# What are MassHealth Long Term Services and Supports?

**Long Term Services and Supports (LTSS) help with things like:**

* Assistance with Activities of Daily Living (ADLs), such as dressing, bathing, and mobility
* Assistance with Instrumental Activities of Daily Living (IADLs), such as laundry, shopping, and housekeeping
* Skilled care, such as wound care and therapies
* Medical equipment and supplies

**Some MassHealth LTSS programs include:**

* Group Adult Foster Care (GAFC):
	+ Daily assistance with ADLs, IADLs, nursing and case management services
	+ Eligibility: MassHealth members who are elderly and/or disabled and enrolled in MassHealth Standard or CommonHealth[[1]](#footnote-1) and meet clinical criteria
* Personal Care Attendant Services (PCA)
	+ Personal care attendant hired and trained by MassHealth member to provide hands-on assistance with ADLs or IADLs.
	+ Eligibility: MassHealth members with permanent or chronic disabilities who are enrolled in MassHealth Standard or CommonHealth and meet clinical criteria
* Home Health Services (HH)
	+ Nursing visits, home health aide services, physical therapy, speech therapy, and occupational therapy services to MassHealth members in their homes and communities.
	+ Eligibility: MassHealth members enrolled in MassHealth Standard, CommonHealth, Family Assistance, or CarePlus and meet clinical criteria
* Durable Medical Equipment (DME)
	+ Medically necessary equipment, accessories, or supplies that a MassHealth member needs in their home.
	+ Eligibility: MassHealth members enrolled in MassHealth Standard, CommonHealth, Family Assistance, or CarePlus and meet clinical criteria
* Hospice Services
	+ An all-inclusive benefit of services designed to meet all of the member’s end-of-life medical needs related to their terminal illness, as well as the member’s and their family’s psychosocial, spiritual, and emotional needs.
	+ Eligibility: MassHealth members enrolled in MassHealth Standard, CommonHealth, Family Assistance, or CarePlus and meet clinical criteria

**How do I obtain Long Term Services and Supports?**

* Contact [MassOptions](https://www.massoptions.org/massoptions/) at 1-800-243-4636 to ask which services best meet your needs
* If you are enrolled in a [MassHealth health plan](https://www.mass.gov/topics/masshealth-health-plans), contact your plan and ask for help accessing LTSS
* Reach out to your Primary Care Physician (PCP) to discuss needs, current supports, and referral options
* Contact MassHealth Customer Service at 1-800-849-2900 to get a list of LTSS providers and resources.
* For more information visit [MassHealth Webinars for Homeless Providers | Mass.gov](https://www.mass.gov/info-details/masshealth-webinars-for-homeless-providers)
1. MassHealth members on CarePlus who are assessed to need Group Adult Foster Care services should contact a [MassHealth Enrollment Center](https://www.mass.gov/info-details/masshealth-enrollment-centers-mecs) to determine if they are eligible for Standard coverage. [↑](#footnote-ref-1)