

Adult companion services

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Legal authority	Federally approved EW waiver plan , Federally approved AC 1115 demonstration , Minn. Stat. Ch. 245D , Minn. Stat. §144A.43 to 144A.484 , Minn. Stat. §245A.03, subd. 2(1)	
Definition	Adult companion services: Non-medical care, supervision and socialization provided to help an older adult work toward a therapeutic or community integration goal in their support plan.	
Covered services	<p>Adult companions meet with people in person or remotely to assist or supervise them with tasks that help the person work toward a therapeutic or community integration goal.</p> <p>Examples</p> <p>The adult companion may:</p> <ul style="list-style-type: none"> • Attend a movie with the person to practice coping skills to manage their social anxiety. • Go with the person to a community event to reduce their social isolation. • Play a board game with the person to enhance their fine motor skills. • Provide verbal instructions or cues to the person to help them complete a task. • Assist or supervise the person with tasks such as laundry, light housekeeping and meal preparation (refer to note). • Shop with the person to practice budgeting skills. <p>Note: The adult companion may only assist or supervise the person with tasks such as laundry, light housekeeping, meal preparation and shopping while the companion helps the person work toward a therapeutic or community integration goal. The adult companion cannot perform these tasks as distinct services.</p>	
Non-covered services	<p>Adult companion services do not cover:</p> <ul style="list-style-type: none"> • Activity fees (e.g., movie tickets). • Assistance with activities of daily living (ADLs). • Hands-on nursing care. • Services provided by individuals related to the person by blood, marriage or adoption (unless the person meets requirements in the provider standards and qualifications – 245D exclusion section below). • Services that are solely diversional or recreational in nature. 	
Remote support	<p>Adult companion services can be delivered through remote support. Services delivered through remote support must meet all the requirements listed on CBSM – Remote support.</p>	
Secondary information	<p>Transportation</p> <p>An adult companion provider who is also a Minnesota Health Care Programs (MHCP)-enrolled waiver/AC transportation provider can bill for both adult companion services and transportation when they are provided on the same day. The provider may not bill adult companion services and transportation at the same time.</p>	
Provider standards and qualifications	<p>Adult companion is a DHS enrollment-required service. For more information, refer to CBSM – Waiver/AC service provider overview.</p> <p>License requirements</p>	

	<p>An adult companion provider must meet one of the following requirements:</p> <ul style="list-style-type: none"> • Have a license under Minn. Stat. Ch. 245D as a basic support service provider. • Have a license under Minn. Stat. Ch. 144A with a home and community-based services designation. • Be an adult companion program under the Corporation for National and Community Service’s Senior Companion Program. <p>245D exclusion A person who receives services can use a related or unrelated individual provider who meets requirements for exclusion from 245D licensure in certain situations. For more information, refer to CBSM – Exclusions from 245D licensure.</p> <p>Background study To provide adult companion services, providers must have a background study. (Note: Providers who receive a background study through the Corporation for National and Community Services Senior Companion Program are exempt from 245C requirements.) For more information, refer to CBSM – Waiver/AC service provider overview – Required DHS background studies for direct-contact services.</p> <p>Reporting A provider licensed under 245D must report all uses of controlled procedures, emergency use of manual restraint and prohibited procedures according to Minn. Stat. §245D.06, subd. 5 to DHS via the Behavioral Intervention Report Form, DHS-5148.</p> <p>Staff requirements A provider must ensure each staff member who delivers adult companion services:</p> <ul style="list-style-type: none"> • Can manage emergency and/or crisis situations and report them to the lead agency. • Can perform essential job functions as defined in the person’s support plan. • Can read, write and follow written and verbal instructions. • Can understand and maintain confidentiality and data privacy. • Can work under intermittent supervision. • Has experience/training in homemaking and/or caring for people with cognitive, physical or other functional limitations. • Is in good physical and mental health. <p>An adult companion provider may require a person to pass a job-related physical examination before they deliver services.</p>
<p>Authorization, rates and billing</p>	<p>The lead agency authorizes adult companion services at the state-established 15-minute rate. For more information, refer to Long-Term Services and Supports (LTSS) Service Rate Limits, DHS-3945 (PDF).</p>
<p>Additional resources</p>	<p>CBSM – Remote support CBSM – Waiver, AC and ECS general processes and procedures CBSM – Waiver/AC service provider overview CBSM – Paying relatives and legally responsible individuals</p>