

# Best Home Care

*You are family here.*<sup>SM</sup>

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**TO: PROSPECTIVE OR EXISTING CLIENTS**  
**RE: INFORMATION ABOUT YOUR PCA ASSESSMENT OR REASSESSMENT**

We recently requested an assessment or reassessment on your behalf. This letter is intended to provide general information about the process and what you will need to demonstrate to qualify for services. As of July 1, 2011, persons will need to qualify as dependent in at least 2 activities of daily living (ADLs). Level One behavior will no longer qualify a person for PCA services.

**Activities of Daily Living (ADLs) Include:**

1. Grooming;
2. Dressing;
3. Bathing;
4. Transferring;
5. Mobility;
6. Positioning;
7. Eating; and
8. Toileting.

**Being “dependent” in one of the above activities means either:**

1. You need “hands-on assistance”; or
2. “Constant supervision or cueing”.
3. Every time you complete the activity.

You do not need to do the activity every day, but if every time you do the activity you need hands on assistance or constant supervision and/or cuing you have a “dependency” in that ADL.

**For example:**

1. You do not need to bath every day but if every time you bath you need help you have a dependency in bathing.
2. Alternatively, if you need help getting out of the bath sometimes but other times you do not need help then you do not have a dependency in bathing.

During your assessment or reassessment the Public Health Nurse (PHN) will ask you several questions and observe you to determine your eligibility. In order to qualify for services your answers need to show that you have a “dependency” in at least two ADL activities listed above. It is very important that you make sure you understand the questions asked of you and take your time in answering.

If you don't understand a question let the PHN know. If you need an interpreter let the PHN know. If you would like someone to help you answer the PHN's questions, arrange for someone (friend or family member) to be there during the assessment. If you would like that person to make your PCA treatment decisions let the PHN know that. The person you choose to make those decisions will need to be there at the assessment.

**If you have any questions or need more information please contact us!**