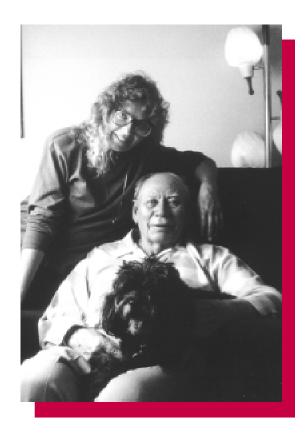


The Department of Health and Welfare offers several assistance programs, including Personal Care Services (PCS) and PCS case management for Medicaid-eligible clients.



#### HW-0021

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Photography by Pam Benham Printed on recycled paper

# Personal Care Services

### What is Personal Care Services?

Personal Care Services is a Medicaid program that helps people with personal needs while they live in the community. Adults and children with physical or developmental disabilities, and the elderly, may be eligible. PCS may be an alternative to nursing home or institutional care for a short or extended time.

As a PCS client, you would have a "provider" to assist with personal care and hygiene, as well as medically related household duties, shopping, or transportation. Maintaining community contact and continued residence in your home are two goals of the program. When appropriate, PCS also helps clients become more self-sufficient.





## What is PCS case management?

If you qualify for PCS, you also may be eligible for case management. Case management is a program to help clients get the services they need. A case manager can help you locate, coordinate, or manage your services. A case manager may help you:

- Find a personal care provider (case managers do not serve as providers);
- Design a plan of services and review it of a regular basis;
- · Gain access to community services; and
- Solve problems related to service delivery.

## Are you eligible for PCS?

To participate in the PCS program, you must meet certain requirements, such as:

- Being eligible for Medicaid;
- Obtaining a doctor's statement that PCS is needed due to medical conditions; and
- Being able to stay at home safely.

## Services provided under PCS

If you qualify for Medicaid and are eligible to participate in the PCS program, your provider may assist you with the following services as they relate directly to your health:

- Basic personal care and grooming;
- Assistance with exercise, walking, and transferring;
- Assistance with medications:
- Training programs to help people with developmental disabilities achieve more independence; and
- Light housekeeping, cooking, grocery shopping, and transportation, if associated with medical services.

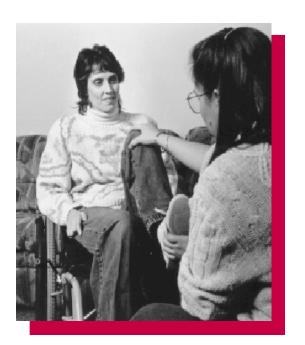
## Services not provided

Some services are not available under the PCS program. Examples include:

- Changing sterile bandages;
- Giving shots;
- Cleaning, laundry, or shopping for other household members; and
- Sterile procedures requiring the skills of a licensed nurse.

## More Information

If you would like more information on the PCS program and case management, contact the Idaho Department of Health and Welfare at the regional Medicaid office nearest you.



Office	Address	Phone
Coeur d'Alene	1250 Ironwood Drive Suite 304	769-1567
Lewiston	1118 "F" Street	799-4430
Caldwell	3402 Franklin Road	454-0421
Boise	1730 Westgate Drive	334-0940
Twin Falls	601 Pole Line Road Suite 3	736-3024 1-800-826-1206
Pocatello	1070 Hiline Road Suite 370	235-2960
ldaho Falls	150 Shoup Avenue Suite 19	528-5750