

# Personal Care Assistance Explained

*Understanding Everyday Support That Helps You Live More Independently*



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more or contact our team.**

[www.thewholeperson.org](http://www.thewholeperson.org)



# Independence Sometimes Means Having the Right Support.

Everyone needs help from time to time. For individuals living with a disability, recovering from an illness, or experiencing the challenges that can come with aging, that support may include assistance with everyday activities.

That's where **Personal Care Assistance** can help.

Personal Care Assistance provides non-medical support that helps people remain safe, comfortable, and independent in their own homes. While the services may look different from person to person, the goal is always the same: helping individuals continue living the life they choose with dignity and confidence.

If you're hearing about Personal Care Assistance for the first time, you're not alone. This guide will explain what it is, who it may help, and how it differs from other types of in-home support.



# Everyday Help That Supports Independence

Personal Care Assistance isn't about taking over someone's life.

It's about providing the right amount of support so individuals can continue making their own decisions, remain active in their communities, and live as independently as possible.



Learn more on our website:  
[www.thewholeperson.org](http://www.thewholeperson.org)

# What Is Personal Care Assistance?

Personal Care Assistance provides help with everyday activities that may become difficult because of a disability, illness, injury, or other physical limitations.

Unlike Home Health Care, Personal Care Assistance does not provide skilled medical services. Instead, it focuses on helping people safely manage daily routines while continuing to live in their own homes.

Depending on an individual's needs, Personal Care Assistance may include:

- ✓ **Bathing and personal hygiene**
- ✓ **Dressing and grooming**
- ✓ **Meal preparation**
- ✓ **Light housekeeping**
- ✓ **Laundry**
- ✓ **Mobility assistance**
- ✓ **Transfers and positioning**
- ✓ **Grocery shopping or essential errands**

**The services each person receives depend on their individual needs, goals, and eligibility.**



## Who May Benefit from Personal Care Assistance?

Personal Care Assistance may benefit individuals who need help with everyday activities but do not require ongoing skilled medical care.

This may include people living with physical disabilities, individuals recovering from an injury or illness, older adults who need assistance with daily tasks, or anyone who wants additional support to remain safely at home.

Receiving help with everyday activities doesn't reduce a person's independence. In many cases, it creates more opportunities to stay engaged, maintain routines, and continue living where they feel most comfortable.



# Personal Care Assistance Supports Everyday Living

For many people, assistance with daily activities provides peace of mind for both individuals and their families.



The right support can improve safety, reduce physical strain, increase confidence, and allow individuals to focus their energy on the things that matter most.



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# At a Glance

## *Personal Care Assistance vs. Home Health Care*

### ***Personal Care Assistance***

- ✓ Helps with everyday activities
- ✓ Focuses on daily living and independence
- ✓ Non-medical support
- ✓ May include bathing, dressing, meal preparation, and mobility assistance
- ✓ Helps people remain safely at home

### ***Home Health Care***

- ✓ Provides skilled medical care
- ✓ Focuses on recovery and medical treatment
- ✓ Skilled nursing and therapy services
- ✓ May include nursing, physical therapy, occupational therapy, speech therapy, and wound care
- ✓ Helps people recover from illness or injury at home

### ***Remember***

Many people benefit from both Personal Care Assistance and Home Health Care at different times or even at the same time. The right combination of services depends on each person's unique needs and goals.

# Common Questions

## **“Is Personal Care Assistance the same as Home Health Care?”**

No.

Personal Care Assistance focuses on helping with everyday activities such as bathing, dressing, meal preparation, and mobility. Home Health Care provides skilled medical services prescribed by a healthcare provider.

## **“Can I still make my own decisions?”**

Absolutely.

Personal Care Assistance is designed to support your independence, not replace it. Whenever possible, you remain at the center of decisions about your daily routines, goals, and the support you receive.

## **“Does receiving help mean I’m losing my independence?”**

Not at all.

Asking for help can actually make greater independence possible. The right support often allows people to remain safely in their homes, participate in their communities, and continue doing the things that are important to them.

# How The Whole Person Can Help

Understanding the different types of home-based services can feel overwhelming, especially when you're trying to determine what support is right for you or someone you love.

The Whole Person helps individuals and families understand the options available, answer questions about different types of care, and connect with programs and community resources that fit their unique needs and goals.

If Personal Care Assistance is the right choice for your situation, we can help you understand how it works and explore the services that may be available. If another option would better meet your needs, we'll help point you in the right direction.

**Our goal is simple:**

**To help you make informed decisions with confidence.**



# The Right Support Can Open New Possibilities

Personal Care Assistance is about more than completing everyday tasks.

It's about helping people continue living in the place they call home, maintaining meaningful relationships, participating in their communities, and enjoying greater confidence in everyday life.

Every person's journey is different, and the amount of support they need may change over time. What never changes is the importance of preserving dignity, respecting personal choices, and supporting each individual's independence.





## You Don't Have to Figure It Out Alone.

Whether you're exploring services for yourself, helping a family member, or simply trying to understand your options, Personal Care Assistance can be an important part of living safely and independently at home.

The Whole Person is here to answer your questions, help you understand your options, and connect you with services and community resources that support your goals.

You don't have to know exactly what you need before you reach out.

**We'll help you figure it out—together.**



Learn more on our website:  
[www.thewholeperson.org](http://www.thewholeperson.org)

## Want to Learn More?

*If you'd like to learn more about support services available at home, we recommend reading:*

### Choosing the Right Home Care: Understanding Your Options

This companion article explains the differences between Personal Care Assistance, Home Health Care, Consumer Directed Services, and other home-based support services, helping you better understand which option may be right for your situation.



**Scan the QR code or  
visit our website to  
read the article.**

**[thewholeperson.org/  
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# Continue Your Journey

## *Related Resource Guides*

### **Where Do I Start?**

A Simple Guide for Individuals and Families Looking for Answers

### **Understanding Your Home Care Options**

A Simple Guide to Choosing the Right Support at Home

### **Consumer Directed Services (CDS) Explained**

A Simple Guide to Understanding How CDS Gives You More Choice and Control



Continue Your Journey  
Visit us at [www.thewholeperson.org/about-us/resources](http://www.thewholeperson.org/about-us/resources) for more!



Learn more on our website:  
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# Need Help Finding the Right Next Step?

If you're unsure which services or resources may be right for you, The Whole Person is here to help.



We'll listen, answer your questions, and connect you with information and support that fits your unique situation.



Learn more on our website:  
[www.thewholeperson.org](http://www.thewholeperson.org)



# Contact The Whole Person

## **Main Office**

3710 Main Street, Kansas City, MO 64111

## **Kansas Office**

650 Minnesota Ave, Kansas City, KS 66101

## **Home Health Office:**

1211 N Belt Hwy, St Joseph, MO 64506

## **Phone**

816-561-0304

## **Email**

[hello@thewholeperson.org](mailto:hello@thewholeperson.org)

## **Website**

[www.thewholeperson.org](http://www.thewholeperson.org)



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