Independent Choices Program (ICP) Overview for Applicants/Participants

Updated: Feb. 10, 2026

ICP history

In 1998, the Oregon Department of Human Services (ODHS), Seniors and People with Disabilities (SPD) (now Aging and People Disabilities (APD)) began working with individuals towards the creation of a "cash-and-counseling" program as an alternative to the existing In-Home Support Services model. ICP was approved by the Centers for Medicare and Medicaid Services (CMS) under the 1115 Research and Demonstration Waiver program on July 27, 2001, as a pilot project in five Oregon counties. In 2009, the program was transitioned to an on-going program and was expanded statewide.

ICP provides participants with flexible cash benefits that are based on service plans to meet their needs. A cash benefit is provided in lieu of the usual service provider plan. The monthly benefit allows participants to direct and manage personal assistance service and address individual-specific needs. Benefits from other governmental programs such as Section Eight housing and Social Security payments are considered excluded resources and income when calculating the monthly ICP benefit.

Who may enroll in ICP?

Individuals who are eligible for Medicaid paid, In-Home Services for people over age 65 and individuals with physical disabilities may be eligible for the program. They may participate if they demonstrate a stable living situation and financial responsibility. There are additional program eligibility criteria specified in Oregon Administrative Rule (OAR) 411-030-0100. Potential enrollees, or their designated ICP representative such as a family member or a close friend, must be able to manage a monthly cash benefit to purchase personal assistance, homecare services and other goods and services. Program participants accept responsibility for budgeting, record keeping, paying providers, and paying taxes for employees.

Why is ICP a unique opportunity?

Participants have more flexibility in how they meet their personal assistance and in-home needs than in other programs. Participants can select and purchase the services or goods of his/her choice that enable the person to continue living at home and enhance or maintain their health and independence.

Participants may hire family members, their spouse, neighbors and other interested applicants (including homecare workers) to help. As a household employer, the participant decides which tasks they want have help with, who they want to hire, what quality of service they expect and what they are willing to pay each employee per hour.

Participant responsibilities

ICP participants must maintain a separate ICP checking account reserved solely for ICP service-related purposes. They must develop a budget to show how they will use the money, in accordance with Medicaid and ICP guidelines and must spend the money in accordance with their approved budget. They must hire an employee provider and should not pay this provider less than the Federal or Oregon hourly minimum wage whichever is less. ICP participants are responsible for meeting all legal and fiscal responsibilities as an employer. Participants may use a portion of the ICP cash benefit (money that is set aside as a pre-approved discretionary fund) to purchase a payroll service to assist them in meeting their payroll responsibilities.

There are a few other requirements that ICP participants must follow. OAR 411-030-0100 defines these requirements.

ICP cash benefit amount

ICP participants are required to participate in a functional needs assessment to maintain eligibility for the program. Case managers meet with participants no less than once a year to assess their service needs and to create a service plan. If eligible a service plan is developed based on the participant's needs in their activities of daily living (such as eating and mobility) and instrumental activities of daily living (such as housekeeping and meal preparation). After the plan is finalized, service hours are calculated by the case manager. The participant receives the cash benefit at the beginning of each month and must use these funds to meet their service needs.

Each participant's service needs are reassessed every 12 months and the service plan is updated accordingly. Service budgets including financial records are reviewed every six months.

Participants are expected to manage their cash benefit responsibly. If a participant decides ICP is not working for them and/or their circumstances change, the participant may leave the program at any time. If the participant leaves ICP, other in-home or community-based services are offered if the individual is eligible.

For additional information about ICP, please contact your local APD or AAA office or email the ICP coordinator at icp.spd@odhsoha.oregon.gov.

You can get this document in other languages, large print, braille or a format you prefer free of charge. Contact the Aging and People with Disabilities at apd.ltss@odhs.oregon.gov or 503-945-5600. We accept all relay calls.

OREGON DEPARTMENT OF
Human Services

Aging and People with Disabilties
Medicaid Services and Supports
500 Summer St. NE, E-10
Salem, OR 97301-1076
503-945-5600
odhs.info@odhs.oregon.gov
www.oregon.gov/odhs