

LIFE PATTERNS INC.

In this issue:

- ◇ Understanding your PCSP
- ◇ Life Patterns Podcast
- ◇ Personal Care Services Specifics
- ◇ FFCRA info
- ◇ AuthentiCare App

Life Patterns Podcast!

Life Patterns' first podcast is now on our website!! Our first episode features Patty Gerdel, co-founder of Life Patterns, Inc, and author of an upcoming booklet designed to assist and guide parents and family members of those self-directing on the IDD waiver in Kansas.

To listen, go to our website, www.lifepatternsks.org, and click the **PODCAST** tab at the top!

Please let us know if there is any specific topic that you would like covered on the podcast in the future!

Life Patterns Lowdown

Understanding your PCSP

Personal Care Service Plan – the documentation of the face to face meeting with the MCO (UHC, Sunflower, or Aetna) where the members develop their plan with the support of any designated legal representative or guardians present. These meetings allow for any changes that may be required due to circumstances, so the PCSP will meet the needs of the member. A meeting with the MCO is required to be done at a minimum of once per year.

The PCSP will be written in units. Units allow for us to pay in increments of 15 minutes at a time.

1 unit = 15 minutes 4 units = 1 hour

To find the number of hours allowed on the PCSP, divide the number of units by 4.

i.e. 100 units = 25 hours

The PCSP will show you the general information on the 1st block of the page. i.e. name, address, DOB. Each MCO has a different layout of the PCSP. UHC writes their PCSP in weekly amounts by giving a certain number of minutes for each of the ADL's and IADL's as needed in each week. Sunflower does this by hours for each day of the week. Both Sunflower and UHC breaks this down visually on the PCSP.

An Emergency Backup plan should be discussed at the meeting and plans should be made in the event of an emergency for suitable care to continue.

Goals for the future may also be included to encourage more healthy living. This varies greatly from person to person but should always lead to further independent living for individuals.

Limitations:

FE, BI, PD – have a weekly limit (from Sunday - Saturday), and also have a monthly limit from the 1st through the last day of the month.

IDD, TA – have a monthly limit from the 1st through the last day of the month.

If changes need to be made to the PCSP before your next scheduled meeting, it is best to reach out to the Care Coordinator with the MCO (UHC, Sunflower, or Aetna). They can adjust your units or change providers as needed upon approval.

Personal Care Services Specifics

There are two categories that most Personal Care Services fall into: Activities of Daily Living (ADLs) and Independent Activities of Daily Living (IADLs). It is important to understand the difference between the two, and to know when and when not the Personal Care Attendant (PCA) should provide those services.

ADLs include activities such as bathing, dressing, and eating- personal things that the individual receiving services needs assistance with. IADLs are more household chore-related- like doing the individual's laundry, meal preparation and financial management. These activities should be done by the individual's informal/natural supports, unless the PCA is intending to teach or train the individual how to do these tasks. An exception may be made in extenuating circumstances, in which case it should be notated in the individual's Service Plan (PCSP).

If you are unclear on whether or not you have an appropriate job description for a PCA in your home, please reach out to the individual's Care Coordinator at the prospective MCO.

FFCRA information

The Families First Coronavirus Response Act (FFCRA) provides EMERGENCY SICK PAY (ESP) and EMERGENCY FAMILY MEDICAL LEAVE (EFML) to employees to assist with leave periods due to certain reasons related to the COVID-19 virus. The FFCRA's purpose is to ensure that sick employees do not go to work and to reduce the worry of going without a paycheck.

FFCRA applies to all employers with less than 500 employees in the private sector – this includes individuals on the Medicaid HCBS Self-Direction Waiver (or in other words – YOU). The FFCRA requires employers to provide **PAID** leave if their employee(s) must be away from work for specified reasons through December 31, 2020. Based on the reason for the leave, your employee(s) would qualify for two (2) weeks of pay for sick leave or up to twelve (12) weeks of pay for family leave. Leave pay is prorated for part-time employees. FICA exempt employees and parents that are working as paid caregivers qualify for this leave pay if they are not able to work.

Qualifying reason for the leave:

1. Is subject to a Federal, State or local quarantine or isolation order related to COVID-19;
2. Has been advised by a health care provider to self-quarantine related to COVID-19;
3. Is experiencing COVID-19 symptoms and is seeking a medical diagnosis;
4. Is caring for an individual subject to an order described in (1) or self-quarantine as described in (2);
5. Is caring for his or her child whose school or place of care is closed (or childcare provider is unavailable) due COVID-19 related reasons; or;
6. Is experiencing any other substantially similar condition specified by the U.S. Department of Health and Human Services.

Please call our office with any questions.

AuthentiCare Mobile App

If your employees are interested in trying the AuthentiCare app, they can go to our website, www.lifepatternsks.org. From the home screen, scroll down to where it says "Introducing the AuthentiCare 2.0 Mobile App." There is a link to a form for workers to complete to request access to use the app!

Within 24 hours, the worker will get an email from Life Patterns with their password and directions on how to use the app.