

## Home Care Assistance Program

*The Home Care Assistance Program (HCAP) is part of the MRC's Community Living Division. Our goal is to enhance independence of individuals with disabilities and prevent unnecessary hospitalization or institutionalization through the provision of direct assistance with homemaking tasks.*

### **What is Home Care Assistance?**

The Home Care Assistance Program provides homemaker services to eligible disabled adults who are functionally limited in meeting their own nutritional and environmental needs. The assistance of a homemaker helps individuals maintain their independence in the community.

Homemaking services are defined as direct assistance with:

Meal Preparation  
Grocery Shopping  
Medication Pick-Up  
Laundry  
Light Housekeeping (*dusting, vacuuming, mopping floors, cleaning kitchen, taking out trash, cleaning bathroom and changing the bed ONLY*)

Homemaking services are provided either by homemakers trained and supervised by home care agencies in contract with HCAP, or by individual Home Care Assistants selected and supervised by the consumers and paid through contracts with MRC. HCAP case managers assess applicants for eligibility, coordinate service provision in conjunction with the home care agencies and assist consumers with information and referral as needed to advance independent living goals.

### **Who is Eligible?**

HCAP regulations cite that an individual is eligible if the individual:

- Has a disabling condition which prevents them from performing one or more homemaking tasks
- Requires homemaking assistance to prevent hospitalization or institutionalization
- Meets MRC-HCAP financial guidelines
- Is living alone\* or with another who is also unable to perform homemaking
- Is between the ages of 18 and 59, inclusive
- Is not legally blind (*Mass. Commission for the Blind has their own program*)

\*Individuals with children under 18 years old may be eligible for services if they meet all other eligibility criteria (*however, services are provided to adults with disabilities only*).

## **How to Apply:**

- Applications are started with a phone call to our Intake unit. If the referral is made by someone other than the applicant, the intake coordinator will confirm the information provided by contacting the applicant.
- Other comparable benefits for which the applicant may be eligible will be investigated.

HCAP staff will then collect financial documentation, signed release forms, medical documentation and in-home evaluation information before making a determination of eligibility and hours.

## **What Else You Should Know:**

- HCAP services are only available to Massachusetts residents and are subject to annual appropriation by the Massachusetts Legislature.
- HCAP provides only those services defined. We do not provide: heavy chore, spring cleaning, assistance with moving, financial management, medication monitoring, personal care, companionship, child-care or babysitting, transportation or accompaniment to appointments.
- The average consumer receives 3-4 hours per week of assistance.
- Consumers' rights to due process are explained and honored in all aspects of service delivery.
- HCAP conducts periodic reviews of eligibility on each consumer.

## **Other In-Home Programs for People with Disabilities:**

- Those who are legally blind may contact the Mass. Commission for the Blind at: Boston 1-800-392-6450, Worcester (508) 754-1148 and West 1-800-332-2772.
- Those age 60 and over may call the Executive Office of Elder Affairs at 1-800-243-4636 for information on the local Aging Services Provider.
- Personal care may be provided through Mass Health, CommonHealth or private agencies. Contact your local Independent Living Center for information or a Certified Home Health Agency (*ask your doctor for a referral*).

## **Home Care Assistance Program Telephone Numbers:**

(617) 204-3853 (*Voice*) or 1-800-223-2559 FAX #: (617) 727-2809

The Americans with Disabilities Act of 1990 (ADA) prohibits discrimination on the basis of disability in employment and public services provided by government agencies. If consumers or employees of the Massachusetts Rehabilitation Commission believe that they have been discriminated against on the basis of disability, they should contact the Diversity Director, Mary F. Connelly, Esquire, Director of Diversity, Massachusetts Rehabilitation Commission