



Home Care for Adults with Disabilities Under Age 60 (MA)

Home Care Assistance Program (HCAP) – Homemaker Services

Please note there is usually a wait list for HCAP.

HCAP is a Massachusetts Rehabilitation Commission (MRC) program that provides homemaking services to adults with disabilities, age 18 through 59.

Services:

- Meal preparation
- Grocery shopping
- Medication pickup
- Laundry
- Light housekeeping (dusting, vacuuming, mopping, kitchen clean-up, bathroom cleaning, bed changes, and trash removal only).

HCAP does **not** help with tasks such as personal care (bathing, feeding, transferring), companionship, transportation, pet care, ironing, exterior home maintenance, etc.

To qualify you must meet certain disability and financial eligibility criteria and either live alone or with other adults who also have a disabling condition which prevents them from performing housekeeping tasks.

To Apply

You can call 617-204-3665 or complete an online application at <https://massmrc.hylandcloud.com/211customcode/mrconemrc>

For more information ask your social worker for the HCAP handout.

MassHealth Personal Care Attendant (PCA) Services

The PCA Program is a consumer-directed service, funded through MassHealth, in which a person with a disability hires, trains and supervises an attendant to assist with specific tasks to maintain your independence.

Eligibility

You must have, or qualify for, full MassHealth and you must require assistance with at least two Activities of Daily living (ADLs) from the list below

Activities of Daily Living (ADLs) – you must require assistance with at least two ADLs

- Mobility
- Bathing and grooming

- Dressing and undressing
- Passive range-of-motion exercises
- Taking medications
- Eating
- Toileting

The PCA assessment will look at how you are able to complete both ADLs and Instrumental Activities of Daily Living (IADLs). If approved for services, a PCA may be able to assist with IADLs: household services such as laundry, shopping and housekeeping, and accompanying to medical appointments.

PCA time is NOT approved for activities such as recreation, babysitting, vocational training verbal prompting or cuing, or supervision.

The PCA program is a participant-directed program. This means that you would be the employer. **To be eligible** you need to be eligible for MassHealth Standard or CommonHealth and meet certain disability criteria.

To Apply

Apply for PCA services through your local Personal Care Management (PCM) agency. To find your local PCM call MassHealth Customer Service at 1- 800-841-2900 or see the list at: mass.gov/service-details/personal-care-management-pcm-agency-list.

Expect that the application process will take some time, typically a month or two.

For more information ask your social worker for our PCA handout.

Independent Living Centers

The 10 Centers for Independent Living in Massachusetts are run by and for people with disabilities. Your local center may be able to assist you in identifying options to keep you independent and active in your community.

- **Find your local center:** masilc.org/cils/

Aging Services Access Points (ASAPs)

ASAPs are elder services organizations that offer home care services on a sliding fee to those eligible. While they mainly serve those age 60 or over, some ASAPs have special funding that allows them to serve people who are nearing age 60 or who are living with Alzheimer's disease or a related dementia.

- **Find your local agency:** mass.gov/service-details/aging-services-access-points-asap

Veterans

If you receive care through the VA system, you may qualify for a **VA Homemaker and/or a Home Health Aide**. Additionally, regardless of age, certain veterans may qualify for the **Aid & Attendance benefit pension**. Contact your local Veteran Service Officer (VSO) for more information.

- **Find your local VSO:** mass.gov/info-details/find-a-veterans-service-officer-near-you