

# Personal Care Services

Personal care services are a range of human assistance services provided to persons with disabilities and chronic conditions, which enables them to accomplish tasks that they would normally do for themselves if they did not have a disability. Assistance may be in the form of hands-on assistance or cueing so that the person performs the task by him/herself.

Personal Care Services	Definition
Ambulation	Helping/assisting a student with walking on their own or with some type of walker or other equipment
Assistance with self-administered medications	Assisting/cueing student with medication, such as an inhaler, that the student carries with him/her
Bathing	Assisting student with extensive bathing/washing (e.g., student has regular/irregular bowel/bladder habits and has incontinent episodes that require staff assistance to clean/change)
Dressing	Assisting/cueing student to dress themselves for outdoors, following toileting, etc.
Eating/Feeding	Assisting/cueing student with meal and snack feeding. This would <b>not</b> be marked for tube feeding provided by the teaching assistant
Grooming	Assist/cueing student with washing face and hands, combing hair, personal appearance, etc.
Health related functions through hands-on assistance, supervision, and cueing	Broad range of assistance/cueing that is not covered under other categories.
Maintaining continence	Assisting/cueing student with accessing the restroom in a timely manner (e.g., cueing the student to visit the restroom)
Meal preparation	Assisting/cueing student in preparing his/her meal or snack (e.g., such as grinding food in a food processor in order for the student to be able to eat, preparation of formula)
Mobility/Positioning	Assisting/cueing student to adjust his/her positioning to prevent stiff muscles/sores, (e.g., using stander)
Personal hygiene	Assisting/cueing student with teeth brushing, maintaining hygienic conditions, assistance with female menstrual periods, diaper changes, wiping nose, etc.
Redirection and interventions for behavior	Any cueing or physical hands-on redirection of student for behavior purposes
Respiratory assistance	Assistance with exercises to increase lung capacity
Skin care	Assisting student with proper skin care in the case of a chronic skin condition
Toileting	Physically assisting/cueing student to access the toilet
Transferring	Physically assisting student to move about the classroom as needed

## Personal Care Guidelines

- Personal care services must be medically necessary and the need for the service must be documented in the student's IEP/IFSP.
- Personal care services are **not** covered if they are: provided by a family member or "legally responsible relative," not documented in the IEP/IFSP, or if they are educational in focus.
- A personal care authorization form is required annually. It must list the student's personal care needs and be signed by an authorized practitioner (RN, OT, PT, SW, or Physician) operating within the scope of practice.

## Provider Qualifications

Personal care services may be reimbursed when provided by:

- Teacher aides
- Health care aides
- Instructional aides
- Program assistants
- Trainable aides

## Contact Us

If you have any questions, please let us know.

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