



Montana's Community First Choice Services (CFCS) Program is a 1915(k) Medicaid State Plan Option, and the Personal Care Services (PCS) Program is a 1905(a) Medicaid State Plan Option. These are entitlement programs; meeting financial and level of care eligibility requirements means one will be able to access program benefits without a waiting list. \*

*CFCS/PCS programs allow people at risk of institutionalization to receive these services as part of an individualized, person-centered care plan to remain in their own home.*

If you are Medicaid enrolled and have a health condition that causes limitations in activities (like bathing, dressing, daily chores, etc.) please call Mountain Pacific at **1-800-219-7035** for an assessment. If you do not yet have Medicaid, please visit [apply.mt.gov](http://apply.mt.gov) to apply or call the Public Assistance Helpline at **1-888-706-1535**.



**DEPARTMENT OF  
PUBLIC HEALTH &  
HUMAN SERVICES**

# Community First Choice Services/ Personal Care Services

*The assistance you need in the setting you deserve -- in your own home.*





Montana's Community First Choice Services (CFCS) and Personal Care Services (PCS) programs are Medicaid programs through which in-home assistance is provided for seniors and persons who are disabled.

PCS provides hands-on assistance with daily living activities and is intended to encourage independent living and prevent premature admissions to nursing homes.

Additional home and community-based services are also available through CFCS.

## Activities With Which Assistance May Be Provided Under PCS:

- Ambulation/exercise
- Bathing
- Changing bed linens
- Dressing
- Eating
- Grooming/personal hygiene
- Health maintenance activities (i.e., medication administration, bowel care, urinary system management, wound care)
- Laundry
- Light housecleaning
- Meal preparation
- Medical escort (for persons who need assistance going to medical appointments)
- Medication reminders/assistance
- Shopping for essentials – i.e., groceries and pharmacy
- Toileting
- Transferring



## Additional Services Under CFCS:

- Skill acquisition
- Personal emergency response systems
- Yard hazard removal (i.e., shoveling snow and maintaining the walkway)
- Community integration (to assist isolated program participants in becoming involved in community activities)
- Correspondence assistance (i.e., gathering mail and making phone calls)

\* The exact services and supports one receives are based on individualized service plans.