

What are Personal Care Assistance services?

PCA services help Alaskans of all ages who have functional disabilities and need hands on assistance with activities of daily living such as bathing and dressing. These services are generally provided in the recipient's home, and are designed to allow recipients to remain as independent as possible.

The PCA program is part of the state of Alaska Division of Senior & Disabilities Services, in the Department of Health & Social Services.



For more information contact:

Personal Care Assistance

Division of
Senior & Disabilities Services

Department of
Health & Social Services

550 West 8th Ave.
Anchorage, AK 99501

In Anchorage: 269-3666

Toll-free statewide:
1-800-478-9996

Visit PCA online at:

dhss.alaska.gov/dsds/Pages/pca



State of Alaska
Department of
Health & Social Services

Understanding
the State of Alaska
Senior and Disabilities Services'

Personal Care Assistance

Alaska Medicaid Program



Assistance in
your home to
maintain your
independence

There are 2 kinds of Personal Care Assistance services

You choose which you'd like.

Agency -based

An agency hires, schedules and supervises your personal care assistant. The assistant must have certain certifications, in addition to a background check, CPR and first-aid training. The agency's nurse monitors the services being provided by the personal care assistant.

Consumer -directed

You, or your legal representative, hire, train and manage your assistant. An agency handles billing and payment. Together, you and the agency review how well you are being served.

A background check, CPR and first-aid training are required; you may require additional training.

In the consumer directed model you choose your PCA worker. Certain restrictions apply. For details, contact a PCA agency or the state PCA office.

Find out if you're eligible

Am I eligible for PCA services?

Alaskans of all ages are eligible if they have functional disabilities and qualify for Medicaid.

An assessor will assess whether your level of need meets the functional disability threshold.

Who pays for PCA services?

Alaska Medicaid pays for PCA services administered by the Division of Senior and Disabilities Services.

Where are PCA services delivered?

PCA services are typically provided in the recipient's home.



How to apply for services

- Contact a state-approved Personal Care Assistance agency.

For lists of agencies and more information on the program, visit dhss.alaska.gov/dsds/Pages/pca.

- The first step involves the agency assisting you in applying for services.
- A nurse from the Division of Senior & Disabilities Services will then come to your home and do an assessment of your needs.
- Based on the assessment, you and the nurse will develop a service plan to meet your needs if you are eligible for services.
- The Division of Senior & Disabilities Services will send you a letter regarding your eligibility.

Questions?

Call Personal Care Assistance program staff:

Division of Senior & Disabilities Services

269-3666 in Anchorage, or

1-800-478-9996 toll-free statewide.