

Service Overview: Personal Care

What is Personal Care?


Personal care allows you to get support doing daily activities. When you are enrolled with Family Support 360, you can use Personal Care for help with:

Activities you need for daily life, like:




1. Preparing meals

2. Eating

3. Bathing 

4. Dressing


5. Personal hygiene (like brushing your teeth, washing your hands, and shaving) 

6. Taking your medicine

7. Toileting

Household chores important for your health and well-being, like:



8. Bedmaking 

9. Dusting

10. Vacuuming

What are examples of Personal Care activities?

Here are examples Personal Care uses that **are** and **aren't** allowed. **Personal Care is only allowed when you need help with daily activities to keep you healthy and well.**

Allowable Personal Care Uses	Non-Allowable Personal Care Uses
✓ Provider helps you brush your teeth and bathe before bed	✗ Provider waits outside your room while you get ready for bed
✓ Provider cleans your home because the dust makes you sick	✗ Provider cleans your parents' room because they wanted it to be cleaner.
✓ Provider helps you out of bed and into a wheelchair so that you can leave home.	✗ Provider runs errands for you while you stay home.
✓ Provider helps you eat and dress	✗ Provider socializes with you.
✓ Provider supports a person who has seizures, so they are safe in case of an episode.	✗ Provider watches their phone in case they need to help a person during a seizure.
✓ Provider helps you with incontinence (like using the bathroom and changing diapers).	✗ Provider tells you how to change your own diaper

Service Limits

✗ Personal Care cannot be provided to a minor by:

✗ Their parents

✗ Their parents' spouse or significant other

✗ Personal Care cannot be provided to a person by their spouse or their significant other.

✗ You can't exceed your budget. Each person has limited funds based on their needs.

Please Note: Anyone else over the age of 16 can become a Personal Care Provider.