

Quick Reference: Personal Care Aide Services (PCA)

Many seniors and adults with disabilities prefer to stay in familiar surroundings and access health services and long-term care in their homes or their community. Qualified older adults and persons with disabilities in the District may be eligible for Personal Care Aide Services (PCA), assistance with activities of daily living provided in a person's home or community setting. Individuals enrolled in the District's Elderly and Persons with Physical Disabilities (EPD) waiver program are eligible to receive PCA services, and other individuals who may not meet the criteria for the EPD waiver program may still qualify for PCA through the District's state plan personal care program. If you think you may meet the criteria described below (or you have already had an assessment completed and know you are eligible for PCA), contact the Aging and Disability Resource Center (ADRC) at the number below.



PCA services offer a range of supports and services that may be right for you.

Personal care aides perform a wide array of routine activities, including:

- Cueing or hands-on assistance with basic personal care, including bathing, grooming, and assisting with using the toilet or bedpan
- Assistance with continence care, including changing of catheter or ostomy supplies or protective undergarments
- Assistance with transfers, ambulation, and exercises as prescribed
- Reading and recording vital signs such as temperature, heart rate and respiration rate
- Observing and monitoring changes in physical condition, behavior or appearance
- Meal preparation and assistance with eating
- Infection control
- Assistance with maintaining the living area in order to maintain health, safety and comfort
- Accompaniment to medical appointments, employment, or approved activities
- Shopping for nutrition- or other health-related items
- Assistance with telephone use
- Assisting self-administration of medication (PCAs may not directly administer medication to an individual)

To be eligible to use PCA services, you must

- Be eligible for and enrolled in the District's EPD waiver program, **OR**
- Meet the following criteria to enroll in the District's state plan PCA program:
 - Be a resident of the District of Columbia
 - Be a U.S. citizen or hold legal immigration status
 - Be eligible to receive DC Medicaid, with an income of less than 100% FPL
 - Require assistance with activities of daily living AND meet the "level of care" established for PCA services

Are PCA services right for you? PCA services, like all Medicaid home and community based long-term services and supports, are a choice program. You have the right to choose whether or not to participate and to choose the provider of your services. PCA may be a good fit for you if you feel the services described above will meet your needs.

Have you already completed an in-home visit and an assessment? Look at the assessment score in the letter you received after your assessment.

If your total assessment score listed is 9 or higher, you meet the functional eligibility criteria for the waiver and can access PCA via the waiver. If the score listed for your *functional assessment score without medication administration* is between 4 and 8, you meet the functional eligibility criteria for PCA under the Medicaid state plan, and if you meet other criteria for the program you may enroll in that program.



For more information, for help understanding your options, or to find out how you can enroll in PCA, contact the Aging and Disability Resource Center (ADRC) at 202-724-5626 or via email at Ask.ADRC@dc.gov. You may also call the Department of Health Care Finance (DHCF) Long Term Care Administration at 202-442-5988.