaccination:** e.g., for influenza, pneumonia, tetanus
[MT Department of Public Health and Human Services: Adult Immunizations](#)

Health Promotion

There are community resources including health education programs that you may plan to access in the coming year to promote your health, that is, to be as healthy if not healthier than you are today. What CFC or other supports will you need to access these community resources?

- [Living Well with a Disability or Working Well with a Disability](#)
- [Lifestyle Balance Program \(Cardiovascular Disease and Diabetes Prevention Program\)](#)
- [Montana Diabetes Education](#)
- [Arthritis Programs \(Walk with ease, Tai Chi, Chronic Disease Self-Management, Better Choices, Better Health-Arthritis\)](#)
- [Stepping On \(a fall prevention class\)](#)
- [Montana Quit Line and other Tobacco Cessation resources](#)
- [Personal or Family Emergency Preparedness Planning Resources](#)
- [Smart911 Registration \(Missoula & Butte/Silver Bow County residents only\)](#)



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