

Senior and Disabilities Services • Personal Care Services • Service Level Computation

7 AAC 125.030 (b), Activities of Daily Living (ADLs)

Allow time for ADLs, if the recipient scores as follows:

Self-performance score CAT section	Support score
Section E	2 or 3 <i>(No score required for locomotion in multi-level house or to access appointments)</i>
	1 <i>(For supervised eating only)</i>

Computation table for allowable minutes for ADLs				
ADL	Maximum Daily Frequencies	Limited Assistance (2)	Extensive Assistance (3)	Total Dependence (4)
		Minutes	Minutes	Minutes
Bed mobility				
positioning	<i>Allow every two hours as needed, up to 12 x daily, reduced by frequencies for the ADLs of transferring, locomotion, toileting, and bathing.</i>			
	12	2.5	3.75	5
Transferring				
non-mechanical	6	2.5	3.75	5
mechanical	6	7.5	11.25	15
Locomotion				
single level	6	5	7.5	5
multi-level	2	5	7.5	5
access med appt.	2	5	7.5	5
Dressing				
clothing/prosthesis	2	7.5	11.25	15
Eating and drinking				
oral intake	3	7.5	11.25	15
CD only ~ tube feeding				
manual	6	20	20	20
device	6	5	5	5
supervised eating	<i>~Allow only if CAT Section E indicates a support score of 1 and CAT Section K 3 is checked for chewing or swallowing problem that is confirmed by a swallow study. ~If time for oral eating/drinking is authorized, do not authorize time for supervised eating.</i>			
	3	15 minutes per occurrence		
Toileting				
toilet use	8	6	9	12
Personal hygiene				
activities	1	10	15	20
hair washing	<i>Allow maximum of 3 times per week and only if no bathing occurs on the same day.</i>			
	1	7.5	11.25	15
Bathing				
bath/shower/sponge	1	15	22.5	30

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7 AAC 125.030 (c), Instrumental Activities of Daily Living (IADLs)

Allow time for IADLs, if the recipient scores as follows:

Self-performance score CAT section	Support score
Section R	3 or 4

Computation table for allowable minutes for IADLs			
IADL	Independent w/difficulty (1)	Assistance/help (2)	Dependent (3)
	Minutes	Minutes	Minutes
Meal Preparation			
<p>~ If time for tube feedings is authorized for the recipient, do not authorize time for the IADLs of meal preparation. ~ If a recipient receives home-delivered meals or eats in a congregate setting once a day, reduce time allowed by main meal for that day; if twice a day, reduce time allowed for one main meal and one light meal.</p>			
light meal	7.5 per meal, 1 or 2 per day	11.25 per meal, 1 or 2 per day	15 per meal, 1 or 2 per day
main meal	12.5 per meal, one per day	18.75 per meal, one per day	25 per meal, one per day
Housework			
light or routine	Compute time based on higher score for either light or routine housework.		
	45 per week	67.5 per week	90 per week
Shopping			
shopping	30 per week	45 per week	60 per week
Laundry			
If a recipient scores 3 or 4 in Section L for bladder or bowel incontinence, allow time for 2 loads per week.			
in home	If washer/dryer available in the recipient's residence, allow only "in home" time; a second load may not be allowed (except as indicated for incontinence) by designating it as "out of home."		
	15 per week	22.5 per week	30 per week
out of home	Allow only if washer/dryer not located in the recipient's residence.		
	30 per week	45 per week	60 per week

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7 AAC 125.030 (d), Other covered activities

I. Allow time for other covered activities, except medication reminders and minor maintenance of respiratory equipment (see separate table below for minor maintenance), if the recipient scores as follows:

Self-performance score CAT section	Support score
"Personal" section	2 or 3

Computation table for allowable minutes for other covered activities			
Activity	Limited Assistance (2)	Extensive Assistance (3)	Total dependence (4)
	Minutes	Minutes	Minutes
Medications			
<i>~ If a need for help is indicated in the CAT "Medication" section, allow minutes on table for assistance multiplied by the times per day and days per week indicated in that section.</i>			
<i>~ Allow 1 minute per frequency if recipient needs only a reminder to take medication.</i>			
CD only ~ assistance	2	3	4
AB and CD ~ reminder	<i>Allow if CAT section C Cognition, question 1, indicates memory problems (score of 1).</i>		
	1	1	(NA for score of 4)
Dressing changes and wound care			
AB and CD ~ assistance	2.5	3.75	5
CD only ~ prescription medication/aseptic change	<i>Allow time only if prescription medication and/or aseptic techniques required.</i>		
	7.5	11.25	15
Escort			
<i>Allow only if indicated in "Medical Providers" section <u>and</u> recipient has a self-performance score of 2, 3, or 4 for the ADL of locomotion to access medical appointments.</i>			
escort time	<u>Maximum of 45 minutes per appointment x number of appointments</u> (divided by) 52 weeks		
Passive range of motion (PROM)			
<i>Allow only if recipient has a written plan, developed in accordance with 7 AAC 125.030 (d)(5), for PCA to follow.</i>			
PROM	Maximum of 15 minutes per day for each affected extremity indicated in PROM plan.		

II. Allow time for minor maintenance of respiratory equipment if the recipient scores as follows:

Self-performance score CAT section	Support score
Section R ~ routine housework	3 or 4

Minor maintenance of respiratory equipment			
Activity	Independent w/difficulty (1)	Assistance/help (2)	Dependent (3)
maintenance	7.5 minutes weekly	9 minutes weekly	11.25 minutes weekly