

NEW MEXICO
PERSONAL CARE OPTION (PCO) PROGRAM
TIP SHEET

080307

What is Personal Care Option (PCO)?

The PCO program is designed to improve the quality of life for persons with disabilities and health conditions, to prevent them from entering nursing facilities. Personal Care attendants provide a range of in-home services that enable individuals to live in their own homes and achieve the highest level of independence possible.

Who is eligible for PCO?

The PCO program is available to individuals eligible for full Medicaid coverage, age 21 years of age or older, who need help with two or more activities of daily living. Individuals must meet the level of care requirement due to disability or functional limitations.

To Apply

Contact a PCO provider agency to check Medicaid eligibility. Go to the website: www.nmaging.state.nm.us/PCO_program.html for details on the program and a list of PCO provider agencies and their phone numbers. Next, call the PCO Enrollment line and follow the prompts to request an assessment.

After the request, Lovelace will send a *Medical Assessment Form (MAD 075)* for the doctor to complete. A nurse is then sent out to conduct an assessment. Lovelace will review the information from the doctor and the assessment. Then they will contact the applicant and the PCO provider agency with the number of approved hours per week. The PCO provider agency will do an intake meeting directly with the consumer.

Consumer-Directed or Consumer-Delegated?

Two options are available:

- Consumer-Directed: A consumer acts as his/her own employer - selecting, hiring, training, supervising, and terminating personal care attendants. A PCO provider agency processes timesheets and issues payroll.
- Consumer-Delegated: A PCO provider agency performs all employer related tasks - hiring, training, supervising, and terminating personal care attendants, including processing timesheets and issuing payroll.

In both options, consumers may select family members (other than spouses), friends, neighbors, or anyone of their choice as their attendants. Some PCO provider agencies offer both options while others specialize in only one option. Ask the agency which option they provide.

Remember:

- All attendants must be eighteen years of age or older, and be able to pass a nationwide caregivers' criminal history screening.
- The Aging and Disability Resource Center is available to answer questions regarding the PCO program.

For additional disability related information or resources contact:



The Information Center for New Mexicans with Disabilities and BabyNet
1-800-552-8195

<http://cdd.unm.edu/linc/babynet/index.htm>

Personal Care Services Offer Assistance With:

- Self-Administered Medication
- Bowel and Bladder Services
- Cognitive Assistance
- Eating
- Household Services
- Hygiene, Grooming, Bathing
- Meal Preparation
- Minor Maintenance of Assistive Device(s)
- Skin Care
- Support Services

Personal Care Option (PCO) Enrollment Line

1-866-364-3310
In Albuquerque
(505) 841-8407

Aging and Disability Resource Center

1-800-432-2080