

## **PERSONAL CARE SERVICES**

### **SERVICE DESCRIPTION:**

Through the Challenge Center's Residential Program, Personal Care Worker services can be arranged through a contracted Home Health agency for adults with personal care needs. Personal cares may include bathing and showering, oral hygiene, shaving, range of motion exercises prescribed by a physical or occupational therapist, and eating assistance. The care time is performed on a one to one basis by workers who meet the requirements and are under the supervision of an RN. Each individual's needs are assessed and approved by the individual's primary care physician.

Personal care workers are people who have at least six months experience providing care assistance, have completed a 40 hour training or are CNA's. The workers are trained on the care plans for each individual and also have at least 12 hours of continuing education annually.

### **OBJECTIVES:**

1. Provide personal assistance in activities of daily living.
2. Provide coordination of medical appointments.
3. Provide individual needs based services.

### **PLACE OF PROVISION OF SERVICES:**

These services can be provided in various licensed group homes in the city of Superior.

### **PROVISION OF SERVICES:**

Assistance with personal cares is arranged or provided to the resident based on their individual needs. Services include health monitoring, and coordination of needed appointments. Services include teaching and promoting independence in personal cares.

### **ELIGIBILITY:**

The program serves adults with developmental disabilities or special needs.

### **WHO TO CONTACT:**

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