

The background of the slide is a complex, abstract pattern composed of numerous triangles of various sizes and colors. The colors include shades of blue, green, yellow, orange, red, and purple, creating a vibrant, mosaic-like effect. The triangles are arranged in a way that they interlock, forming a continuous geometric design.

Accessing Personal Care Assistant (PCA) Services

PCA Services

Personal Care Assistants (PCAs) are paid workers who can help me with activities of daily living(ADLs).



What are ADLs?



DRESSING: can
help me pick out,
put on, and
change my clothes



BATHING:
can help me
with basic
personal hygiene
and skin care



GROOMING:
can help me
with haircare,
skincare, nail
care, and oral
care

What are ADLs?



EATING:
can help me
with hand-
washing and
feeding



TOILETING:
can help with
positioning and
feminine
hygiene



**MOBILITY &
TRANSFERS:**
can help me
move between
positions and
use my mobility aids.

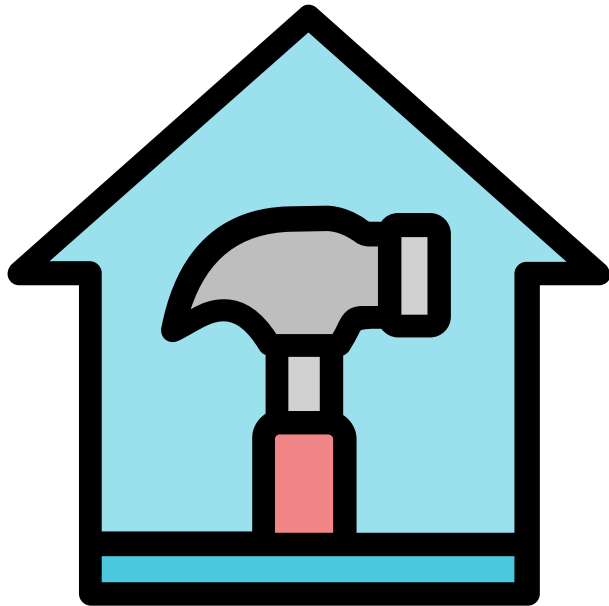
Additional PCA Duties

PCAs can also help me with meal preparation, shopping, paying bills, and getting to and from my medical appointments.



What PCAs can't do

PCAs are not able to help me with things like home repairs or medical tasks such as giving injections or determining how much medicine I should take.



Contacting Your County

To start getting services, I need to call my local county or tribal human services office and ask for a PCA Service Assessment.



Hello, I am calling to schedule a PCA service assessment.

How to Contact My Human Services Office

I can find my county's human services office by using the MN County and Tribal Directory.

The next page also has some common counties and the corresponding phone numbers.



Anoka County
763.323.6070

Scott County
952.496.8686

Ramsey County
651.266.4444

Carver County
952.361.1600



Hennepin County
612.596.1300

Dakota County
651.554.5611

What to Expect During an Assessment

After I schedule an assessment, a worker will visit my home.



Usually it's a nurse who does the assessment.

The nurse will base my qualification for services by assessing:



1

My ability to give instructions for care

2

My overall health

3

Medications I use

4

Any complex health related needs

5

Any behaviors I may have

6

ADLs that I may need help with

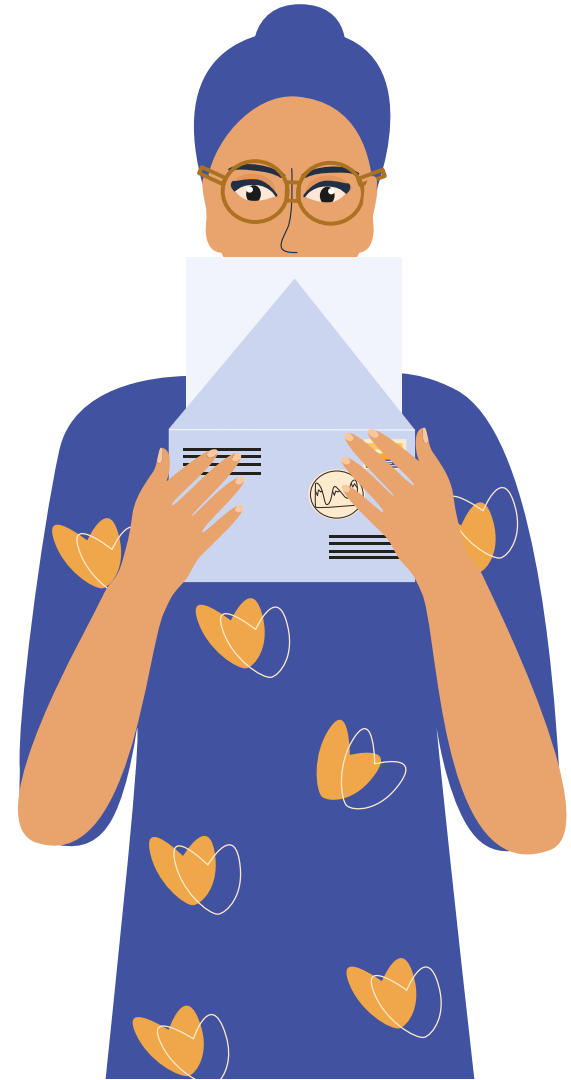
If you Qualify for PCA Services

If PCA services are right for me, I will be approved based on my needs. I will get information about my home assessment results through a service authorization letter.



What is a Service Authorization Letter?

A Service Authorization letter tells me what services I qualify for, the amount of time I will receive the services, and when they will start.



After Services have Been Authorized

After I have been approved for services, there will have a start date (provided in service authorization letter). That means its time to find a PCA or agency!

A hand-drawn calendar grid. At the top, the word "MONTH" is written in a simple, blocky font, followed by a horizontal line for the month name. Below this is a grid of 35 squares, arranged in 5 rows and 7 columns. To the left of the grid, there are five dots, one for each row, indicating the days of the week. The entire calendar is enclosed in a thick, dark teal border.

MONTH _____							
•							
•							
•							
•							
•							

Finding a PCA

There are 2 ways I can find a PCA:

1

PCA CHOICE: You get to choose, hire, and manage your PCAs

2

TRADITIONAL: You choose a PCA agency who will find, hire, and manage your PCAs for you

Accessing a PCA

My County Case Manager can be a great resource to help me choose the right PCA option.



They can give me agency recommendations and assist me in navigating the hiring process.



**I can get the PCA
services I need!**