



# *In-Home Supportive Services*

*Medi-Cal*

## **QUICK REFERENCE GUIDE FOR IHSS CONSUMERS**

*Independent Living Centers*

*SSI/SSP*

*PASC Homecare  
Registry*

*Legal Assistance*

*Regional Centers*

# Quick Reference Guide for IHSS Consumers

This guide provides a brief description of some important resources and services that are available, at no cost, to IHSS consumers in Los Angeles County. For information on other resources, please call the PASC Information and Referral Office at **877-565-4477**.

## The Personal Assistance Services Council (PASC)

PASC is an organization that can help you in several ways:

**Registry:** Through its Registry, PASC assists In-Home Supportive Services (IHSS) consumers with locating providers who can assist with personal care and homecare needs. Registry providers are referred to consumers based on, among other criteria, the consumer's needs and geographical location. You can call **877-565-4477** or visit our web site at **www.pascla.org** for additional information.

**Emergency Back-Up Program:** The PASC Back-Up Attendant Program refers temporary homecare providers to eligible consumers when their regular providers are unable to work. Eligible consumers are those receiving at least 25 IHSS personal care hours per week. For more information or to enroll, please call PASC at **877-287-6789**.

**Information and Referral:** IHSS consumers often seek or are in need of services including healthcare, housing, and legal assistance. PASC has staff specialists who are able to assist consumers with locating these particular resources. To receive assistance locating community resources, please call

the PASC Information and Referral Office at **877-565-4477**.



**Training Opportunities:** PASC sponsors free trainings for IHSS consumers and providers. Among the trainings provided are an IHSS Consumer Training (to assist individuals with the IHSS eligibility and management process), Disability Awareness, CPR, Alzheimer's Awareness, How to Recognize and Report Abuse, and Disaster Preparedness. In addition, PASC can inform individuals about other trainings and educational opportunities in the Los Angeles community. For information on upcoming trainings, please call **877-565-4477**.

**Newspaper Ad Placement Assistance:** This service was designed by PASC to assist

**Call the PASC Information and Referral Office for information on other programs and services!**

IHSS consumers with identifying various newspapers where they can place ads to recruit providers. For more information, please contact the PASC Information and Referral Office at [877-565-4477](tel:877-565-4477).

## **Additional Resources**

**Help to Appeal a Reduction in Your IHSS Hours or Request a Re-assessment:** You can call your social worker if your IHSS hours have been reduced and you believe that you qualify for more hours than you are receiving based on your needs and circumstances. If you need assistance locating your social worker, you can call the IHSS Ombudsman at [888-678-4477](tel:888-678-4477). The Ombudsman can also assist you with other questions and concerns that you have about the IHSS Program.

**Obtaining More Homecare-related Services Through the Home and Community-Based Services Waiver Program for Individuals with Severe Disabilities:** Medi-Cal offers Home and Community-Based Services waivers to some individuals with severe disabilities so that they can live at home instead of in a nursing home. This program provides additional services such as nursing and attendant care, coverage for medical equipment operating expenses, case management, and rehabilitation. To apply for a waiver, individuals must call the California Department of Health Care Services, In-Home Operations (IHO) Section at [213-897-6774](tel:213-897-6774) in Los Angeles or [916-552-9105](tel:916-552-9105) in Sacramento.

**SSI/SSP Reminder:** If you are in a hospital or nursing home for an extended period of

time, to ensure that you do not lose your SSI benefits, your doctor must certify, in writing, that you are not likely to be in the hospital for longer than 90 days following the day that you entered the institution. It is important that this certification be submitted to the Social Security Administration (SSA) no later than the day of discharge. During this time, you must pay and maintain the expenses associated with your permanent living arrangements. For further information or to locate your local Social Security field office, you can call [800-772-1213](tel:800-772-1213) or visit [www.socialsecurity.gov](http://www.socialsecurity.gov).



**Keeping your Medi-Cal or IHSS Even When You Are Working:** The 250% Medi-Cal Working Disabled (MWD) Program is an option for people with disabilities that allows individuals to earn up to \$52,000 per year without losing their Medi-Cal and/or IHSS benefits. If you are interested in applying for this program, you should first contact your Medi-Cal worker. If you do not know who your Medi-Cal worker is, please call the Los Angeles County Health and Nutrition Hotline at [877-597-4777](tel:877-597-4777).

**Information About Share of Cost and How it Works:** A share of cost is the amount of money that a consumer may have to pay

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his or her IHSS provider before the IHSS Program pays for the remainder of the authorized monthly services. This share of cost can be met in several other ways, such as through the purchase of health-related services and medications, physical and speech therapy, and dental care. It can also be met by health-related services that may not be available under Medi-Cal. If you need more information about share of cost, please call your IHSS social worker or the PASC Information and Referral Office at **877-565-4477**.

**Getting Assistance from an Independent Living Center (ILC):** ILCs are organizations that provide services such as attendant referrals, advocacy, peer counseling, and information related to housing and transportation. These services enable individuals with disabilities to live and work independently in their communities. To find an ILC that serves your particular

geographical area, simply contact the PASC Information and Referral Office at **877-565-4477**.

**Help from Regional Centers who Serve Developmentally Disabled Individuals:** Regional Centers are organizations that provide or coordinate services and support for individuals with developmental disabilities, including autism, cerebral palsy, mental retardation, and seizure disorders. Call the PASC Information and Referral Office at **877-565-4477** to locate the Regional Center in your area.

**Free Legal Assistance:** Disability Rights California (DRC) is an organization that provides legal assistance to individuals with disabilities in the areas of housing, transportation, employment, ADA compliance, and the IHSS appeals process. For assistance, please call **800-776-5746**.



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