

*Gateways Community Services Elder Care*

**DAILY PERSONAL CARE ASSISTANCE DEFINED**

- **HYGIENE:** cleaning the body using shower, tub, or sponge bath, managing faucets, assisting participant getting in and out of the tub or shower, reaching head and body parts for soaping, rinsing, and drying. Also includes: hair combing and brushing, shampooing, oral hygiene, shaving and fingernail, and toenail care (excluding cutting with scissors or clipping toenails). Includes reminding the participant to take prescribed and/or over-the-counter medications when they are to be taken.
- **TOILET:** assistance with incontinence, changing soiled clothing, clean up, removing and replacing bed sheets.
- **DRESSING:** includes putting on and taking off, fastening and unfastening garments and undergarments, and special devices such as back or leg braces, corsets, elastic stocking/garments.
- **TRANSFERS:** assistance with walking or moving the participant from place to place inside the home, changing location in a room, moving participant from bed, or moving from room to room to gain access for the purpose of engaging in other activities.
- **MEALS:** tasks such as washing vegetables, trimming meat, cooking, setting the table, serving the meal and cutting the food into bite-size pieces. Includes related assistance to participants who cannot feed themselves or who require assistance with special devices in order to feed themselves or to drink adequate liquids. Also, reaching for, picking up, grasping utensil, cup to mouth, manipulating food on plate and cleaning face and hands as necessary following the meal.
- **CLEANING HOME:** organizing bills and mail; cleaning floors, kitchen counters, stove, refrigerator, bathroom, storing supplies; taking out the garbage; dusting, picking up, changing bed linens or making the bed, dusting, vacuuming, organizing household items, washing and drying dishes, pots, utensils and culinary appliances, and putting them away.
- **LAUNDRY:** washing and drying, mending, ironing, folding, and storing clothes on shelves or drawers,, manipulating soap containers, reaching into machines, handling wet laundry, operating machine controls, hanging laundry to dry if dryer is not routinely used.
- **ACCOMPANIMENT:** is client assistance to access necessary services that have been documented in the client's care plan. Example: re-direction or direct assistance, or both or, if the participant needs oxygen or other equipment during the course of the trip that he/she cannot manage.

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(1) PCSP can receive **hourly time plus Medicaid mileage reimbursement** of .41 cents per mile for accompaniment of the client while going to a medical appointment. Must be enrolled: DHHS Medicaid Client Services, 129 Pleasant St., Thayer Bldg., Concord, NH 03301- 8575, ATTN: Medical Transportation Coordinator.

(2) PCSP can receive **hourly time only** when non-medical transportation services are authorized. PCSP would accompany client at the authorized destination when the comprehensive care plan documents that this assistance is required at the destination.