



# Personal Care

## What is the Personal Care Program?

Personal care is a service that provides hands-on help with everyday tasks.

## What types of help can beneficiaries receive?

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

## How do Personal Care services help beneficiaries?

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

- Continue living safely and comfortably in their home by helping with simple tasks.
- Receive services tailored to their personal needs as determined by a doctor.

## What are the eligibility requirements?

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.



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