



PCA – personal care assistance

The personal care assistance program provides services to persons who need help with day to day activities to allow them to be more independent in their own home. A PCA is an individual who is trained to help persons with some daily routines. A PCA may be able to help you if you have a physical, emotional or mental disability, a chronic illness or an injury.

To be eligible for PCA services you must

- be eligible to receive Medical Assistance or Minnesota Care Expanded*
- require services that are medically necessary and ordered by a physician*
- be able to make decisions about your own care or have someone who can make decisions for you*

PCA services must be medically necessary and ordered by a physician. A person must need help to complete activities of daily living, have health related tasks or need observation and redirection of behavior to use the four categories of service;

- Activities of daily living, including eating, toileting, grooming dressing, bathing transferring, mobility and positioning*
- Health-related functions, which under state law, can be delegated or assigned by a licensed health care professional to be performed by a PCA*
- Instrumental activities of daily living, including meal planning and preparation, managing finances, shopping for essential items, performing essential household chores, communication by telephone and other media and getting around and participating in the community*
- Redirection and intervention for behavior, including observation and monitoring.*

You can call your county public health nurse to arrange for an assessment and to teach more about the options available including the types of agencies that provide personal care assistance services, and how to hire your own staff.