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**CHAPTER 30: PERSONAL CARE SERVICES**

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**COVERED SERVICES**

Long Term-Personal Care Services (LT-PCS) are defined as those services that provide assistance with the distinct tasks associated with the performance of the activities of daily living (ADL) and the instrumental activities of daily living (IADL). Once program requirements are met, assistance may be either the actual performance of the personal care task for the individual or supervision and prompting so the individual performs the task by himself/herself.

**Service Definitions**

Activities of daily living (ADL) are personal, functional activities required by the recipient. They include the following tasks:

- Bathing – verbal reminder to take a bath, preparation of the bath, assistance in and out of the bath/shower, and/or physical assistance with bathing and/or drying off;
- Grooming – verbal reminder to do the task, assistance with shaving, application of make-up and/or body lotion or cream, brushing or combing hair, brushing teeth and/or other grooming activities;
- Dressing – verbal reminder to do the task, and/or physical assistance with putting on clothing;
- Ambulation –assistance with walking;
- Eating – verbal reminder to eat, cutting up food, partial assistance with feeding, and/or assistance with adaptive feeding devices (not to include tube feeding);
- Transferring – assistance with moving from a bed to a chair or moving from a wheelchair to a commode;
- Toileting – verbal reminder to toilet, assistance with bladder and/or bowel requirements, including bedpan routines. This does not include insertion or removal of a catheter; and
- Bed mobility.

Instrumental activities of daily living (IADL) are routine tasks that are considered essential, but may not require performance on a daily basis. These tasks include:

- Laundry;

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- Meal preparation and storage;
- Shopping,

**NOTE:** The recipient does not have to accompany the worker to the store;

- Light housekeeping tasks (vacuuming, mopping floors, cleaning bathroom and kitchen, making the bed). The worker should make sure that pathways are free from obstructions;
- Assistance with scheduling medical appointments when necessary;
- Accompanying the recipient to medical appointments when necessary;

**NOTE:** These medical appointments include, but are not limited to physician visits, physical therapy, occupational therapy, and speech therapy.

- Assisting the recipient with accessing transportation;
- Medication oversight – assistance with self-administration of prescription and non-prescription medication. This assistance is limited to:
  - verbal reminders;
  - assistance with opening the bottle or bubble pack;
  - reading the directions from the label;
  - checking the dosage according to the label directions; and/or
  - assistance with ordering medication from the drug store;

**NOTE:** The worker is **not allowed** to give medication to the recipient. This includes taking medicine out of a bottle to set up pill organizers.

- Medically non-complex tasks where the direct service worker has received the proper training pursuant to Louisiana Revised Statutes 37:1031-1034.

**NOTE:** Emergency and non-emergency medical transportation is a covered Medicaid service and is available to all recipients. Non-medical transportation is not a required

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component of LT-PCS. However, providers may choose to furnish transportation for recipients during the course of providing LT-PCS. If transportation is furnished, the provider must accept all liability for their employee transporting a recipient. It is the responsibility of the provider to ensure that the employee has a current, valid driver's license and automobile liability insurance.

LT-PCS may be provided by one worker for up to three LT-PCS recipients who live together and who have a common direct service provider.

**Location of Service**

LT-PCS must be provided in the recipient's home or in another location outside of the recipient's home if the provision of these services allows the recipient to participate in normal life activities as they pertain to the IADL cited in the Plan of Care. Services that are provided in the recipient's home must be provided while the recipient is present. The recipient's home is defined as the place where the recipient resides such as a house, apartment, a boarding house, or the house or apartment of a family member or unpaid primary caregiver.

**NOTE: LT-PCS cannot be provided in a hospital, an institution for mental disease, a nursing facility, an adult day health care facility or an intermediate care facility for individuals with a developmental disability.**

Services rendered outside of the recipient's home do not include trips outside of the borders of the state without written prior approval from the Office of Aging and Adult Services or its designee, through the Plan of Care or otherwise.

LT-PCS shall not be reimbursed when provided to a recipient while the recipient is living in a home or property owned, operated, or controlled by a provider of services who is not related by blood or marriage to the recipient.

The place of service must be documented in the Plan of Care and service log.

**Service Limitations**

LT-PCS are limited to no more service hours than those which are approved in the Plan of Care in any week.

For tasks that a recipient can complete without physical assistance or difficulty, assistance shall be limited to prompting or reminding the recipient to complete the task.

Minor children are not considered part of the informal supports available to a recipient.

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There shall be no duplication of services. LT-PCS may not be provided while the recipient is admitted to or attending a program which provides in-home ADL or IADL assistance or while attending a program or setting where such assistance is available to the recipient.

**Excluded Services**

Long Term-Personal Care Services **does not** include:

- Insertion and sterile irrigation of catheters, although changing and emptying the catheter bag is allowed;
- Irrigation of any body cavities which require sterile procedures;
- Application of dressing, involving prescription medication and aseptic techniques, including care of mild, moderate or severe skin problems;
- Skilled nursing services as defined in State Nurse Practices Act, including medical observation, recording of vital signs, teaching of diet and/or administration of medications/injections, or other delegated nursing tasks;
- Teaching a family member or friend how to care for a recipient who requires assistance with activities of daily living;
- Teaching of signs and symptoms of disease process, diet and medications of any new or exacerbated disease process;
- Specialized aide procedures such as rehabilitation of the patient (exercise or performance of simple procedures as an extension of physical therapy services), measuring/recording patient vital signs (temperature, pulse, respiration and/or blood pressure, etc.), or intake/output of fluids, specimen collection, special procedures such as non-sterile dressings, special skin care (non-medicated), decubitus ulcers, cast care, assisting with ostomy care, assisting with catheter care, testing urine for sugar and acetone, breathing exercise, weight measurement, enemas;
- Administration of medication;
- Rehabilitative services such as those performed by an occupational therapist, speech therapist, audiologist, or respiratory therapist;

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- Laundry, other than that incidental to the care of the recipient. Example: Laundering of clothing and bedding for the entire household as opposed to simple laundering of the recipient's clothing or bedding;
- Food preparation or shopping for groceries or household items other than items required specifically for the health and maintenance of the recipient, and not for items used by the rest of the household;
- Housekeeping in areas of the house not used by the recipient;
- Companionship; or
- Continuous or intermittent supervision.

**NOTE:** LT-PCS is not designed to provide continuous or intermittent supervision to a recipient while informal caregivers work or are otherwise unavailable. LT-PCS is a task-oriented service tied to ADL and IADL. It is not a time-oriented sitting or supervision service.