



A Guide to Personal Care

What is Personal Care?

Personal Care consists of any type of care that requires physical assistance, but does not require the services of a registered nurse (RN) or licensed practical nurse (LPN). Personal Care is most appropriate for those who require the level of care provided by a Certified Nursing Assistant (CNA)

Whether someone is recovering from a surgical procedure, living with a condition such as Alzheimer's or Parkinson's disease, or diagnosed with a life limiting illness, a personal care worker can help. Personal Care services are preventative in nature and can be provided over a long period of time. Personal Care services are paid for privately or by the Medicaid program. Medicare does not pay for Personal Care services. Some of the services provided by a personal care worker include:

- Transfers (getting in and out of bed and chairs)
- Bathing (shower, bath or sponge bath)
- Dressing
- Grooming/Personal Hygiene (brushing teeth/dentures, trimming fingernails/toenails)
- Meal Preparation
- Eating Assistance
- Toileting assistance or changing incontinence products
- Wound care

What is the difference between Supportive Home Care and Personal Care?

Supportive Home Care provides services around the person's environment which may include laundry, grocery shopping, etc.; whereas, Personal Care is "hands-on" care to help the person maintain his/her independence for as long as possible. Most personal care tasks are administered to the person's body such as bathing and grooming. Agencies may offer both Supportive Home Care and Personal Care services but typically Personal Care is more expensive than Supportive Home Care so it is important to understand what type of services you or your loved one needs.

What criteria is needed to receive Personal Care?

The agency providing the personal care will complete an assessment to see what services are needed and if privately paying will discuss the rate and set up the services. If Medicaid will be paying for services the agency will need to get prior authorization from your doctor and send documentation to the State for approval of the personal care services. Every 60 days a nurse will assess that the personal care services are still adequate to keep the person as independent as possible.

How do I pick the right Personal Care Agency for me?

When looking for a Personal Care Agency it is important to contact all the agencies in your area to inquire about Personal Care rates and staffing hours for these services. References from others using these services is a great indicator of how well an agency provides Personal Care. Another important factor to consider is to make sure all the Personal Care workers are bonded and insured through the agency. This will help protect you should a problem arise. Below is an alphabetical listing of agencies that provide Personal Care in Sauk County