

# WHAT IS A PERSONAL CARE ASSISTANT (PCA)

## What is a Personal Care Assistant (PCA)?

A Personal Care Assistant (PCA) helps you with some of all of your Activities of Daily Living (ADL's) and other tasks as defined in your Care Plan.

## PCA Job Duties:

Help with personal care tasks like:

- \* Bathing
- \* Light Housekeeping
- \* Laundry
- \* Meal Preparation
- \* Assist with medication reminders
- \* Apply dry dressings (only) to wounds
- \* Assist you with paying and budgeting bills
- \* Make and change your bedding
- \* Grocery shopping
- \* Errands

These are just a few tasks that a PCA can assist you with, depending on your individual needs and Care Plan set forth by the Public Health Nurse.

Select Home Care provides training for all employees as regulated by the Department of Human Services.

## Who Pays for PCA Services:

If you are enrolled in Medical Assistance/ Medicaid waiver or PMAP insurance. There are income guidelines to be able to qualify for Medical Assistant Programs. Select Home Care accepts the following insurances:

Medical Assistance  
BCBS of Minnesota  
Ucare of Minnesota  
Medica  
South Country Health Alliance

Please note we have contracts pending with additional insurance agencies at this time.