

DID YOU KNOW?

FREE PERSONAL ASSISTANCE SERVICES FOR CLIENTS AGED THREE & OLDER FOR REGIONAL CENTER CLIENTS



Personal Assistance Services help individuals with disabilities perform tasks they would normally do if there were no disability. This additional support for medical and/or daily living skills enables participation in age-appropriate and community-based activities like childcare, afterschool settings, camps, social recreation, & college.

Our services assist with:

- **Personal Care Activities:** Bathing, dressing, grooming, eating, transfers, & toileting.
- **Domestic Services:** Housekeeping, laundry, shopping, meal preparation, & pet care.
- **Paramedical Services:** Administering medications, medication reminders, injections, catheter care, wound care, and standby assistance with walking & transfers.
- **Related & Other Services:** Attending college & after-school programs (general safety supervision), facilitation at meetings, volunteer jobs, protective supervision, teaching & demonstration of communication devices, companionship, help with public transportation, or inclusion in social & recreational activities.

If you or your loved one needs this service:

1. List all areas in which you need personal assistance.
2. Determine how long it will take to provide all those services & what days they are needed.
3. Identify the skills the Personal Attendant may need to have. Do you have a language or cultural preference? Do they have to know CPR? Do you want a friendship relationship or more of a professional relationship where they are your employees? Smoker or nonsmoker? Do they need to provide transportation for you?
4. Decide if you want to hire this person directly or if you want help from an Agency. Most service providers can hire someone in your household over the age of 18 years who is not the client's parent.

**Please email your Regional Center caseworker
to request these services.**

CLASE

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