

IHSS CONSUMER PERSPECTIVE: ADVOCATING FOR YOURSELF

PANEL DISCUSSION

PANEL PARTICIPANTS

- **Janie Whiteford**, Moderator
CICA President and AB Member



- **Mathew Lubinsky**, AB Chair



- **Kim Selfon**, Bet Tzedek
Medi-Cal and IHSS Policy Director



- **Kingston Lum**, IHSS Program Manager



- **Edith Gong**, Public Authority Director

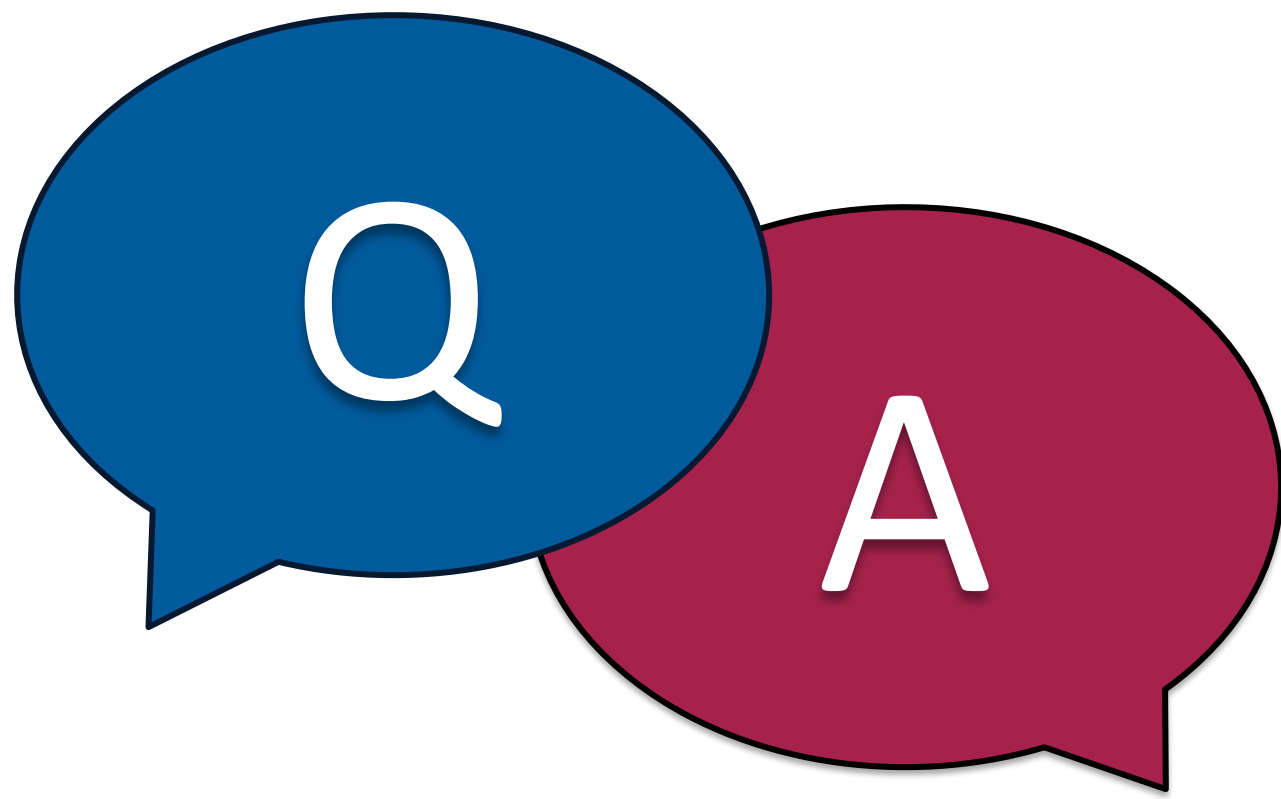


IHSS AUTHORIZED TASKS

- **Housework**
 - Mop kitchen and bathroom floors
 - Clean bathroom
 - Make bed, change bed linen
 - Change bed linen
 - Clean sinks, stovetop, oven, refrigerator
 - Vacuum/sweep
 - Wipe counter
 - Dust, empty trash
- **Meals**
 - Meal prep and meal clean up
- **Laundry**
 - Wash, dry, fold, put away
- **Shopping**
 - Grocery
 - Other shopping/errands
- **Personal Care**
 - Dressing
 - Grooming and oral hygiene
 - Bathing
 - Bed bath
 - Bowel and bladder care
 - Menstrual care
 - Help with walking
 - Move in/out of bed
 - Help on/off seat or in/out of vehicle
 - Repositioning
 - Rubbing skin
 - Assistance with prosthesis/meds
- **Paramedical Services**
 - Blood sugar checks, injections
 - Other paramedical services
- **Accompaniment Services**
 - To medical appointments
 - To alternative resources

<https://www.cdss.ca.gov/Portals/9/Documents/2021%20Forms/IHSSAuthorizedTasks.pdf>





WRAP UP

- THANK YOU!
- Advisory Board Meetings – 3rd Tuesday of each month
- Post event survey





Public Authority Services



www.pascc.org

