



# IN-HOME SUPPORTIVE SERVICES (IHSS)

## Presentation for ACOA General Meeting

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# Agenda



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- What is IHSS?
- Eligibility Criteria
- What Services are Available?
- How to Apply?
- Contra Costa IHSS Data
- Recent Program Updates
- Resources



# What is IHSS?

- Helps aged, blind and long-term disabled people live in their homes with dignity rather than relying on institutions
- Recipients of IHSS can hire a provider of their choice to help them with personal care services
- IHSS can also provide wages to a provider for protective supervision



# IHSS Eligibility Criteria



- 65 or older, blind or long-term disability
- Physically reside in the United States and be a California Resident
- Be approved for Medi-Cal services
- Live in their own home or other dwelling in which they choose to reside
  - acute care hospitals, skilled nursing facilities, and intermediate care facilities are not eligible
- Health Certification form completed by health care provider



# What Does IHSS Cover?

Most activities of daily living, such as:

- Cooking
- Grocery Shopping
- Meal Prep and Clean Up
- Medical Appointment Accompaniment
- Spoon Feeding
- Help With Breathing Equipment
- Toileting or incontinence related needs
- Bathing and hygiene
- Dressing
- Medication Management
- Tooth, Nail and Hair care
- In some circumstances, protective supervision, one-time heavy cleaning or one-time yard hazard abatement





# What does IHSS Not Cover?



- Moving Furniture
- Paying Bills
- Reading mail to you
- Caring for Pets  
(including service animals)
- Gardening
- Repair Services
- Social Outings
- Sitting to visit or watch TV



# How to Apply?

## Contact

**1-800- 510-2020**

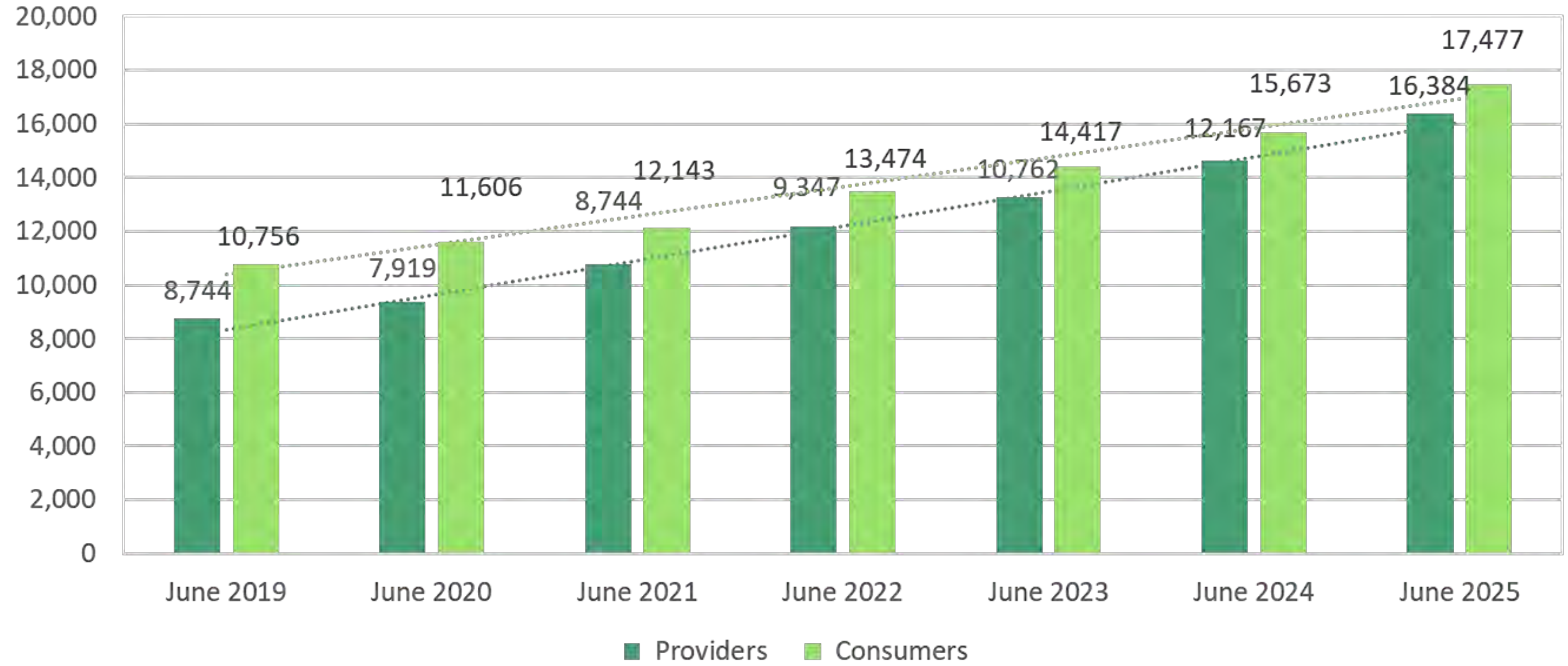
This number is staffed during business hours (Monday-Friday) and messages can be left after 5 p.m. or on weekends

Anyone can make a referral. All contacts are referrals until the county has contacted the individual or their AR to determine whether the individual is interested in applying.

Application will be sent to a Social Worker who will schedule a home visit.



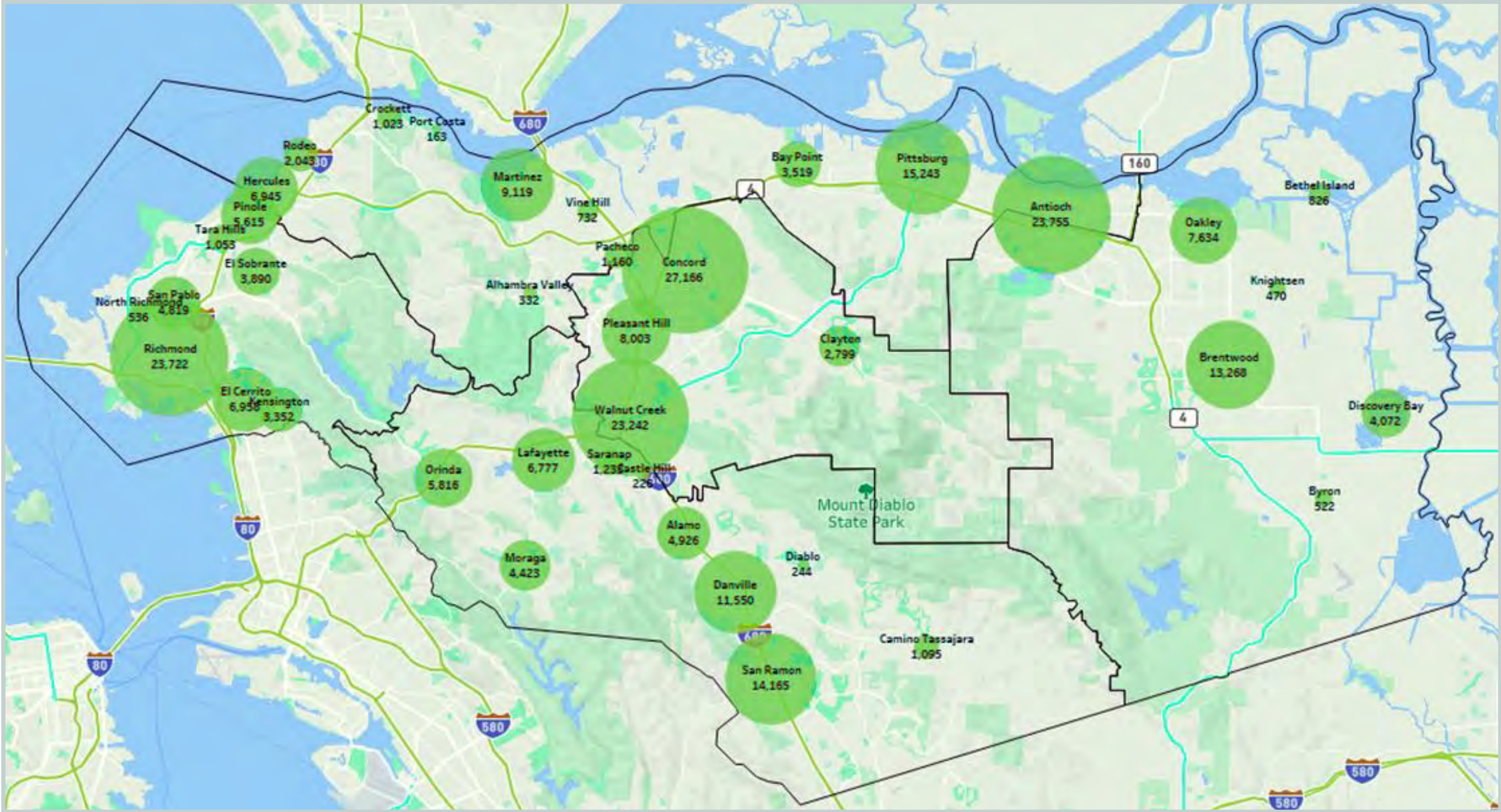
# In-Home Supportive Services Providers & Caseload Trends



Source: CMIPS and Care Tracker



# Geographic Distribution of 60+ In Contra Costa County



Source: 2023 ACS Census 5-Year Estimates, Table S1701

# IHSS Recipients by Age Group

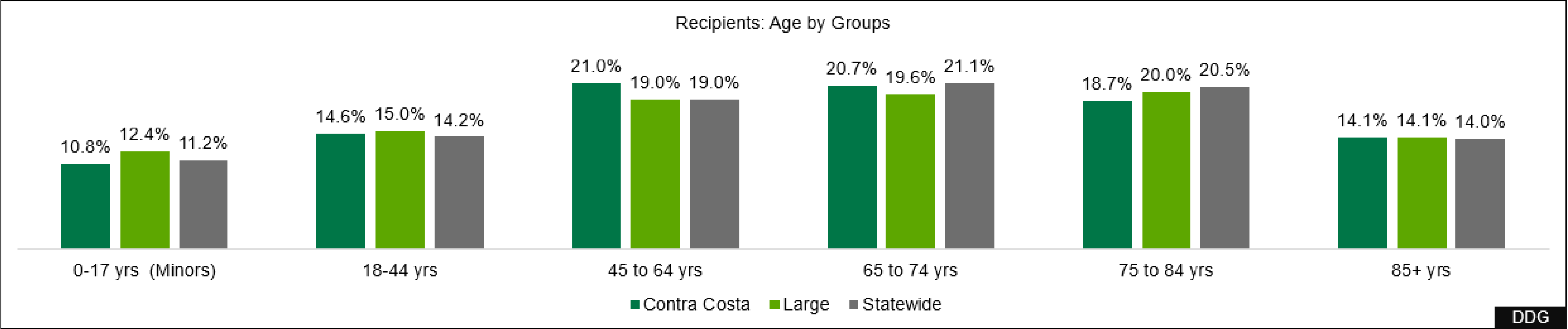


Table 1: Recipients: Age by Groups										
Recipients & Percentage (%) of Total Recipients										
	0-17 yrs (Minors)		18-44 yrs		45 to 64 yrs		65 to 74 yrs		75 to 84 yrs	
Contra Costa	1,902	10.8%	2,583	14.6%	3,714	21.0%	3,655	20.7%	3,306	18.7%
Large	4,210	12.4%	5,095	15.0%	6,469	19.0%	6,674	19.6%	6,799	20.0%
Statewide	97,918	11.2%	123,877	14.2%	165,354	19.0%	183,698	21.1%	178,843	20.5%

<11 indicates a value of 10 or less within the county



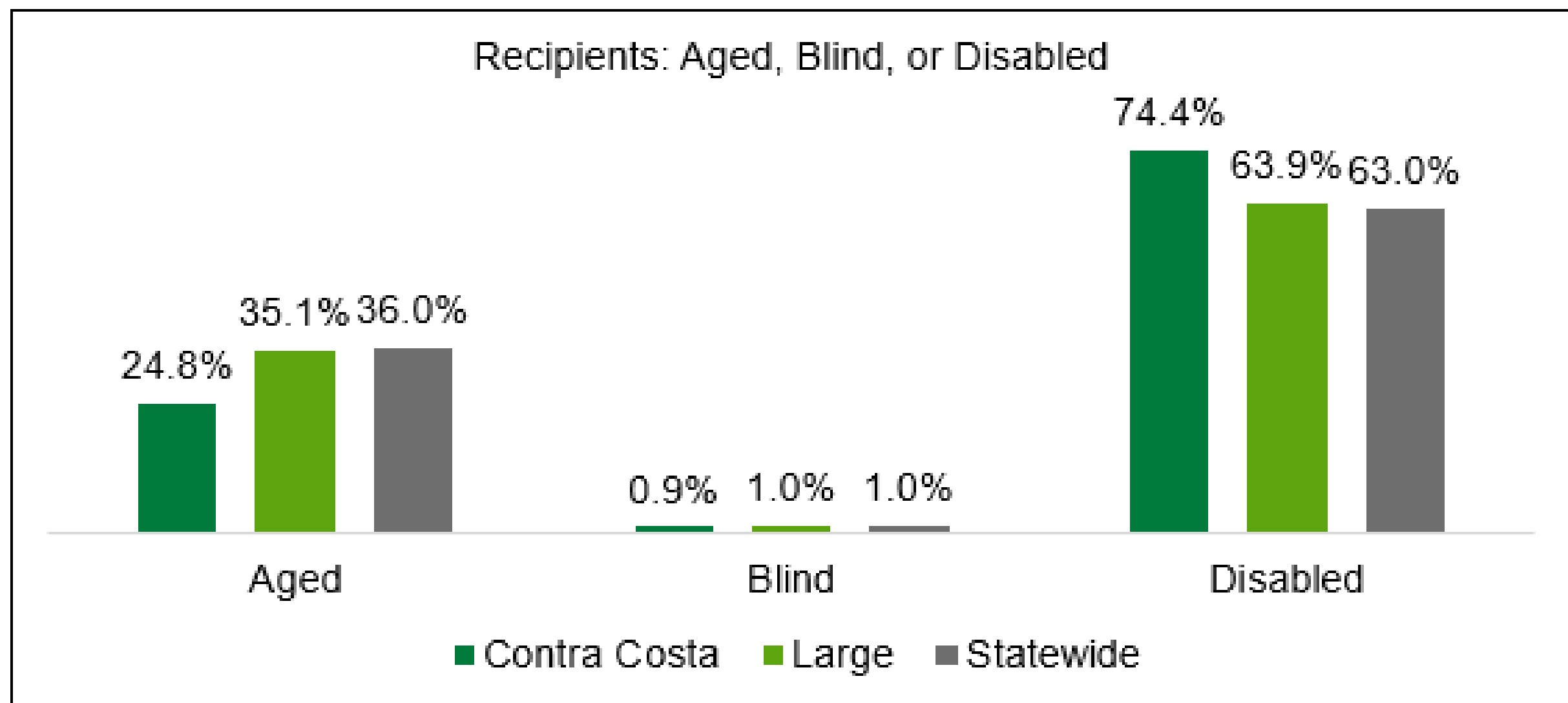


Table 1: Aged, Blind, or Disabled Recipients & Percent (%) of Total Recipient			
	Contra Costa	Large	Statewide
Aged Recipients	4,372	11,942	313,396
% of Total Recipients	24.8%	35.1%	36.0%
Blind Recipients	152	347	8,716
% of Total Recipients	0.9%	1.0%	1.0%
Disabled Recipients	13,121	21,774	549,214
% of Total Recipients	74.4%	63.9%	63.0%

# State Changes that Impact IHSS



## California FY25/26 Budget

- Signed by Governor Newsom on June 27, 2025
- Effective 7/1/25 - Overdue CFCO Reassessment Penalties passed to Counties
- Effective 1/1/26 - Re-instates asset limits of \$130,000 for an individual and \$65,000 for each additional individual for certain Medi-Cal enrollees. As Medi-Cal is a pre-requisite for IHSS, this could also impact IHSS recipients.



# Federal Changes that Impact IHSS

## House Resolution 1 (H.R. 1)

- Signed by President Trump of July 4, 2025
- Changes to Medi-Cal
  - Effective 1/1/27- Reinvestigation every 6 months, instead of 12 months
  - Effective 1/1/27- Work Requirements
  - Effective 1/1/27- Limits Retroactive coverage to 1 month for expansion enrollees and 2 months for other enrollees (instead of 90 days)
  - 10/1/26- Removes eligibility for 5 legal immigrant categories





# Case Processing Timelines



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**The goal is for all Intakes and Reassessments to be processed timely.**

- Intakes are considered timely if processed within 90 days of application
- Reassessments take place once a year.
- 80% timeliness for Overall Reassessments is required for State Compliance.
- 100% timeliness for CFCO Reassessments is required for Federal compliance to not receive fiscal penalty

CONTRA COSTA COUNTY

EMPLOYMENT & HUMAN SERVICES



# Resources



- **California Department of Social Services:  
IHSS Introduction and Services Video**  
[https://www.youtube.com/watch?v=YrlZbvg\\_nZE](https://www.youtube.com/watch?v=YrlZbvg_nZE)
- **EHSD.ORG**
- **CDSS.ca.gov/in-home-supportive-services**
- **Public Authority- 1-800-333-1081**
- **Aged & Disabled Helpline - Information & Assistance-  
1-800- 510-2020**



# Thank You!

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