



How to Build a Care Plan

Bureau of Long Term Services and Support
Division of Senior and Disability Services
Department of Health and Senior Services





Objectives

- Understand how the InterRAI, care plan, and case notes support each other
- Understand how to build an appropriate care plan based off the participant's unmet needs

Assessment Guidelines

- Identify:
 - Participant's existing functioning problems
 - Current resources
 - Unmet needs
- Review PCCP:
 - Identify needed HCBS based upon information obtained
- A thorough, well-documented InterRAI HC and case notes should validate the requested care plan

Care Plan Development

- Only recommend services and tasks necessary to meet the needs of the participant
- Should take into account the aide's ability to perform multiple tasks within the same timeframe
- All services requested must be reasonable and necessary according to condition and functional capacity of the participant
- Units are authorized in fifteen (15) minute increments

Care Plan Development

- Requested PCCP must enhance the current support system and not replace or duplicate those existing supports
- Generally, when a participant resides with other able-bodied individuals, shared spaces shall not be authorized
- If there are multiple participants in the home receiving HCBS, this shall be documented and HCBS coordinated to meet the needs

PC- Bathing

- Includes assistance with bathing, including shampooing hair
- InterRAI questions:
 - G2a - Bathing
 - G2e - Walking
 - G2f - Locomotion
 - G3a – Primary mode of locomotion
 - J1 - Falls
 - J3a-d - Balance

PC- Dietary

- Includes assistance with meal preparation and cleanup and assistance with eating/feeding
- InterRAI questions:
 - G1a - Meal Preparation
 - G1b - Ordinary Housework
 - G2j - Eating
 - K2e - Therapeutic diet
 - K3 - Mode of Nutritional Intake

PC- Dressing/Grooming

- Includes assistance with dressing and grooming including help with dressing and undressing, combing hair, nail care, oral hygiene and denture care and shaving
- InterRAI questions:
 - G2b - Personal Hygiene
 - G2c – Dressing Upper Body
 - G2d – Dressing Lower Body
 - J1 - Falls
 - J3 - Balance

PC- Mobility/Transfer/Position

- Includes assistance with transfer and ambulation when the participant can at least partially bear their own weight
- InterRAI questions:
 - G2e - Walking
 - G2f - Locomotion
 - G2i - Bed Mobility
 - J1 - Falls
 - J3a-d - Balance
 - N2n - Turning/Positioning

PC- Self-Administration of Medications

- Includes assistance with self-administration of medication and applying nonprescription topical ointments or lotions
- InterRAI questions:
 - C1- Cognitive Skills for Daily Decision Making
 - C2b- Procedural Memory
 - G1d- Managing Medications
 - G2e- Walking
 - G2f- Locomotion
 - M3- Adherence with Medications

PC- Toileting

- Includes assistance in going to the bathroom (or commode, bedpan, urinal) transfer on/off toilet, cleanses, and changing bed linen
- InterRAI questions:
 - G2g- Transfer Toilet
 - G2h- Toilet Use
 - Section H- Contenance

APC- Aseptic Dressing

- Includes application of aseptic dressings to Stage 1 wounds (unbroken skin)
- InterRAI questions:
 - Section L questions
 - Section N2k Wound Care

APC- Assistive Transfer Device

- Includes assistance needed for usage of an assistive transfer device
- InterRAI questions:
 - G2e- Walking
 - G2f- Locomotion
 - G3a- Primary Mode of Locomotion
 - J1- Falls
 - J3a-d- Balance

APC- Bowel Program

- Includes administration of prescribed bowel programs prepackages enemas, sphincter stimulation, suppository administration for participants without contraindicating rectal or intestinal conditions
- InterRAI questions:
 - N21- Scheduled Toileting Program

APC- Catheter Hygiene

- Includes emptying/changing bags and soap and water hygiene around the site of external, indwelling and suprapubic catheters and removal of external catheters, inspect skin and reapply catheter
- InterRAI questions:
 - H2- Urinary Collection Device

APC- Non-Injectable Medications

- Includes manual assistance with non-injectable medications as set up by a licensed nurse, includes prompting, opening mediplanner and/or steadying hand/arm to get medication to mouth
- InterRAI questions:
 - G1d- Managing Medications
 - M1- Number of Medications
 - M4- Complex Drug Regimen

APC- Ostomy Hygiene

- Includes changing bags and soap and water hygiene around an ostomy site
- InterRAI questions:
 - H3- Bowel Continence (ostomy)
 - K3- Mode of Nutritional Intake (feeding tube)
 - N2h- Trach Care
 - N2q- New or Unregulated Ostomy care

APC- Passive ROM

- Includes non-resistive flexion of joint within normal range
- InterRAI questions:
 - G2 questions involving movement ability
 - N3- Formal Care (PT, OT)

Authorized Nurse Visits

- Enhanced supervision of the personal care aide and maintenance or preventative services provided by an RN or LPN
- InterRAI questions:
 - Med Set Up – Section C, G1d, Section M
 - Monitoring Skin/Dressings: Section L, Section I (DM), N2k wound care
 - Catheters: Section H
 - Section N – other nursing tasks

ADW- Homemaker

- Includes general household tasks for the participant
- InterRAI questions:
 - A12 & 13 Living Arrangement/Status
 - Section G
 - Section J – Falls and Balance
 - Many others: See transportation, essential correspondence and meals slides.

ADW- Respite

- Maintenance and supervisory services provided to a participant in the individual's residence to provide relief to the caregiver(s) that normally provides the care
- InterRAI questions:
 - C1 – Cognitive Skill for Daily Decision Making
 - E3a - Wandering
 - Mobility Concerns – Section G, Section J

ADW- Home Delivered Meals

- To assist in meeting the nutritional needs of the participant
- InterRAI questions:
 - Gla- Meal Preparation

ADW- Chore Services

- Short-term, intermittent tasks necessary to maintain a clean, sanitary, and safe home environment
- InterRAI questions:
 - A12 & A13- Living Arrangement/Living Status
 - Section G
 - Section J- Falls and Balance
 - Q1- Home Environment

ADW/ADCW- Adult Day Care

- Continuous care and supervision of disabled adult in a licensed adult day care setting
- InterRAI questions:
 - Section C – cognition
 - Section D – Ability to communicate, understand, see, & hear
 - Section E & J– Behaviors
 - Section G and J – Mobility and Physical Independence
 - Section F – Psychosocial Well-Being

CDS- Bowel & Bladder Routine

- Scheduled routine for bowel or bladder elimination
- InterRAI questions:
 - N2l- Scheduled Toileting Program
 - Section H

CDS- Clean & Maintain Equipment

- Cleaning and maintenance of medical equipment
- Provide clarification of what is being cleaned in the case notes

CDS- Essential Correspondence

- Assistance with paperwork, bills, etc.
- InterRAI questions:
 - G1c- Managing Finances
 - G1e- Phone Use
 - Section C or D possibly

CDS- Meal Prep/Eating

- Time from preparation of meals and assistance with eating
- InterRAI questions:
 - A12/13 – Living arrangement/Status
 - G1a – Meal Preparation
 - G2j – Eating
 - K2e – Therapeutic diet
 - K3 – Mode of Nutritional Intake

CDS- Dishes

- Time for clean up of meals and dishes
- InterRAI questions:
 - G1b- Ordinary Housework
 - Other section G questions showing physical capabilities

CDS- Treatments

- Assistance with various treatments that fall within the scope of the program
- Ex: eye drops, prescribed lotions, nebulizer assistance, etc.

CDS- Turning/Positioning

- Assistance with turning and positioning
- InterRAI questions:
 - Gli- Bed Mobility

CDS- Transportation

- Shopping, errands, school, employment, and medical appointments NOT covered by NEMT (participant does not have to go along)
- Must be an identified need of PC assistance
- InterRAI questions:
 - G1g- Shopping
 - G1h- Transportation
 - G2- Questions indicating mobility concerns
 - Sections C & D possibly



Independent Living Waiver (ILW)

- Financial Management Services
- Case Management
- Specialized Medical Equipment/Supplies
- Environmental Accessibility Adaptations

Questions?



BLTSS

ReassessorTraining@health.mo.gov

or

PCCP

ProviderReassessmentReview@health.mo.gov

