

**Division of Senior and Disabilities Services (DSDS)**  
**Training Requirements for CPR and First Aid for Personal Care Assistants**

Revised Program Memo November 23, 2010  
(updates Program Memo of October 28, 2008)

Personal Care Assistance Regulations in 7 AAC 125.090 and 7 AAC 125.160 define the requirements for Personal Care Assistants. 7 AAC 125.090 (e) states:

- (e) The department may waive, for up to six months, the First Aid (FA) or Cardiopulmonary Resuscitation (CPR) requirements of 7 AAC 125.160(a) and the first aid or CPR requirements of (d) this section, if a personal care assistant is unable to attend the first aid or CPR courses, or obtain the first aid or CPR certificates due to reasonable cause or excusable neglect. The personal care assistant must request a waiver in writing, to the department, and must include a statement explaining the reasonable cause or excusable neglect. If the department grants a waiver, the department may prescribe an alternative method of compliance with the requirements.

With the implementation of the requirement of 7 AAC 125.090 (3) to have each personal assistant enrolled with the department, a current certificate of training or a department issued waiver per 7 AAC 125.090(e) will need to be provided to the following address:

Affiliated Computer Services  
Provider Enrollment  
PO Box 240808  
Anchorage, AK 99524-0808

While only the first aid certificate is needed for enrollment purposes, the requirement exists to have and maintain current CPR and first aid certification. Without current certification for CPR and first aid, or a department waiver for the training, and all other requirements in 7 AAC 125.090 a personal care assistant is not qualified to provide the services and they are not eligible for enrollment. The agency may not claim those services for Medicaid reimbursement.

The “**Request for Waiver of First Aid and CPR Training for Personal Care Assistance Staff**” form may be submitted to DSDS Quality Assurance via email [hss.dsdsqa@alaska.gov](mailto:hss.dsdsqa@alaska.gov) or fax 907 269-3690. The form is available on the DSDS PCA website: <http://www.hss.state.ak.us/dsds/pca/default.htm> .

If you have questions, please contact DSDS Quality Assurance at [hss.dsdsqa@alaska.gov](mailto:hss.dsdsqa@alaska.gov)