



## Minnesota Department of **Human Services**

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# Personal care assistance

Personal care assistance is a service for people who need help with day-to-day activities so they can be more independent in their home and community. A personal care assistant (PCA) helps with:

- Activities of daily living, such as eating, dressing, moving within one's home, meal planning and preparation, shopping, and traveling to medical appointments and community activities
- Observation and redirection of behaviors
- Health-related procedures and tasks.

Services are available for people with physical disabilities, chronic diseases, behavioral diagnoses and mental illness.

## Eligibility and services

To receive personal care assistance, a person must:

- Be on Medical Assistance or be a pregnant woman or child enrolled in MinnesotaCare.
- Be able to make decisions about their own care or have someone who can make the decisions for them.
- Live in a home or apartment.
- Need help with activities such as those listed above.
- Have an assessment to see if they qualify for services.

To schedule an assessment, contact your lead agency (county, tribe or managed care plan.) The lead agency will conduct reassessments annually or upon a change in a person's condition to determine continued eligibility.

## Program use and costs

- During state fiscal year 2014, approximately 26,876 people received PCA services at a total cost of about \$684 million.
- As of July 31, 2014, 117,219 individuals were enrolled as PCAs in Minnesota Health Care Programs. Of those enrolled, 39,343 actually provided services to individuals during state fiscal year 2014.
- As of July 31, 2014, 630 PCA agencies were enrolled to provide PCA services for Minnesota Health Care Programs. During state fiscal year 2014, 497 actually provided services to individuals.

## Regulation

- PCA agencies are not required to have a state license. However, the Minnesota Department of Health licenses some agencies, such as home health agencies, that provide PCA services.
- PCA agencies must renew their enrollment as a Minnesota Health Care Programs provider on an annual basis to assure that they meet provider standards and are qualified to provide services.
- Individual PCAs must also meet provider standards by enrolling as a Minnesota Health Care Programs provider, passing a criminal background study and satisfactorily completing required online training.
- PCA services must be supervised by a qualified professional as defined in state statute.

This information is available in accessible formats for people with disabilities by calling local 651-431-2400, toll-free 800-747-5484, or by using your preferred relay service. For other information on disability rights and protections, contact the agency's ADA coordinator.