

Understanding
the State of Alaska
Senior and Disabilities Services'

**Consumer
Assessment Tool/
Personal Care
Assessment Tool**

CAT/PCAT



*Applying for
personal care
services or
an Older
Alaskans/Adults
with Physical
Disabilities
waiver?*

**Guide
inside!**

About the CAT/PCAT:

- An assessor uses the Consumer Assessment Tool/Personal Care Assessment Tool (CAT/PCAT) to assess your ability to take care of yourself.
- The assessor will talk to you and observe your health and mobility to fill out the CAT/PCAT form.
- The assessment typically takes place in your home, the hospital or a nursing home.
- You may have someone, such as a family member or friend, accompany you. Your legal representatives should attend.
- The meeting may take 1-2 hours.
- If you have prescriptions for exercise, PT or OT, show them to your assessor to ensure they will be included in your assessment. If not, they can be added later as an amendment. **Your provider will be responsible for faxing them to our office.**
- Send in supporting materials promptly after your assessment. You'll need to send in a copy of an exercise prescription, for example, if you'd like it included in the assessment.
- Misrepresenting your needs could mean losing your right to services, or trigger Medicaid fraud charges.

About the assessment process:

After your provider applies for services for you, an assessor or scheduler will contact you to schedule your new assessment.

Every year a new assessment is done.

Depending on how recent your assessment is, you may need a new one if you apply for any other programs.

Senior and Disabilities Services employees will review your assessment and send you a letter about your eligibility. The letter will outline your right to a fair hearing if you disagree with the state's decision.

***Send supporting materials for
your assessment to:***

Personal Care Assistance, or
Older Alaskans/Adults with
Physical Disabilities
550 West 8th Avenue
Anchorage, AK 99501

What the CAT/PCAT does:

Measures how much help you need and whether you are eligible for:

- waiver services (you need a nursing-home level of care)
- personal care services (you need some hands-on care in your home or at work)

About waiver services in Alaska:

Alaska has a “waiver” from the federal government to use Medicaid to provide a nursing-home level of care to people outside of a nursing home. Examples of services are medical equipment, care coordination, adult day care, transportation, assisted living and respite care. This care helps people remain in their homes longer. The assessment must be done by a registered nurse.

About personal care services in Alaska:

PCA services provide support related to an individual’s activities of daily living (i.e. bathing, dressing, eating) as well as instrumental activities of daily living (i.e. shopping, laundry, light housework). PCA is provided statewide in Alaska through private agencies.

Want more information? Contact:

Personal Care Assistance
PCAMailbox@alaska.gov
or fax 1-907-269-8164

Older Alaskans/Adults with
Physical Disabilities,
DSDSWaiver@alaska.gov
or fax 1-907-269-3688

Both programs can be reached at
1-800-478-9996 or at
269-3666 in Anchorage,
or by mail at:

550 West 8th Ave.
Anchorage, AK 99501

You may also...

contact your personal care agency
representative or care coordinator



Want to look at the CAT/PCAT?

You can find the assessment tool and regulations on its use for each program at the Senior and Disabilities Services web site:

Personal Care Assistance

www.hss.state.ak.us/dsds/pca
click on the CAT/PCAT button.

Older Alaskans and Adults with Physical Disabilities

www.hss.state.ak.us/dsds/waivers.htm
click on the CAT/PCAT button.

If you are a provider

go to the Care Coordination Training and Resource Materials page for more information, and click on “Consumer Assessment Tool (CAT) Instructions” under OA/ APD Forms.

