



In-Home Supportive Services (IHSS)



The In-Home Supportive Services (IHSS) Medi-Cal program provides in-home caregiving assistance to eligible individuals as an alternative to out-of-home care and helps them remain safely at home.

Eligibility

- ✔ You must be a California resident.
- ✔ You must have Medi-Cal, with or without a share of cost.
- ✔ You must live in your own home or apartment (not including a hospital, nursing home, assisted living or licensed care facility).
- ✔ You must submit a completed Health Care Certification form.

What services does IHSS provide?

Services include, but are not limited to:

- ✔ Help at home, such as meal preparation, cleaning, laundry and taking out the garbage.
- ✔ Activities of daily living, such as bathing, feeding, dressing, grooming and toileting.
- ✔ Assistance with medications and injections.
- ✔ Monitoring people who have mental impairments or issues with thinking, reasoning, or remembering.
- ✔ Transportation and company to medical appointments.

If you qualify for Medi-Cal with no share of cost, Medi-Cal will pay the IHSS caregiver. If you have Medi-Cal with a share of cost, you may still be eligible for IHSS, but you will have to pay your share of cost to your IHSS provider first.

For more information about share of cost, please see our "Medi-Cal Share of Cost" fact sheet.

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fact sheets:



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The Center for Health Care Rights (CHCR) is a California non-profit organization that provides free information and help with Medicare. CHCR is the Health Insurance Counseling and Advocacy Program (HICAP) for Los Angeles County. HICAP can be reached statewide at **800-434-0222**.

Who provides IHSS services?

If Medi-Cal approves you for IHSS, you must hire someone (your individual caregiver, called a “provider”) to perform the authorized services. You are considered your provider's employer and, therefore, it is your responsibility to hire, train, supervise, and fire your provider. Care providers may be family members, friends, neighbors or registered providers through the Public Assistance Services Council (PASC).

How do I apply for IHSS?

If you already have Medi-Cal, contact your local IHSS office to apply. You can contact the Los Angeles County IHSS office at 213-744-4477.

If you do not already have Medi-Cal, you must apply for Medi-Cal first, then apply for IHSS. Once IHSS receives your application, a social worker will come to your home to assess your needs.

As part of the application process, you will need to have your health care provider fill out a medical certification form stating that you are not able to do some activities of daily living on your own and without IHSS you would be at risk for out of home placement. Your living situation will also be evaluated.

After the needs assessment, the IHSS worker will contact you and let you know if you have been approved or denied the service. If approved, the IHSS worker will tell you the number of hours authorized for each service, and the total monthly hours approved. Depending on your circumstances, the maximum number of hours is 283.



**Call the Center for Health Care Rights at 800-434-0222
or visit healthcarerights.org**