

# Description of PCA services

## Activities of Daily Living (ADLs):

### Eating -

- positioning while eating/transfer
- assisting with hand washing
- food preparation – cutting/blending
- assisting them to eat or feeding them
- using appropriate utensils/orthotics

### Toileting –

- assisting with transfers/positioning
- assisting with changing of incontinence device (diaper, pull ups)
- assisting with feminine hygiene
- cleansing/ washing/ wiping
- adjusting clothing
- inspection of skin (rash, wiped appropriately)

### Grooming –

- assisting with basic hair care
- assisting with oral care/mouthwash/ tooth brushing
- applying of cosmetics and deodorant
- care of eye glasses/contacts/hearing aids

### Dressing –

- assisting with choosing, applying or changing clothing
- applying special appliances (orthotics and prosthetics)

### Transfers –

- assisting with moving the student from a wheelchair/seated/laying/standing position to another area of position (including standing by to assist if needed, pivoting the person, two person assists and using a Hoyer lift).

### Mobility –

- assisting a student with walking or movement (walker/wheelchair)
- making sure they are steady as they walk through the halls if they are mildly affected with cerebral palsy or another motor disorder

### Positioning –

- assisting with positioning or turning a student to provide comfort or relieve pressure areas (could be while they are in a wheelchair, use of pillows/wedges/bolsters at any time)

## Level 1 Behaviors – immediate response of another person

Intervene/redirect behavior that could cause injury to self or others or destruction of school property.

- Removing student from situations where he/she is not appropriate (hitting, spitting, biting, kicking, throwing items, etc)
- Taking the student to another location to calm down
- Redirecting with visual schedule or with verbal prompts to get them to remain within a setting without having a behavioral episode where he/she would need to be removed

## Level 2 Behaviors – must have one ADL or Level 1 behavior

- Increased vulnerability due to cognitive deficits or socially inappropriate behavior
- Resisting care and verbal aggression that cause care to take longer than normally expected

## Other Health related procedures and tasks – must have one ADL or Level 1 behavior

- ROM/Muscle exercises – Muscle strengthening/exercises that help to maintain range of motion for the child or to increase muscle strength. Exercises that help with flexibility of muscles.
- Intervention for seizures disorders that occur more than two times per week and require physical assistance to maintain safety.
- Assistance with self-administered medication, including reminders to take medication, bringing medication to the child and opening medication containers; including medications given through a nebulizer.
- Procedures for complex health-related needs, including tracheostomy suctioning, services to a child needing ventilator support & other direct cares. These are covered if delegation, training, and supervision by a RN are documented.