

Long-Term Services and Supports (LTSS)



Need extra help caring for yourself? Our Long-Term Services and Supports team can help

In-Home Supportive Services (IHSS)

(65 years old or disabled or blind)

Apply through the county for IHSS. You can choose your own caregiver.

Covered Services

- Meal preparation
- Personal care services (such as bowel and bladder care, bathing, grooming and paramedical services)
- Laundry services
- Grocery shopping
- Going with you to medical visits
- Protective supervision

To apply for IHSS call:

San Bernardino County

1-877-800-4544
(909) 252-4703 TTY

Riverside County

1-888-960-4477
711 for TTY

Multipurpose Senior Services Program (MSSP)

(At least 65 years old with a disability or eligible for nursing care)

A care manager works with your doctor to arrange for a variety of services.

Covered Services

- Help with housing
- Help with chores and personal care
- Protective supervision
- Rides to medical visits
- Respite
- Meal, social and communication services

To apply for MSSP call:

San Bernardino County

1-877-565-2020
(909) 891-3900 TTY

Riverside County

1-800-510-2020
(951) 867-3800
(951) 697-4699 TTY

Skilled Nursing Facility (SNF)

(Those who require a higher level of care that cannot be provided in a home setting)

Services must be prescribed by your doctor and given in a licensed SNF.

Covered Services

- Skilled nursing care on a 24-hour per day basis
- Care management
- Bed and board (daily meals)
- X-ray and laboratory
- Physical, speech and occupational therapy
- Prescribed medicine
- Medical supplies, appliances and equipment normally given by the SNF



Community-Based Adult Services (CBAS)

(18+ years old with health issues, making it hard to care for yourself)

Eligible members must attend a CBAS center 2-5 days a week to get services.

Covered Services

- Skilled nursing care
- Lunch at the center
- Physical, speech and occupational therapy
- Training and support
- Rides to the center and back home



iehp.org

1-800-440-IEHP (4347)

1-800-718-IEHP (4347) TTY

Mon-Fri, 7 a.m.-7 p.m.,
and Sat-Sun, 8 a.m.-5 p.m.

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(909) 891-3900 TTY

Stay connected. Follow us!

