

PCA services are non-emergency, health related tasks to help individuals with activities of daily living (ADLs) and with household duties essential to the individual's health and comfort, such as bathing, dressing, and ambulation. The decision regarding the appropriate number of hours is based on the tasks necessary to meet the specific needs of the individual and the hours necessary to complete those tasks. The regulations provide that PCA services are only warranted when the beneficiaries is "in need of moderate, or greater, hands-on assistance in at least one activity of daily living (ADL), or minimal assistance or greater in three different ADLs, one of which must require hands-on assistance." N.J.A.C. 10:60-3.1(c). Additionally, instrumental activities of daily living (IADL) "such as meal preparation, laundry, housekeeping/cleaning, shopping, or other non-hands-on personal care tasks shall not be permitted as a stand-alone PCA service." N.J.A.C. 10:60-3.1(c)(1). The assessments use the State-approved PCA Nursing Assessment Tool (PCA Tool) to calculate the hours.

At the hearing, Pravina Narine (Nurse Narine), a registered nurse testified for Horizon. ID at 2. Nurse Narine provided background information regarding Petitioner's current authorization for PPP services and specifics about the face-to-face assessment she conducted in October 2024 using the State approved PCA Tool. Ibid. Nurse Narine testified that Horizon began providing services for Petitioner in 2017 after he transferred to Horizon from another MCO. Ibid. Despite needing assistance in only two ADLs, Horizon approved 10 PCA hours in 2017, 2019 and 2021.¹ Ibid. Nurse Narine also testified that she observed that Petitioner did not need assistance with walking, ambulation, transferring or positioning and was independent in bathing, toileting, grooming, personal hygiene and dressing. Ibid. Lastly, Nurse Narine explained that the

¹ In 2021, in person assessments were restricted because of the pandemic. ID at 2.

8.5 PCA hours allocated in the October 2024 assessment was for “instrumental activities of daily living” (IADLs). ID at 3.

In addition, Rachel Matura (Nurse Matura) registered nurse also testified for Horizon. Ibid. Nurse Matura is a PCA and Medicaid Day Care Supervisor of staff who conduct assessments for Horizon. Ibid. Nurse Matura testified that during the 2021 pandemic, Horizon was unable to terminate any services during the COVID-19 pandemic. Ibid. Nurse Matura also testified that during the pandemic, Horizon could increase services but could not reduce any hours already in place. Ibid.

M.M. testified on behalf of Petitioner. M.M. acknowledged that she gave inaccurate and inconsistent responses during the face-to-face assessment to avoid embarrassment. Ibid. However, during the hearing M.M. appeared to be more forthcoming about the care she provides to Petitioner. More specifically, M.M. testified that she regulates Petitioner’s water temperature when he bathes, cleans his ears, cooks for him, does his laundry, picks up his medication, makes sure he does not clog the toilet because he uses too much bathroom tissue, “supervises” Petitioner while he combs his hair, brushes his teeth and makes sure Petitioner trims his nails. ID at 3, 4.

Petitioner testified that his mother has power of attorney over him but is not his legal guardian. ID at 4. Petitioner testified that M.M. filed the appeal that he signed. Ibid. Petitioner also testified that M.M. does not wash him but inspects his ears and nails and tells him how hard he should brush his teeth. Ibid. Petitioner further testified that M.M. occasionally scrubs his back. Ibid.

The Initial Decision upheld Horizon’s decision to terminate Petitioner’s PCA/PPP services after determining that based on the evidence, Petitioner did not qualify for PCA services. ID at 8. I concur. Petitioner has not demonstrated that he is in need of moderate hands-on assistance in at least one ADL or minimal assistance in three ADLs,

pursuant to N.J.A.C. 10:60-3.1(c). Petitioner admitted that he does not need assistance with walking, ambulation, transferring, positioning, toileting, bathing, grooming, personal hygiene or dressing. Although he suffers from obsessive compulsive disorder, ADHD, learning disorder and depression, he is able to perform all of his ADLs independently and without assistance. R-2. Moreover, "assistance with IADLs, such as meal preparation, housekeeping/cleaning, shopping, or other non-hands-on personal care tasks shall not be permitted as a stand-alone PCA service. N.J.A.C. 10:60-3.1(c). Therefore, the 8.5 hours noted in the nurse summary notes were allocated to provide time necessary to handle Petitioner's personal care for non-hands-on services. R-2.

Accordingly, and based on my review of the record, I hereby ADOPT the Initial Decision and FIND that Petitioner does not qualify for PCA and by extension PPP services at this time.

THEREFORE, it is on this 31st day of MARCH 2026,

ORDERED:

That the Initial Decision is hereby ADOPTED, as set forth herein.



Gregory Woods, Assistant Commissioner
Division of Medical Assistance and Health Service