

OHP Work or Activity Rules:

I get help with daily activities. Do the new OHP work or activity rules apply to me?

The Short Answer

No. If you receive long-term services and supports for daily activities through the state of Oregon, you are exempt.

An exemption means you do not need to meet the work or activity rules.

You do not need to know which OHP program you have. The state of Oregon will review your information and send you a notice.

This sheet is only about the OHP work or activity rules. Other changes may affect OHP. Read each notice you receive to learn whether another change applies to you.



What are long-term services and supports?

Long-term services and supports help people with daily activities because of their age, disability or health needs.

You may get these services:

- In your home.
- In an adult foster home or group home.
- In an assisted living or residential care facility.
- In a memory care facility or nursing facility.

You may also have a case manager, service coordinator, or personal agent who helps plan your services.



Will my services change?

The work or activity rules do not decide or make any changes to the help you receive with your daily activities.

If one of your services changes, you should receive a separate notice.

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How will the state know about my needs?

The state will use information it already has when possible. If more information is needed, you will get a notice explaining what to provide and when it is due.

You can report information:	What should I do?
• Online at benefits.oregon.gov. • Through the free Oregon ONE Mobile app. • By calling 800-699-9075. Relay calls are welcome. • At a local ODHS office.	• Read every notice you get. • Keep your address, phone number and email up to date. • Complete your OHP renewal by the date in your notice. • Respond if you are asked for more information. • Ask for help if a notice is hard to understand or you need it in another language or format.

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Where can I get help?

Questions about OHP eligibility or the new rules:

Call the ONE Customer Service Center at
800-699-9075.

Questions about your disability services:

Contact your case manager, service coordinator, personal agent, local disability services program, Aging and People with Disabilities office, or Area Agency on Aging office.

You can also call the Aging and Disability Resource Connection at **855-673-2372.**

You do not have to figure this out alone. Someone who helps with your services can help you find the right place to call.

Learn more at:

<https://ohp.oregon.gov/HR1>

