



Personal Care

Personal care is a service that provides hands-on help with everyday tasks. Personal care is a home and community-based service that Medicaid beneficiaries can receive in their homes. In Arkansas Medicaid, personal care services are available under the Medicaid State Plan, the ARChoices waiver, or the Independent Choices program.

How do Personal Care Services Help Beneficiaries?

The services provided through the Personal Care program allow beneficiaries to:

**Continue living safely
comfortably in their home**

**Receive services tailored to
their personal needs**

What Types of Help Can Beneficiaries Get through Personal Care?

Personal care services help beneficiaries perform everyday tasks and can be tailored to assist with a beneficiary's unique physical dependency needs. These tasks are called activities of daily living and instrumental activities of daily living. Examples include:

- ✿ **Bathing & dressing**
- ✿ **Eating & preparing food**
- ✿ **Exercise & mobility**
- ✿ **Taking medications**
- ✿ **Personal hygiene**
- ✿ **Laundry**
- ✿ **Shopping for essentials items**
- ✿ **Mobility & ambulation**

What are the Eligibility Requirements for Personal Care Services?

To be eligible to receive these services, applicants must meet **all** of the following requirements:

- Be eligible for Medicaid as per the Categorically Needy criteria.
- NOT be an inpatient or resident of a hospital, nursing facility, level II assisted living facility, intermediate care facility for individuals with intellectual disabilities (ICF/IID), or institution for mental diseases (IMD).
- Need hands-on assistance (physical dependency) in at least one routine or instrumental activities of daily living, based on the Arkansas Independent Assessment (ARIA), which is administered by DHS' contracted vendor.

Who is Responsible for Personal Care?

The Arkansas Division of Human Services (DHS) is responsible for administering the State Medicaid Program and Personal Care services.

For more information about HCBS waivers, visit ar.gov/HCBS