



IEHP UM Subcommittee Approved Authorization Guideline			
Guideline	Personal Care and Homemaker Services	Guideline #	UM_CSS 13
		Original Effective Date	7/1/2023
Section	Community Support Services	Revision Date	7/14/2025
		Committee Approval Date	7/21/2025
		Effective Date	8/1/2025

COVERAGE POLICY

- A. Personal Care and Homemaker Services can be provided for individuals who need assistance with Activities of Daily Living (ADLs) such as bathing, dressing, toileting, ambulation or feeding. Personal Care and Homemaker Services can also include assistance with Instrumental Activities of Daily Living (IADLs) such as meal preparation, grocery shopping, and money management.
- B. Personal Care and Homemaker services aid individuals who could otherwise not remain in their homes and be at risk of institutionalization or hospitalization.
- C. Personal Care and Homemaker Services can be utilized:
 1. During the IHSS application process, including during any waiting period after a referral has been made. PCHS may be authorized prior to, and up until, IHSS services are in place
 2. In addition to any approved county IHSS hours when additional support is required, including when IHSS benefits are exhausted
 3. For Members who are ineligible for IHSS, PCHS can be put in place to help prevent a short-term stay in a skilled nursing facility (not to exceed 60-days) IN order to receive short term PCHS, Members are not required to apply for IHSS, but the authorization request should include information about the need for short-term stay in a skilled nursing facility in the absence of PCHS being available.
- D. Members are eligible for Personal Care and Homemaker Services when ALL of the following are met
 1. Member cannot remain in his/her home and is at risk of hospitalization or institutionalization; and
 2. Member is in a waiting period or redetermination period for IHSS; and
 - a. Member has a functional deficit and no other adequate support system; or supporting documentation from a licensed care professional outlining the ADLs and/or IADLs Member needs assistance with is required
 - b. Documentation must include how Member is at risk of hospitalization or institutionalization and how Member cannot remain in the home without additional support.
 3. Member is approved for In-Home Supportive Services but requires additional care outside of the hours IHSS is providing
 - a. Supporting documentation from a licensed care professional outlining the ADLs and/or IADLs Member needs assistance with is required
 - b. Documentation must outline what hours/services are covered from IHSS and why

additional hours are medically necessary.

- c. Documentation must include how Member is at risk of hospitalization or institutionalization and how Member cannot remain in the home without additional support outside of IHSS.
- E. Similar services through In-Home Supportive Services should always be utilized first. These Personal Care and Homemaker services should only be utilized if appropriate and if additional hours/supports are not authorized by In-Home Supportive Services.
- F. Services include those services provided through the IHSS Program including house cleaning, meal preparation, laundry, grocery shopping, personal care services (such as bowel and bladder care, bathing, grooming, and paramedical services), accompaniment to medical appointments, and protective supervision for the mentally impaired.
 - 1. Personal Care and Homemaker Services for Members 17-years and younger must meet the functional Index Ranking for Minor Children in IHSS Age-Appropriate Guided Tool to be considered for this service.

COVERAGE LIMITATIONS AND EXCLUSIONS

- A. The service cannot be utilized in lieu of referring to IHSS.
- B. If a Member receiving Personal Care and Homemaker services has any change in their current condition, they must be referred to IHSS for reassessment and determination of additional hours. Members may continue to receive the Personal Care and Homemaker Services Community Support during the reassessment waiting period.
- C. Community supports shall supplement and not supplant services by the Member through other state, local or federally funded programs.
- D. Members who are receiving services through Inland Regional Center are excluded from this program.
- E. Members must apply for In-Home Supportive Services (IHSS). If a Member declines services from IHSS, they will no longer qualify for Personal Care and Homemaker Services.

DEFINITION OF TERMS

Institutionalization – the state of being placed or kept in a residential institution.

REFERENCES

State of California-Health and Human Services Agency, Department of Health Care Services, July 2023. Medi-Cal Community Supports, or In Lieu of Services (ILOS), Policy Guide. Community Supports -Service Definitions

DISCLAIMER

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