

Tips for parents completing a PCA/CFSS evaluation through MnCHOICES assessment

A resource for parents

Beginning October 1, 2024, the Minnesota Department of Human Services (DHS) will transition individuals who use Personal Care Assistance (PCA) and Consumer Support Grant (CSG) services to Community First Services and Supports (CFSS). The process to determine the number of hours that a child receives will not be changed. The following tips describe how to get the best outcome for PCA or CFSS services for your child. For more information on this transition, visit the [DHS website](#).

HOW ARE PCA/CFSS HOURS DETERMINED?

PCA/CFSS 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.

PCA/CFSS FOR BEHAVIORAL CHALLENGES

Children with behavioral challenges and one ADL qualify for 30 minutes per day of PCA care. When CFSS is implemented, they will receive at least 75 minutes per day.

WHAT IS THE MnCHOICES/ PCA/CFSS 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/CFSS 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. You need 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/CFSS hours needed.

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