Easy Read Edition

A Self-Advocate’s Guide to Managed Long-Term Services and Supports

Part 1: To Start
Words to Know in Part 1
long-term services and supports (LTSS)

Services that help disabled people live our everyday lives. Some kinds of LTSS are job coaches or in-home helpers.

managed long-term services and supports services (MLTSS)

When a health insurance company runs a Medicaid LTSS program.

Medicaid

A health care program in the United States. It gives health care to people who can’t pay for health insurance.
1. To Start

This toolkit is about Managed Long Term Services and Supports.

We call them “Managed LTSS” or “MLTSS” for short.

This toolkit will help answer these questions:

- What is Medicaid?
- What is health insurance?
• How does Medicaid pay for health care?

• What is managed care?

• How can states switch how they pay for Medicaid?

• What are long-term services and supports (LTSS)?

• What are Managed LTSS?
• What are the good things about Managed LTSS?

• What are some things to watch out for about Managed LTSS?

• How can people who get LTSS help make sure that Managed LTSS works for them?