

PCA FACT SHEET

Who can get PCA services?

You must:

- Enroll with MA (Medical Assistance), Minnesota Care expanded benefits, AC (Alternative Care) or a waiver program.
- Make decision about your care or have someone to make decisions for you.
- Provide for your own health and safety or have a responsible party that is able to do so.
- Live in a home or apartment.
- Meet access criteria.
- Have a PCA assessment to see if you qualify for services

What services are available?

PCAs can provide and help you with:

- Activities of daily living, such as bathing, grooming, and getting into and out of bed
- Health related procedures and tasks, such as assistance with self-administered medications.
- Observation and redirection of behaviors, to keep you safe at home.
- Instrumental activities of daily living, such as housekeeping, shopping and meal preparation.

How do I schedule an assessment?

Your assessment should happen within 30 days of contacting one of the following:

- If you are on MA, AC or Waiver program, contact your **County Health Agency** (click [here](#) to see a list of the county)
- If your county has contracted with a Managed Care Organization, contact your assigned Case Manager.
- If you are 65 years of age or older contact your **Insurance Provider** (click [here](#) to see a list Insurance provider Care Plus is contracted with)

What can I expect at the assessment?

The assessment takes about one hour and is done in your home. Questions will determine if you need a responsible party, and be about:

- The types of help you need on an average day
- Your medication
- Your health
- Your behavior

What happens after the assessment?

- You will get a copy of your PCA assessment and Service Plan within 10 days

- You will also receive a service agreement letter that tells you how much PCA time you can get.
- You need to contact Care Plus HHA, Inc. to schedule your services.
- A new evaluation is needed yearly, or when your health changes.