

# Do you want to be at home?



## Our Stories



## Dear Missouri Citizens:

The people you will meet in this booklet are a cross-section of Missouri. They come from the state's urban and rural areas. They are fathers and mothers, brothers and sisters. In their spare time they volunteer in their communities, are involved in their churches, and attend cultural and sporting events. Each story in this book provides a snapshot of how Missourians used the Money Follows the Person (MFP) program to help them pursue more independent lives.

What these Missourians all have in common is that they once lived in a nursing home and accessed the MFP program to transition back into the community. MFP is a way to help rebalance long-term care in Missouri from living in an institutional setting to living in a home and community based setting for individuals who wish to do so.

The Money Follows the Person Stakeholders Group is proud to share these profiles with you, and hope that you will support a program that ensures Missourians with disabilities have access to the services that help them transition and remain in their communities.

Sincerely,

The Money Follows the Person Stakeholder's Group of Missouri

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## **Marjorie**

### **St. Louis, MO**

I am 50 years old and struggle with kidney failure, diabetes, lupus and osteoporosis. I now live in St. Louis, Missouri, and love to play with the dog, watch TV, read and do some crafts. I was in the nursing home for about 7 months until I found out about the MFP program through another resident and got more information from the home's social worker. I transitioned in September 2015.

The MFP program changed my life because now I'm able to be at home with my daughter and son-in-law, with whom I'm very close. I was unhappy at the nursing home because it kept me away from my family. I wanted to be home and the MFP program made that possible for me. Transitioning back to the community wouldn't have happened nearly as soon without the MFP program. I'm very grateful for the independence it has provided me and how quickly I was able to go home to my family. Through the program, I was provided with the equipment necessary to live at home, financial resources to obtain furniture and other home essentials as well as coordination of services.

I would recommend that if anyone is thinking about the MFP program and is able to live on their own, they should go for it. The MFP program is a great way to transition back to the community because it provides supports and case management that makes the transition much smoother and simpler for the individual. I would do it all again if I had to. The MFP program should continue because it provides individuals with hope that they can return to the community when they don't have the means necessary to do it on their own.

# Ashley

## Marble Hill, MO

I am 28 years old and was diagnosed with diabetes when I was 12. I had a severe stroke due to a malfunction of an insulin pump and had to go to a nursing home. My father and I heard about the MFP program through the social worker at the nursing home. I transitioned out in November of 2014.

I would not be where I am today without the MFP program. I felt like all my hopes were gone when I was in the nursing home. I'll always remember the day I transitioned. I regained self-esteem and felt a sense of security and hope. My MFP transition case manager made the impossible happen. I was able to get help obtaining the services I need at home like DME, therapy, nursing, and in-home services.

My father and I both know that I wouldn't be where I am today without the MFP program. I have been blessed with the MFP program and would like to see others benefit from it. I'll do whatever I can to help make the program a success.

**Money Follows the Person Fact:**  
*The Centers for Medicare and Medicaid Services (CMS) awarded a Money Follows the Person (MFP) Demonstration Grant to Missouri in January 2007.*

# Nary

## Farmington, MO

I am a 40 year-old person with a spinal cord injury. I was in a nursing home for 3 years until the staff at the nursing home informed me about Money Follows the Person Program. I transitioned on May 1, 2012. The MFP program changed my mental state of mind. The MFP program made me want to enjoy and live life. I can now enjoy activities in the community, like volunteering with hospice patients and going to church.

The Missouri Money Follows the Person program gave me the independence and quality of life that I did not have in the nursing home.



## W.M.

### Ozark, MO

I am 62 years old and have a Traumatic Brain Injury. I found out about the MFP program at the skilled nursing facility. I was approved for the

Money Follows the Person program in March of 2014. MFP was a life-changer for me. I am now living independently in an apartment. I can now do what I enjoy in life! I teach dancing once a week; and am active with the American Legion and Honor Guard.

The Money Follows the Person program is great for folks in a nursing home that want to transition into the community. It was very helpful meeting my needs.



## **Joanne Kirksville, MO**

I am 81 years old. I have a pacemaker and heart disease, but I don't let that stop me! I live in my own apartment. My friends and I go on outings, prepare meals together, and plan things to do for every holiday. I love my apartment and living on my own. It is just wonderful and makes me feel happy.

The MFP program has changed my life. Now I can go and do whatever I want whenever I want. I love to go to the Farmers Market. The movie theater is right across the street. My special friend of 40 years lives in the same apartment building. I can babysit my grandchildren. The social worker at the nursing home let me know about MFP. The program helped me get an apartment of my own and some help with the cleaning and other things, which helps me a lot. I hope they continue to fund this program.

If it wasn't for MFP, some people would be stuck in a nursing home when they could be independent. I tell people about Money Follows the Person and would recommend it to anyone.

**Money Follows the Person Fact:**  
***The "Money Follows the Person" Rebalancing Demonstration Program (MFP) helps States rebalance the long-term care system to transition people with active Medicaid from institutions to the community. Missouri is among forty-four states and the District of Columbia implementing MFP Programs.***



## **Betty Clinton, MO**

I am 74 years old and have congestive heart failure, COPD, diabetes, hypertension and neuropathy. I use a walker and wheelchair to get around. I am currently living independently in my apartment.

I was ecstatic when I found out about the MFP program. I met with the MFP coordinator on several occasions to discuss what I needed to live on my own. I was happy to be able to make simple decisions like the kind of table and chairs in my kitchen and what types of food I could eat. When I was in the nursing home, I was required to share a very small room with another resident. I did not get much of a choice of foods to eat, or to do many things I used to enjoy. MFP has given me the independence to choose the foods I eat, have room for my own belongings, and have the freedom to do the things I enjoy.



## **Mary Jefferson City, MO**

I am 71 years old and have a history of anxiety, depression and knee surgeries that resulted in me being a fall risk. I resided in a nursing home 4 times following surgeries. The last time was for 15 months, and I felt stuck. I heard about the MFP program and called the number. The MFP Program has been the answer to my prayers. I felt that I had no way out and almost gave up. I didn't like the lack of independence I had to give up in the nursing home. All I had was a recliner and a dresser – now I have my own place with everything I need.

I was so thrilled about the possibility of being independent, that I shared the MFP brochures with anyone who would listen. It's the best thing I've had happen in a long time. It's great to have my independence back.



## **Ben**

### **St. Louis, MO**

In November of 2012, I was laid off from my job for a number of health reasons. With my declining health and increasing size, I fell in-to a state of depression, fell out of love for myself, and gave up. In August of 2013, I had to go to the emergency room for treatment: my heart was not fully functioning. While in the hospital, I was diagnosed with several medical conditions and could not do anything for myself. My doctor wanted me to go to rehab because I needed skilled nursing care. Not wanting to live in a nursing home for the rest of my life, it motivated me to make a lot of changes.

During my stay at the nursing facility, my social worker referred me to the Money Follows the Person program. On May 15<sup>th</sup>, I left the nursing home after 21 months. I had rolled in on a stretcher and walked out on my own two legs! With MFP assistance, I was able to furnish my house. They continue to help me out when I need them. My case manager comes out and checks on me twice a month. I am also interacting regularly with the residents of my new community. I look forward to contributing towards the Thanksgiving Day Potluck. With my newly found independence, I want to mentor other people through this program.

I would enthusiastically recommend this program to anybody ever needing to come out of a nursing home.



## **Stella**

### **Springfield, MO**

I am 30 years old and have had a stroke and am now dealing with some of its side effects on top of a recent diagnosis of colon cancer. I lived in a nursing home for 3 ½ years. I now live in Springfield, Missouri, and enjoy spending time with my husband, cooking, writing poetry, and photography.

The MFP Program helped me get my life back and give me hope. In the nursing home I did not have the freedom to care for myself, and I sank into depression. Now, I live in my own home with my husband and enjoy participating in the community.

MFP helps people. The transition coordinator is there every step of the way to answer your questions and help you get your life back. MFP helps save lives.

### **Money Follows the Person Fact:**

Cumulative Number of Individuals transitioned to the community:

<b>Aged</b>	<b>Physically Disabled</b>	<b>Developmentally Disabled</b>	<b>Developmentally Disabled/Mental Illness</b>	<b>TOTAL*</b>
<b>307</b>	<b>571</b>	<b>346</b>	<b>37</b>	<b>1,261</b>

\*as of December 2015



## **Charles**

### **Republic, MO**

On November 13, 2013, a very serious and unexpected illness turned my life upside down and I found myself living in a skilled facility in Republic, MO, at the age of 68. I was in the facility for a very long eight months. They were very good to me while I was there, but as I started getting stronger and feeling better, I wanted to move back into the community where I felt my life would be much fuller and do things I was still capable of. The social worker at the facility explained the MFP program and how it could help me transition back into the community. With the help of my transition coordinator, on August 2, 2014, my move became a reality. I now have a home of my own.

When I walked into my new home, it was furnished all the way to the groceries. I had never felt such pride and freedom. My life has been changed by this program in so many ways. I have made several new friends, and walk across the road to go to church, where I am able to sing in the choir. The bus stop is across the road, and I ride frequently with a bus pass I purchase for the month to go as many times as I need to. The thrift stores I have frequented have helped me purchase new clothes for church and winter time. I feel so lucky and blessed to know help is available to those who are in need.

If someone would ask me about the MFP Program, I would tell them what a difference it has made in my life that possibly would have never been reality without the help of the MFP Program. I have no family to help me financially or emotionally, and I could not have managed this move on my own. I am free to make my own decisions and take control of my life once again.

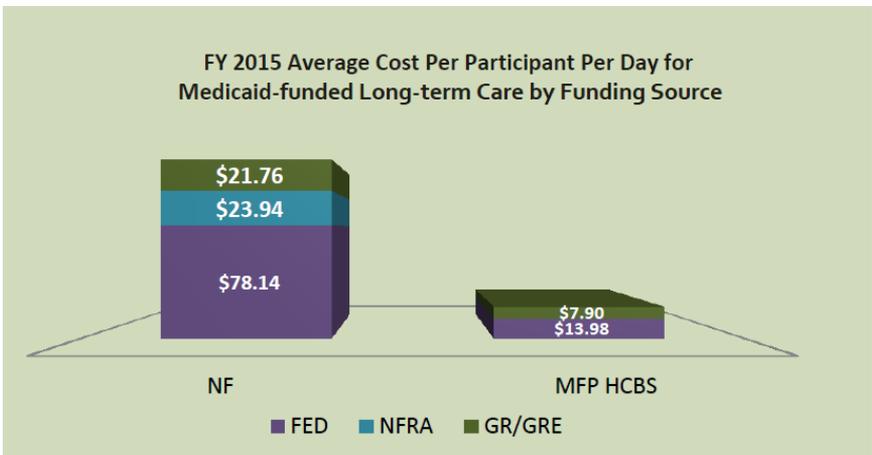
# Francis

## Eureka, MO

I am a 71 year-old with emphysema and COPD. I entered a skilled nursing facility after a hospitalization from pneumonia. Although I did not intend on residing in a facility long term my placement lasted six years. I had applied to one apartment complex but was on the waiting list for five years. My daughter told me about a Lutheran Senior Housing complex in Eureka. After I contacted the housing complex, I was told by the service coordinator about MFP. A referral was then made, and I moved within one month.

The MFP program has given me my freedom back: I felt like I was living in a prison when I resided in the facility. Residing in the community allows me to have privacy and independence. My attitude has greatly improved since leaving the facility, and I am a lot happier. This program helped furnish my apartment, assisted with my security deposit, first month rent and groceries, and made it possible for me to move.

I would say that MFP is a great program. The program is very important: it provides hope for people living in a facility.





# Hattie

## St. Louis, MO

The best thing I can say about Money Follows the Person is that it saved my life! I never thought that I would start my life over at the age of 83, but I did with the help of this wonderful program. I was a resident of a nursing home for almost two years before I heard of the program. A social worker contacted me and helped me find my comfortable apartment, and I was able to get furniture and other things I needed to start over. I never could have done this on my own. I now get to enjoy each day and spend my time doing activities of my choice.

The program means so much to me because it gave me my life back. I have more independence and control over my life. I can do what I want, when I want. I can go to church, visit my family, and participate in activities at the apartment building.

I would tell everyone who wants to move from the nursing home to check into this program. It was a great help to me. I wouldn't be here without it!

### **MFP Goals:**

*Increase the use of home and community-based services (HCBS); reduce the use of institutionally-based services*



## **Leslie**

### **Springfield, MO**

I am 43 years old and a diabetic. I've had three toes amputated and have issues standing for very long. I have started walking and watching my diet so I can lose weight and have a healthier life style. The nursing facility had been my home for the last three years, and I thought that would be my home from now on.

My new apartment is great. I am on the 6<sup>th</sup> floor and have the best view of Springfield, MO, you have ever seen. At night you can see the lights of the city, and it is beautiful. I help paint decorations to decorate the complex, have made many friends, participate in activities and potlucks, and I love to walk and explore on the way to the library. One of my favorite things to do is to cook, and being a diabetic, I have to be very careful. The MFP program is very vital to people in the facility to help us get our Independence and life back.

There are so many people who need help, and I was oblivious to what was out there. I will always be very grateful for this opportunity, and I would tell anyone that this is an amazing program and well worth the effort to make it work. There are rules to go by and all you have to do is be ready to help them help you. The transition coordinators will check on you and make sure you have a support system to help you.



## **Marcia Joplin, MO**

I am a 70 year-young woman with epilepsy, osteoarthritis, and high blood pressure. I am a mother, counselor, advocate, and friend to many. I love singing, baking, fishing, and learning new things. I am now living independently in my own apartment. I also like sharing my knowledge as a tutor to help young folks in the community.

While in the nursing facility, there were times when I felt like this was where I was going to remain, and I was struggling to move ahead. I heard about MFP from another resident and self-referred to the program. I feel like the MFP case management helped me work through many aspects of my life – communication, finances, independent living skills, and the rest. MFP has also given me an opportunity to help others advocate for themselves when trying to regain their independence.

The MFP Program gives people their independence and the ability to LIVE! Everyone needs to feel self-sufficient, and that's what MFP has restored for me. The MFP Program helped me not only return to my home and regain my independence, but it's given me self-confidence and pride in my accomplishments without being afraid.

### **MFP Goals:**

***Eliminate barriers in State law, State Medicaid plans, and State budgets that restrict the use of Medicaid funds to let people get long-term care in the settings of their choice***



## **Michael Hannibal, MO**

I am 56 years old and lived independently before having a below-the-knee amputation on my right leg. I enjoy my pets, family and friends and staying connected to social media. I have been living in a wheelchair-accessible apartment for almost five months now.

For me, I felt that the nursing home had outlived its purpose and I was ready, indeed eager to reclaim my life. The MFP Program made sure I had the supports in place to move into an accessible apartment where I can socialize, enjoy my pets, and have internet access once again. I wanted to be free to go outside, to hop on the bus wherever I wanted to go; and be free to enjoy my privacy and self-direction.

MFP has given me the ability to live my life independently. I am grateful for the flexibility of the Transition Coordinator because often one does not know the extent of one's needs until weeks or months after the initial transition. I can't say enough in thanks and praise for the men and women who serve us through MFP. They always treated me with kindness and respect and somehow managed to work miracles to help me get all of my needs met. I am now able to live my life on my own terms and have been making new friends.

**\*\*Missouri's MFP program has transitioned over 1,250 individuals back to the community!\*\***



## **Anthony Columbia, MO**

My name is Anthony Flanagan. I'll be 47 in December, and am diagnosed as a C-7 quadriplegic. I was a victim of a hit-and-run driver on June 28, 1987, when I was 18, while walking back to town from a friend's late night party out on a country road. I was getting ready to join the Army and try to be a Ranger. For the last 7 years, I have been locked up in a very restrictive nursing home environment. I found out about the MFP program from a friend talking to a loved one over the phone about it, overheard the conversation, and then asked him about it afterwards.

The MFP program has literally changed my life for the better. I am now able to live my life as I used to, and as I have been used to for my entire adult life, minus the 7 years I was locked up.

It feels good inside to be able to just leave my apartment and go wherever I want, whenever I choose.

### **MFP Goals:**

*Strengthen Medicaid programs to provide HCBS to people who choose to and transition out of institutions and improve HCBS*



## **Rhonda**

### **Crystal City, MO**

The day I left the nursing home was very exciting for me. I am 46 years old, and had a stroke when I was 41. I entered a nursing home after having my stroke in 2008. I was there for rehab in the beginning, but once that was over, I was not able to get out on my own. After being in the nursing home for 5 years, I was told about the Money Follows the Person Program by the social worker. I informed her I was very interested in living on my own. She referred me to the program, and I transitioned into my own apartment on August 2, 2013.

The day I moved into to my apartment is the day I got my freedom back! Freedom to eat, sleep, bathe, and perform other activities without a schedule or interruption when I wanted to. I have upper body weakness and problems ambulating. I walk with a walker, but it has become easier. Since moving into my own apartment, I have been able to learn about healthy food choices and have lost some weight. I have had the same aide in my home since I moved in, and have developed a close relationship with her. I have become friends with a few neighbors. I enjoy reading, watching TV, using my tablet to access the internet or play games, complete puzzle books, and I go to church every Sunday. I have a nice, cozy apartment, and I become happier each day that I get to live on my own.

I would highly recommend this program to any individual who would like to regain their independence and live on their own back in the community. I would like to see this program continue so that people would have the choice to live as they want.



## **Robert**

### **St. Joseph, MO**

I am 52 years old, bedridden, and on a ventilator. In 2007, I developed a staph infection which put me between life and death several times. The fact that I required a vent meant that I had to be in a nursing facility 4 hours away from my family and friends in St. Joseph. We encountered many roadblocks, but found out about Missouri's Money Follows the Person program. I am currently able to live with my family due to the assistance I received from the MFP program. I transitioned May 27, 2015.

My daughter's persistence paid off to bring me home. The MFP Program helped me to live in my preferred environment with my wife and family. The MFP Program is really good and has helped me be at home where I could be cared for with the love of my family and trained individuals.

#### **MFP Goals:**

*Put procedures in place to provide quality assurance  
improvement of HCBS*



## **Dennis**

### **Kansas City, MO**

Hello my name is Dennis Hill. I'm 54 years old, and paralyzed from a horse accident. I live in Kansas City, Missouri, where I've lived all my life.

I was able to transition after being in a nursing home for 18 months. I go out every day into the community. I have made several friends in the apartment complex where I live. And, I've started learning to walk again. I looked at several apartments and was able to choose where I live and in what area of town.

The MPF grant allowed me to buy furniture, pay my first month's rent and deposit, buy food and clothing, dishes, pots and pans, cleaning supplies, soaps and shampoos, and everything to set up my house. It allowed me to get out of the nursing home and get back to having a decent way of life.

Had it not been for the Money Follows the Person Grant, I would still be stuck at a nursing home. MFP has meant that I'm now able to be on my own, don't have nurse's aides and nurses walking in all hours of the day and night, am able to fix what I want when I want to eat something, watch TV whenever I want, and take my medicine on time instead of being late. And, without the help of the Money Follows the Person program, I would not have been able to accomplish any of this.

## Additional Information

Contact the Department of Social Services



**Toll Free: 855-834-8555**

Select option 7

**573-522-1591**

MHD.MoneyFollowsPerson@dss.mo.gov

**<http://on.mo.gov/mfp>**

Department of Health and Senior Services

Referrals for individuals who are Elderly or have a Physical Disability call:

Region 1 (Southwest): 417-895-5789

Region 2 (Southeast): 573-290-5150

Region 3 (St. Louis City/Co.): 314-340-7495

Region 4 (Northwest): 816-889-2724

Region 5 (Mid-Missouri): 573-441-6217

[www.health.mo.gov/index/php](http://www.health.mo.gov/index/php)

or

The Department of Mental Health

Referrals for individuals who have a Developmental Disability call:

800/364-9687

[www.dmh.mo.gov](http://www.dmh.mo.gov)

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