

Understanding CAP-MR/DD

What is CAP-MR/DD?

- **CAP-MR/DD** stands for Community Alternatives Program for persons with Mental Retardation/ Developmental Disabilities. It is a source of funding that pays for services and supports that allow people with developmental disabilities to stay in, or return to, their own communities instead of living in an institutional setting. CAP is a Medicaid waiver and is not based on the family's income. It is solely based on the need of the individual with the developmental disability.
- **CAP/C** stands for Community Alternatives Program for Children and provides an alternative to nursing facility and hospital care for individuals up to age 19 who live in a private residence, who have complex medical needs and who have been ruled disabled by Disability Determination Services (DDS). CAP/C may be used for children who are considered medically fragile.

How to Apply for CAP-MR/DD for my child?

- Applying for CAP-MR/DD funds can be a lengthy process. The amount of time it takes varies among the different area programs and is dependent upon when/if CAP-MR/DD slots become available. Listed below are the steps to follow:
- **STEP 1** - Contact the **Single Portal coordinator**. In Guilford County, the Guilford Center is the local area MH/DD/SAS program. The number to call for information is **1-800-853-5163** or **336-641-6745**.
- **STEP 2** - Meet with a representative of the local area program to discuss your needs, available services and potential funding sources for services and supports.
- **STEP 3** - Meet with the Interagency Council (**IAC**) to discuss your service and funding needs.
- **STEP 4** - The local program recommends whether you are potentially eligible for CAP-MR/DD funds. If you are potentially eligible for CAP-MR/DD funds, then you are entered in the Single Portal tracking system/DD waiting list and identified as potentially eligible for CAP-MR/DD.
- **STEP 5** - Those who are potentially eligible for CAP-MR/DD funds are prioritized by the local area program for CAP-MR/DD slots.
- **STEP 6** - You stay on the **DD waiting list** until you are given a CAP-MR/DD slot and as long as you have unfunded needs. Once you have been allotted a slot, you move forward with the application process.

What services are available through CAP-MR/DD?

- **Adult Day Services**
- **Augmentative Communication Devices**
- **Case Management**
- **Crisis Services**
- **Day Support**
- **Home and Community Support**
- **Individual and Caregiver Training**
- **Personal Care Services**
- **Respite Care**
- **Specialized Equipment and Home Adaptation**
- **Supervised Living**
- **Supported Employment**
- **Therapeutic Case Consultation**
- **Transportation**

