

## Have you heard about the a.m. and p.m. option?



Your *Office of Aging and Adult Services (OAAS)* support coordinator will talk to you about how the a.m./p.m. delivery method can be a cost-effective way of getting the supports you need.



### **Have you heard about Althea?** Althea has a Community Choices Waiver.

Althea doesn't like having someone around all day and would prefer to get services that improve her independence such as physical therapy or adding handrails to her shower. Althea also wants to do as much as she can by herself. So, she receives personal assistance services through the "a.m./p.m." option available to her. In the morning, Althea's personal care attendant helps her with dressing and bathing, prepares meals, and assists with her medication. Her attendant comes back again at night to help with night-time medications and to help her get ready for bed.

Tiffany, Althea's granddaughter, helps out with others things such as laundry, shopping, and light housekeeping. Since Tiffany works a full-time job and has children, she is unable to help her grandmother in the mornings and in the evenings on a regular basis.

Some examples of personal care assistance include: eating, bathing, dressing, grooming, helping the participant move from one surface to another (such as from a bed to a chair), assisting with walking or using a wheelchair, and toileting. The a.m./p.m. delivery method provides personal assistance services to the waiver recipient at the beginning and/or end of the day. Althea receives at least one, but no more than two hours of personal assistant services during each session. This method is perfect for her situation. Now, Althea not only has care in the morning and the evening, but her support coordinator also helped her to budget for a device to be added her home that will alert her family or "911" in the event Althea falls or becomes ill.

Althea and Tiffany could not be happier with the services!

***Your waiver. Your choice. Your life.*** Ask your support coordinator how to build a plan of care as unique as you are! Your support coordinator's name is \_\_\_\_\_.  
His/her phone number is \_\_\_\_\_.