

### Authorization Guide for Personal Care Services and Homemaker Services

Personal Care Services and Homemaker Services are provided for members who need assistance with activities of daily living (ADLs) or instrumental activities of daily living (IADLs).

Members must meet the following criteria to qualify for Personal Care Services and Homemaker Services:

<p><b>Eligibility:</b></p> <ul style="list-style-type: none"> <li>• Individuals at risk for hospitalization or institutionalization in a nursing facility; or</li> <li>• Individuals with functional deficits and no other adequate support system; or</li> <li>• Individuals approved for In-Home Supportive Services.<sup>1</sup></li> </ul>	<p><b>Restrictions:</b></p> <ul style="list-style-type: none"> <li>• Member is participating in duplicative state, local, or federally funded programs.</li> <li>• Members must be referred to the In-Home Supportive Services program.</li> <li>• If a member receiving Personal Care and Homemaker services has any change in their current condition, they must be referred to In-Home Supportive Services for reassessment and determination of additional hours. Members may continue to receive Personal Care and Homemaker services during this reassessment waiting period.</li> <li>• Similar services available through In-Home Supportive Services should always be utilized first.</li> <li>• Personal Care and Homemaker services should only be utilized if appropriate and if additional hours/supports are not authorized by In-Home Supportive Services.</li> </ul>
<p><b>Service Includes:</b></p>	
<ul style="list-style-type: none"> <li>• Assistance with ADLs such as bathing, dressing, toileting, ambulation, or feeding.</li> <li>• Assistance with IADLs such as meal preparation, grocery shopping, and money management</li> <li>• Help with tasks such as cleaning, shopping, laundry, and grocery shopping.</li> <li>• Aids individuals who could otherwise not remain in their homes.</li> </ul>	<p>Services can be utilized:</p> <ul style="list-style-type: none"> <li>• Above and beyond any approved county In-Home Supportive Services hours when additional hours are required and if In-Home Supportive Services benefits are exhausted.</li> <li>• As authorized during any In-Home Supportive Services waiting period (member must be already referred to In-Home Supportive Services); this approval period includes services prior to and up through the In-Home Supportive Services application date.</li> <li>• For members not eligible to receive In-Home Supportive Services, to help avoid a short-term stay in a skilled nursing facility (not to exceed 60 days).</li> </ul>

<sup>1</sup>Eligibility criteria can be found at <http://www.cdss.ca.gov/In-Home-Supportive-Services>.

**In-home supportive services:**

Includes house cleaning, meal preparation, laundry, grocery shopping, personal care services (such as bowel and bladder care, bathing, grooming, and paramedical services), accompaniment to medical appointments, and protective supervision for the mentally impaired.

**Total lifetime maximum: N/A****Codes:**

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**Allowable Community Supports providers:**

Providers must have experience and expertise with providing housing-related services and supports in a culturally and linguistically appropriate manner. Provider must use best practices in rendering services.<sup>2</sup>

**State services to be avoided:**

Examples include but are not limited to inpatient and outpatient hospital services, emergency department services, and skilled nursing facility services.

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<sup>2</sup>Examples of Provider: home health agencies • county agencies • personal care agencies • Area Agencies on Aging (AAA).