

Item #24  
4-23-2024

**IN-HOME SUPPORTIVE SERVICES (IHSS) - SCOPE OF SERVICES** – The In-Home Supportive Services (IHSS) program arranges for and helps pay for services to enable elderly, blind or disabled persons who qualify for Medi-Cal to live safely and independently in their own homes. The IHSS program is considered an alternative to out-of-home care, such as nursing homes or board and care facilities. The types of services that can be authorized through IHSS are :

Activities of Daily Living Basic Services	Paramedical Services	Protective Supervision
<p><b>PERSONAL CARE</b></p> <ul style="list-style-type: none"> <li>➤ Respiration- assist self-admin. of oxygen, and setting up or cleaning a CPAP machine</li> <li>➤ Feeding</li> <li>➤ Bowel and Bladder Incontinence Care / Toileting / Menstrual Care</li> <li>➤ Bathing (bed or tub), Oral Hygiene, and Grooming</li> <li>➤ Repositioning and Rubbing Skin (to maintain skin health and prevent pressure sores)</li> <li>➤ Dressing</li> <li>➤ Ambulation and Transfer (Ex., bed/ wheelchair/ shower chair / dining / sofa / backyard patio, etc.)</li> <li>➤ Care of and Assistance with Prosthetic Devices (dentures, eyeglasses, hearing aids, artificial limbs, etc.)</li> <li>➤ Medication reminders, and/or setting up medications</li> </ul> <p><b>SHOPPING FOR FOOD / ERRANDS</b></p> <p><b>LAUNDRY</b></p> <p><b>HOUSEKEEPING</b></p> <p><b>MEAL PREPARATION AND CLEAN-UP</b></p> <p><b>HELP GETTING TO AND FROM MEDICAL APPOINTMENTS (not including visit time)</b></p>	<p>Services that a recipient would normally perform for themselves but are unable to do so due to their functional limitation(s). Taught to the provider by a licensed healthcare professional:</p> <ul style="list-style-type: none"> <li>➤ Administering medication or giving injections</li> <li>➤ Blood/ Urine Testing, Specimen Collection</li> <li>➤ Wound Care</li> <li>➤ Catheter Care and Ostomy Irrigation</li> <li>➤ Any treatments requiring sterile procedures, including caring for an open pressure sore.</li> <li>➤ Enemas, Digital Stimulation, or Insertions of Suppositories</li> <li>➤ Tube Feeding</li> <li>➤ Suctioning</li> <li>➤ Range of Motion Exercises (to improve function, when on a care plan)</li> </ul>	<p>“Protective Supervision (is for) for non-self-directed individuals with mental and/or cognitive impairments.”</p> <p><a href="https://www.fresnocountyca.gov/Departments/Social-Services/Adult-Services/In-Home-Supportive-Services">https://www.fresnocountyca.gov/Departments/Social-Services/Adult-Services/In-Home-Supportive-Services</a></p> <p>This . . . “is when an IHSS provider watches a recipient and keeps them safe by stopping them from doing things that will cause them to get hurt. <i>Non self-directing means that because of their mental impairment or mental illness, the person does not understand what is dangerous.</i> Because non self-directing people do not know what is dangerous, they are more likely to do things that are dangerous and risky that could cause them to get hurt.”</p> <p><a href="https://www.cdss.ca.gov/inforesources/ihss/fact-sheets">https://www.cdss.ca.gov/inforesources/ihss/fact-sheets</a></p> <p>Observing the behavior of a (recipient) who is confused, mentally impaired or mentally ill in order to safeguard him/her against injury, hazard, or accident. It is expected that the (recipient) is supervised 24-hours a day, 7 days a week.</p> <p><b>All Sources:</b></p> <p><a href="https://www.fresnocountyca.gov">In-Home Supportive Services (IHSS) - County of Fresno (fresnocountyca.gov)</a></p> <p><a href="https://acrobat.adobe.com/id/urn:aaid:sc:VA6C2:ec25a361-9cfa-4828-982a-0a890867a10b">Paramedical Services</a></p> <p><a href="https://www.cdss.ca.gov/inforesources/ihss/fact-sheets">https://acrobat.adobe.com/id/urn:aaid:sc:VA6C2:ec25a361-9cfa-4828-982a-0a890867a10b</a></p> <p><a href="https://www.cdss.ca.gov/inforesources/ihss/fact-sheets">Functional Index Rankings and Hourly Task Guidelines (ca.gov)</a></p>

**FUNCTIONAL INDEX RATINGS :** The FI rankings range from 1-6 and indicate the level of assistance you need to perform tasks safely. A county IHSS social worker will assign a rank to each service category to help determine the amount of assistance needed. **Rank 1:** Independent. Able to perform function without human assistance. **Rank 2:** Able to perform a function but needs verbal assistance, such as reminding, guiding, or encouragement. **Rank 3:** Can perform the function with some human assistance, including, but not limited to, direct physical assistance from a provider. **Rank 4:** Can perform a function with only substantial human assistance. **Rank 5:** Cannot perform the function, with or without human assistance. **Rank 6:** Requires Paramedical Services. Prescribed by a licensed health care professional. [Functional Index Rankings and Hourly Task Guidelines \(ca.gov\)](https://www.cdss.ca.gov/inforesources/ihss/fact-sheets)