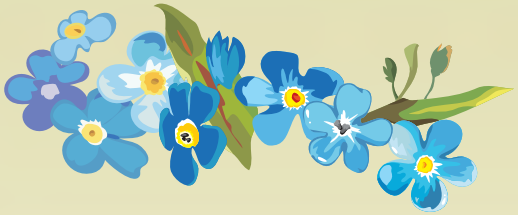

The **Division of Senior and Disabilities Services**, or **SDS**, has programs to support Alaskans who need help with daily tasks, or who need the kind of care a nursing home gives.

- **Personal Care Assistance**, also known as **PCA**, is for people who need help doing everyday things like getting dressed, bathing, cooking, eating, cleaning and doing laundry.

- **Home and Community Based Waiver programs**, or **waivers**, help Alaskans who need nursing-home-level help.

  The waivers let them get that support in their homes and community instead of in a nursing home. Waivers can help with many things, including medical equipment, assisted living and respite care.

Our Mission

Senior and Disabilities Services promotes health, well-being and safety for individuals with disabilities, seniors and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice and dignity.

Division of
Senior and Disabilities Services (SDS)
Alaska Department of
Health and Social Services
550 W. 8th Ave
Anchorage, AK
99501

Phone: **(907) 269-3666**
Toll Free: **(800) 478-9996**

revised 08/15

Senior & Disabilities Services

Alaska Department of Health and Social Services

Applying for Medicaid waiver and personal care services:

What to Expect from the SDS Assessment

To apply for Personal Care Assistance or a Medicaid waiver program, you need a professional to help you. You can choose a Personal Care Assistance agency or a care coordinator.

Need help choosing?
Want to learn more?

Call your nearest
Aging and Disability Resource Center,
1-800-478-9996.

The agency or care coordinator will ask SDS to check your health to find out if you can use PCA or waiver help. This is called an assessment.

Your agency or care coordinator will help you gather medical records that the SDS assessor will need (from your doctor and the hospital.) This will help your assessor learn more about your health.

SDS will call you to set up an assessment.

The SDS assessor may visit you at your home, or sometimes in the hospital, in a nursing home, or by video conference. It takes about one to two hours.

You may have family members or friends with you for the assessment, but it is important that you are the one who answers questions. They can talk to the assessor after the assessor talks to you.

If you have a legal representative, he or she must be at your assessment.

If you need an interpreter, SDS will get one for you.

The assessor will:

- talk with you,
- ask about your health,
- ask you to show how you move about, and
- ask you to show and tell what you do to take care of yourself every day.

It is very important that you are honest.
If you are not,

- you could lose your right to get help,
- you may have to pay back the cost of any help you got, and
- you may be charged with a crime.

The assessor will use the Consumer Assessment Tool, or CAT, to do your assessment.

SDS staff will look over your assessment and send you a letter that tells you whether you can get help from one of the programs.

The letter will also share your assessment with you.

If you want to disagree with your assessment, you can. The letter will tell you how.

If you are getting help now but want to apply for more programs, you may need a new assessment.