

Tips for parents completing a PCA evaluation through MN Choices Assessment

A resource for parents

HOW ARE PCA HOURS DETERMINED?

PCA services are based on the inability of a child or young adult to perform activities of daily living (ADLs) without assistance. If assistance is required, then a child is considered dependent for that activity.

WHAT IS AN ACTIVITY OF DAILY LIVING?

ADLs include dressing, bathing, toileting, feeding, mobility, transfers, and grooming.

PCAS FOR BEHAVIORAL CHALLENGES

Children with behavioral challenges will only qualify for 30 minutes a day of PCA care if there is one other ADL challenge. With additional ADL dependencies, the time will increase. For each activity where help is needed, more time is added to the number of PCA hours.

WHAT IS THE MN CHOICES/PCA ASSESSOR LOOKING FOR?

The assessor will determine whether or not your child can complete an ADL independently or if the child requires continuous verbal cues or hands on assistance for these tasks.

HOW DO I ADVOCATE FOR PCA SERVICES?

As a parent, you know your child best. If your child requires hands-on assistance or continuous verbal cues, you should inform the assessor. They need you to provide detailed information about your child's challenges in order to determine how many ADLs your child is dependent on, which results in them receiving the PCA hours needed.

For more information: Visit our [Health Information Center's](#) resource on getting PCA help.