

How Louisiana Determines Long Term - Personal Care Services (LT-PCS) Hours

The Louisiana Department of Health and Hospitals uses information collected through the **Minimum Data Set for Home Care (MDS-HC)** to determine a person's level of services for home- and community-based programs.

Section H of the MDS-HC, "Physical Functioning," collects information regarding the assistance you receive with **Activities of Daily Living (ADLs)**. While the form asks for information about a number of activities, there are four important ADLs that are considered in determining the maximum number of hours of LT-PCS services you can receive. These are:

- getting in or out of bed or a chair (transferring)
- going from a lying to a sitting position in bed (bed mobility)
- using the toilet, and
- eating.

The assessment looks at how much help you received in performing these activities during the three days prior to your assessment. The assessment rates the level of assistance as described in the chart below.

MDS-HC Scoring Term	What this means
Independent	No help, setup, or oversight OR help, setup, and oversight provided only 1 or 2 times (with any task or subtask)
Setup help only	Article or device provided within reach of person 3 or more time
Supervision	Oversight, encouragement or cueing provided 3 or more times during last 3 days or supervision (1 or more times) plus physical assistance provided only 1 or 2 times (for a total of 3 or more episodes of help or supervision)
Limited Assistance	Person highly involved in activity; received physical help in guided maneuvering of limbs or other non-weight bearing assistance 3 or more times OR combination of non-weight bearing help with more help provided only 1 or 2 times during period (for a total of 3 or more episodes of physical help)
Extensive Assistance	Person performed part of activity on own (50% or more of subtasks), but help of following types were provided 3 or more times: weight-bearing support OR full performance by another during part (but not all) of last 3 days
Maximal Assistance	Person involved and completed less than 50% of subtasks on own (includes 2 + person assist), received weight-bearing help or full performance of certain subtasks 3 or more times
Total Dependence	Full performance of activity by another

Exhibit B page 1 of 2

Based on the amount of assistance received in each of the four ADLs (transfer, bed mobility, toileting, and eating), an **ADL Index** is calculated to determine your overall level of assistance. The ADL Index determines the range of LT-PCS hours available each week.

ADL INDEX	LT-PCS HOURS PER WEEK
4 - 5	1 - 18
6 - 8	1 - 22
9 - 10	1 - 26
11 - 13	1 - 30
14 - 15	1 - 32

Once the range of hours is determined, a Plan of Care is developed. It is the care-planning process, and discussions with your assessor, that determine the actual number of hours of assistance that you will receive. The actual number cannot exceed the maximum number in the ADL Index, unless it is determined that you need additional hours to avoid entering a nursing home. However, no one can receive more than 32 hours of LT-PCS a week.

Exhibit B page 2 of 2