



# Instructions for PCA Time and Activity Documentation

This form documents time and activity between one PCA and one recipient. Employers may have additional instructions or documentation requirements. For shared care, you must use a separate form for each person for whom you are providing care.

**Recipient Stays** – Enter dates and location of recipient stays in a hospital, care facility or incarceration.

**Services** – Check the type of services being rendered and write the Service Code in the upper right corner.

**Dates of Service** – Dates of service must be in consecutive order. Enter the date in MM/DD/YY format for each date you provide service. The recipient must draw a line through any dates and times PCA services were not provided.

**Activities** – For each date you provided care, write your initials next to all the activities you provided. Your initials indicate you provided the service as described in the PCA Care Plan. If you provide a service more than once in a day, initial only once. The following are general descriptions of activities of daily living and instrumental activities of daily living.

**Grooming** – Personal hygiene, includes basic hair care, oral care, skin care, shaving, applying lotion or powder, care of eyeglasses, contact lenses or hearing aids, nail care (except recipients who are diabetic or have poor circulation).

**Dressing** – Choose appropriate clothing for the day including laying-out of clothing, dressing or undressing, putting on elastic stockings or prosthesis, braces, splints or other special appliances.

**Bathing** – Starting and finishing a sponge, bed or tub bath, shower, including rinsing, drying, and inspecting skin.

**Toileting** – Assist using bathroom or commode, care after bowel movement, offer urinal or bedpan, incontinence care, routine catheter care, ostomy/colostomy care, bowel program, assist with elimination (including enemas), bowel movement management programs (digital stimulation and manual), inspecting skin and adjusting clothing.

**Ambulation/Mobility** – Assist with standing, repositioning, turning, or getting in/out of bed, assist with cane, walker or crutches, assist with transfers (pivot, gait belt, Hoyer, slideboard or other lifting devices), range of motion and other activities that support skilled therapy. Mobility does not include providing transportation for a recipient.

**Medications** – Medication reminders, topical preparations, eye and ear drops or administrate insulin. Examples include: assistance with self-administered medication including bringing medication to the recipient or assistance with opening medication under the direction of the recipient or responsible party.

**Feeding/Hydration** – Offer fluids, assist with eating, total feeding or tube feeding.

**Other Assigned Personal Cares** – Take vital signs, client directed equipment care, apply wound care, assist with complex repositioning, monitor glucose and blood checks, active seizure interventions, nebulizer treatments, applications of CPAP, or assist with inhalers.

**IADLs (Instrumental Activities of Daily Living)** – Routine Homemaking Services related and incidental to ADL's include housekeeping in the areas of the home affected by provision of assistance with ADL's (i.e. make bed, clean bathroom, etc.)

**Light Housekeeping** – Light housekeeping integral to personal care may include washing dishes, putting dishes in dishwasher, clearing tables, taking out garbage, making the bed and cleaning bathroom.

**Laundry** – Laundry integral to personal care, includes sorting clothes, putting clothes in washer and dryer, adding soap and/or dryer sheet, folding and putting away clothes.

## Visit

**Time in** – Enter time in hours and minutes that you started providing care and enter AM or PM. Round to nearest quarter hour.

**Time out** – Enter time in hours and minutes that you ended care and enter AM or PM. Round to nearest quarter hour.

## Travel Time

Enter time in hours and minutes that you have traveled from your home to the client's home, in between clients, and from the client's home to your home

## Total Hours On This Time Sheet

Total travel hours paid is limited to authorized hours per week by the MCO.

Total care hours paid is limited to authorized hours per week by the MCO.

## Acknowledgement and Required Signatures

Recipient/responsible party prints the recipient's first name, middle initial, last name, and MA Member (MHCPID) Number or birth date (for identifying purposes). Recipient/responsible party signs and dates form. PCA prints his/her first name, middle initial, last name, individual PCA Unique Minnesota Provider Identifier (UMPI) (for identifying purposes). PCA signs and dates form.

## Acknowledgement by RN Supervisor

An RN Supervisor must review and sign this document to acknowledge the tasks were performed by the PCW on the assigned day. The RN will also note any changes in the client's well-being and document his/her follow-up activities.

