

# Key Message and Tips for Beneficiaries: Personal Care and Support Services



## Message

Medicaid may be able to help people who have a hard time doing chores and everyday activities at home due to diagnosed physical or mental conditions.

If you are eligible for Medicaid, and your doctor orders these services, you may be able to get personal care and support services at home. Personal care services help with activities like eating, bathing, and dressing. You may also be able to get help with making meals, light housework, and shopping for clothes and food.[1, 2]

You will have a case manager who will help make sure you get the services you need.[3]

## TIPS

Follow these tips to avoid mistakes while receiving personal care services:

- Review your paperwork so there are no mistakes and ask for a copy;
- Make sure your service plan is current and reviewed at least once a year;
- Keep all of your information up to date;
- Choose a qualified helper; and
- Write down when you receive services, note the date, the service, and the person who rendered it, and keep a copy.

Personal care services are different in each State. For more information about personal care and support services available in your area, visit <http://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-State/By-State.html> for a link to your State Medicaid agency.

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1 U.S. Department of Health and Human Services. Office of Inspector General. (2006, December). States' Requirements for Medicaid-Funded Personal Care Service Attendants (p. 2). Retrieved June 2, 2015, from <https://oig.hhs.gov/oei/reports/oei-07-05-00250.pdf>

2 Definitions, 42 C.F.R. § 441.505. Retrieved June 2, 2015, from <http://www.ecfr.gov/cgi-bin/retrieveECFR?g-p=1&SID=5a82825d72560cad86b35c935ce7fb6d&ty=HTML&h=L&r=SECTION&n=42y4.0.1.1.10.11.112.2>

3 Support System, 42 C.F.R. § 441.555. Retrieved June 2, 2015, from [http://www.ecfr.gov/cgi-bin/text-idx?SID=6ef4fa8a121ed3333f308b500fbbc64a&mc=true&node=sp42.4.441.k&rgn=div6#se42.4.441\\_1555](http://www.ecfr.gov/cgi-bin/text-idx?SID=6ef4fa8a121ed3333f308b500fbbc64a&mc=true&node=sp42.4.441.k&rgn=div6#se42.4.441_1555)