



## Nursing Home Residents Have the Right to:

- Participate in the planning of their care and treatment.
- Receive information about possible community options.
- Engage in a discussion of their discharge planning goals.
- Exercise all of their rights as a resident in a long-term care facility.



The Maine Long-Term Care  
**OMBUDSMAN**  
Program

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207-621-1079  
1-800-499-0229  
207-621-0509 (Fax)

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**When a resident wants  
information about  
returning to  
the community...**

**Section Q: What to do when  
a resident says “yes”**

***Advocates for Long-Term  
Care Consumers***

**1-800-499-0229**





# MDS 3.0 Section Q

## What is Section Q?

Section Q of the MDS 3.0 focuses on resident participation in assessment and goal setting. It is designed to identify the resident's goals and expectations relating to where s/he lives and whether s/he stays in the nursing home or transitions to other living situations. Section Q of the MDS 3.0 is to be used with all nursing home residents, regardless of payment source.

## The Nursing Home's Responsibility

Nursing homes are required to notify their designated Local Contact Agency, The Long-Term Care Ombudsman Program (LTCOP), when a resident expresses a desire to learn more about options for living in the community and consents to a referral to the Local Contact Agency. Specifically, a referral to LTCOP is required when a resident answers "yes" to Section Q 0500 questions.

## The Goal of Section Q

CMS revised the MDS 3.0 Section Q to be more person-centered, provide residents with the opportunity to express their expectations for care, engage in their discharge planning goals, and initiate a referral to explore more information on the potential to returning to the community. By including interview questions in the MDS 3.0 residents are given a voice.



## When a Resident says "Yes" to Section Q

Ask the resident or their legal representative if applicable for consent to make a referral to LTCOP. Fill out the referral form and fax it to LTCOP at (207)621-0509. If you do not have the referral form please contact LTCOP at (800)499-0229.

## What Happens Next

LTCOP will contact the individual or legal representative, referred through the Section Q process, to learn more about the resident's natural supports, barriers, and community needs. LTCOP will provide information about options and supports in the community and collaborate with the nursing home to organize a potential transition.

# Homeward Bound

## What is Homeward Bound?

Homeward Bound is Maine's "Money Follows the Person" project, a federal demonstration project offered through the Centers for Medicare & Medicaid Services. Homeward Bound is managed through the Department of Health and Human Services, Office of Aging and Disability Services. It is designed to help people with complex needs transition into the community with home and community based services. To apply for Homeward Bound, a resident needs to be nursing home level of care, have MaineCare, and have been (or are planning to be) in a nursing home or hospital for 90 days.

## How to make a Homeward Bound Referral

You can make a Homeward Bound referral at any time, with the resident's or legal representative's permission by calling LTCOP at (800)499-0229 with the referral information. An Ombudsman will schedule a time to visit the resident to discuss the Homeward Bound Program.

## Homeward Bound and Section Q are not the same

When someone answers yes to Section Q it is possible this may lead to a referral for the Homeward Bound program as an option for moving into the community, if the resident meets the eligibility requirements for Homeward Bound. A Section Q referral is not a Homeward Bound referral. If you feel you have a resident that meets the qualifications for Homeward Bound and is interested in going home you may make a Homeward Bound referral at any time, you do not need to wait until the MDS Section Q is completed.