



## GENERAL INFORMATION ABOUT THE PCA ASSESSMENT/REASSESSMENT

This letter is intended to provide general information about the PCA Assessment process and what you will need to demonstrate to qualify for services. In order to qualify for services, you need to be “dependent” in at least 1 Activity of Daily Living (ADL). If you need assistance with several ADLs, you will get more help accordingly.

Activities of Daily Living (ADLs) Include:

1. Dressing,
2. Grooming,
3. Bathing,
4. Eating,
5. Transferring,
6. Mobility,
7. Positioning,
8. Toileting, and
9. Behaviors.

Being “dependent” in one of the above activities means either:

1. You need “hands-on assistance”; or
2. “Constant supervision or cueing”.
3. Every time you complete the activity.

You do not need to do the activity every day, but if every time you do the activity you need hands on assistance or constant supervision and/or cuing you have a “dependency” in that ADL.

For example:

1. You do not need to bathe every day, but if you require assistance every time you bathe, you do have a dependency in bathing.
2. Alternatively, if you need help getting out of the bath sometimes but other times you do not need help bathing, then you do not have a dependency in bathing.

During your assessment or reassessment, the Public Health Nurse (PHN) will ask you several questions and observe you to determine your eligibility. In order to qualify for services, your answers need to show that you have a “dependency” in at least one ADL activity listed above. It is very important that you make sure you understand the questions asked of you and take your time in answering.

If you don’t understand a question, let the PHN know. If you need an interpreter, let the PHN know. If you would like someone to help you answer the PHN’s questions, arrange for someone (friend or family member) to be there during the assessment. If you would like that person to be your responsible party, to make your PCA treatment decisions, let the PHN know. The person you choose as your responsible party will need to be there at the assessment.

If you have any questions or need more information, please contact the Intake Team at 763.710.2031.