

February 08, 2013

To assist Consumers with the problem of finding new Personal Care Assistants, [Consumer Directed Services](http://www.ConsumerDirectedServices.com) created a FREE Employment Information Bridge between Consumers and PCA Candidates.

- [Consumers / Advocates](#)

- To receive a copy of the weekly Newsletter, a Consumer or Advocate need only send me an email to elitcher@consumerdirectedservices.com and include your name and the text **Newsletter Request**.
- To search for a New Personal Assistant go to the [Consumer Directed Services](http://www.ConsumerDirectedServices.com) website and complete the form at the following link [Consumer / Advocate - Search for a PCA Candidate](#). When your information is received it will be distributed to all of the PCA Candidates enrolled in the database and a variety of other Employment Resources.

- [Personal Care Assistant \(PCA\) Candidates](#)

To include your information in the Newsletter and Database, go to the [Consumer Directed Services](http://www.ConsumerDirectedServices.com) website and complete the form at the following link: [Look for a PCA Job \(FREE\) - New York City Metro](#). As of the above date, **573** Personal Assistant Candidates have already been enrolled.

To insure that this Newsletter will be available to as many Consumers / Advocates as possible, previously distributed Newsletters (**from January 12, 2011 to present**) have been archived on the [Consumer Directed Services](http://www.ConsumerDirectedServices.com) home page. Finally, if you have any questions, comments, or recommendations about this service, or should you wish to remove your address from this list, please contact send an email to elitcher@consumerdirectedservices.com.

Best Regards, Ed Litcher

Notes

Consumers Wanted: For an Employment Information Bridge to work it requires traffic to flow in both directions. If you are in a Consumer Directed Personal Assistance Program, you will eventually need to find a new Home Care Worker. And up to now you may have relied upon Friends, Family, an Agency or you may have chosen to put your own advertisement on the Internet (See the list of Internet resources on the PCA Employment Agency page of this newsletter). Therefore, to help you find the PCA Candidate of your choice, I urge you, to do everything you ordinarily do, to consider an Internet resource and to try www.ConsumerDirectedServices.com. Finally, if you try Consumer Directed Services, please spread the word. Tell your friends and associates about this **FREE** service.

Consumers Searching
Should you require additional information
Please Contact the Consumer Directly.

PCA Candidates

Consumer Directed Services is not an Agency and makes no representation (positive or negative) regarding the appropriateness of any PCA Candidate, or the terms and conditions of any employment relationship. All employment and payment decisions are the exclusive responsibility of the Consumer.

(reshmimaharaj@gmail.com) on Thursday, February 7, 2013 at 18:52:50

Personal Assistant Candidate: Reshmi Maharaj
Address1: 104-28 117 st
Address2: Rm 2E
Address3: Richmond Hill New York 11419
Phone: 917 378 5769
Gender: Female
Type of Position: Personal Care / Home Health
Experience: Seniors,, Paraplegia,, Amputation,, Wheelchairs,, Special Diets,
Documentation Available: Social Security Number,, Proof of Identity,, Recommendations
Hours per Week: 40
Days per Week: 4
Preferred Start Time: 800 am
Days I Would Like to Work: Friday Saturday Sunday Monday
I am willing to work a 24 Hour Sleep-In schedule: Yes
Target Salary Per Week: \$500.00
Comments: Certified with 11 years working experience in most areas of Elder Care including Hospice Training..

([Happiness forever love@yahoo.com](mailto:Happiness_forever_love@yahoo.com)) on Wednesday, February 6, 2013 at 19:16:02

Personal Assistant Candidate: Theresa Masterson
Address1: 577 Bristol St
Address2: bsmt
Phone: [347-444-7960](tel:347-444-7960)

Gender: Female
Type of Position: Personal Care / Home Health
Experience: Children,, Seniors,, Lifters,
Documentation Available: Social Security Number,, Proof of Identity,
Hours per Week: 40
Days per Week: 5
Preferred Start Time: any
Days I Would Like to Work: mon-fri
I am willing to work a 24 Hour Sleep-In schedule: yes
Target Salary Per Hour: 10
Comments: Worked with heart patient and a child cook clean

RILDACROSSLEY@GMAIL.COM on Tuesday, February 5, 2013 at 12:45:10

Personal Assistant Candidate: RILDA ROYAL
Address1: 776 NORTH OAK DRIVE 2FLOOR
Address2: BRONX
Address3: NEW YORK
Phone: 10467
Best Time: 6462861777
Fax: ANY TIME
Gender: Female
Type of Position: Personal Care / Home Health
Experience: Children,, Teens,, Young Adults,, Seniors,, Paraplegia,, Quadriplegia,, Hemiplegia,, Amputation,, Ventilators,, Wheelchairs,, Lifters,, Other Equipment,, Mental Impairments / Alzheimer's Disease,, Visual / Auditory Impairments,, Special Diets,
Description of Languages: ENGLISH
Documentation Available: Social Security Number,, Proof of Identity,, Recommendations
Hours per Week: 12-8
Preferred Start Time: 8to8
Days I Would Like to Work: ANY DAYS IS GOOD
I am willing to work a 24 Hour Sleep-In schedule: YES
Target Salary Per Hour: 10to12

rildapcrossley@gmail.com on Monday, February 4, 2013 at 13:38:04

Personal Assistant Candidate: rilda royal
Address1: 776 north oak drive 2floor
Address2: bronx
Address3: new york
Phone: 10467

Best Time: 6462861777

Fax: any time

Gender: Female

Type of Position: Personal Care / Home Health

Description of Other Type of Position: HHA- HOME MAKING

Experience: Children,, Teens,, Young Adults,, Seniors,, Paraplegia,, Quadriplegia,, Hemiplegia,, Amputation,, Ventilators,, Wheelchairs,, Lifters,, Other Equipment,, Mental Impairments / Alzheimer's Disease,, Visual / Auditory Impairments,

Description of Languages: english

Documentation Available: Social Security Number,, Proof of Identity,, Recommendations

Days per Week: 12

Preferred Start Time: 8 to 8

Days I Would Like to Work: any days is good

I am willing to work a 24 Hour Sleep-In schedule: yes

Target Salary Per Hour: 10

(audrine32@gmail.com) on Friday, February 1, 2013 at 16:52:06

Personal Assistant Candidate: audrine frair

Address1: 208 Pennsylvania ave brooklyn

Phone: [3476616270](tel:3476616270)

Best Time: any

Gender: Female

Type of Position: Personal Care / Home Health

Experience: Children,, Young Adults,, Seniors,, Wheelchairs,, Lifters,, Mental Impairments / Alzheimer's Disease,, Visual / Auditory Impairments,

Documentation Available: Social Security Number,, Proof of Identity,, Recommendations

Hours per Week: 20

Days per Week: 4

Preferred Start Time: 8am

Days I Would Like to Work: mon_thur

Target Salary Per Hour: 9

Articles Related to the CDPAP

Hospitals Try House Calls to Cut Costs, Admissions

• By LAURA LANDRO

To keep patients out of the hospital, health-care providers are bringing back revamped versions of a time-honored practice: the house call.

In addition to a growing number of doctors treating frail patients at home, insurers and health systems are sending teams of doctors, nurses, physician assistants and pharmacists into homes to monitor patients, administer treatments, ensure medications are being taken properly and assess risks for everything from falling in the shower to family care-giver burnout. Some are adopting programs called "Hospital at Home" to provide hospital-level care in the home, including portable lab tests, ultrasounds, X-rays and electrocardiograms.

In large part, the aim is to avoid new financial penalties from the Centers for Medicare & Medicaid Services. Last October, the federal government agency started withholding certain payments to hospitals with higher-than-predicted readmission rates for patients with heart attacks, congestive heart failure and pneumonia. Nearly a fifth of its beneficiaries end up back in the hospital within 30 days, according to Medicare, costing \$26 billion annually.

But there is also growing pressure to keep patients from being admitted to the hospital in the first place, especially if they have chronic disease. Such patients, particularly older ones, are more vulnerable to infections and complications like bed sores in the hospital, and are actually safer at home, experts say.

"People may think of the house call as this quaint idea of a doctor heading out in his horse and buggy, but it is an excellent and necessary model for taking care of vulnerable high-cost patients," says Bruce Leff, a professor of medicine at Johns Hopkins University School of Medicine who developed the Hospital at Home model and is president of the American Academy of Home Care Physicians.

Payment models vary. Private insurers who contract with Medicare to offer benefits through Medicare Advantage plans may offer home-based care after hospital discharge. The Veterans Administration has a home-based primary-care program for chronically ill veterans, and some VA centers run Hospital at Home programs. Medicare has also been reimbursing a growing number of physician house calls for fee-for-service beneficiaries and covers a few other home services after hospital discharge. Last year, Medicare began a three-year demonstration project called Independence at Home to test whether home-based care by teams of doctors, nurses and other clinicians can reduce the need for hospitalization, improve patient and caregiver satisfaction and lower costs.

Existing research on house-call programs point to their benefits. A study published last June in Health Affairs showed that costs for patients in a Hospital at Home program at Albuquerque, N.M.-based Presbyterian Healthcare Services were 19% lower than for similar inpatients, in part because of shorter stays, and fewer lab and diagnostic tests. Patients with conditions including pneumonia, congestive heart failure and urinary-tract infections who are sick enough to require hospitalization and live within 25 miles are "admitted" in their home. They are then visited daily by a physician and once or twice daily by nurses who administer infusions and perform routine lab tests and procedures.

Inside a House Call

With 'Hospital at Home' programs, doctors, nurses and pharmacists provide a range of medical care at patients' own residences. Below are a few examples of what they do:

- Give medication: Administer everything from intravenous antibiotics and diuretics to inhaled treatments for pneumonia or lung disease.
- Monitor medicines: Show patients and families how to administer medicines properly; ensure prescriptions are correct and up to date; check what's in the medicine cabinet for any drug interactions; explain any side effects.
- Assess the home: Evaluate how at risk patients are for falls; judge whether they need any special equipment.
- Care for the caregiver: Instruct family caregivers on how to look after patients; address caregiver concerns such as burnout with referrals to counseling or community groups; refer caregivers for financial assistance; watch out for possible neglect or abuse.
- Conduct diagnostic tests: Take X-rays, ultrasounds and electrocardiograms to track recovery and monitor symptoms.
- Dress wounds, other care: Change dressings and keep an eye on bed sores and surgical incisions for infection; elevate extremities for problems such as cellulitis (a skin infection causing inflammation); adjust urinary catheters as needed.
- Manage pain: Consult with patients on pain levels; prescribe medications; refer patients to pain specialists where necessary.
- Monitor vital signs, such as weight and blood pressure.
- Improve lifestyle: Help patients boost their overall well-being, e.g. quit smoking, exercise regularly, lose weight, keep up with physical therapy programs.

Patient satisfaction scores were also higher. "Patients who have been in the hospital multiple times realize it is not always the healthiest place for them and they are thrilled to be at home instead," says Melanie Van Amsterdam, lead physician for the Presbyterian program and a co-author of the study. They also get more time with doctors, who might spend two hours on an initial visit compared with as little as 10 minutes in the hospital, Dr. Van Amsterdam says.

Mercy Health, a not-for-profit health system in Cincinnati, Ohio that owns six hospitals, was able to reduce its 30-day readmission rate to 14.5% as of November, from 16.9% in 2011, with a Care Transitions program that assigns nurses to high-risk patients to keep them out of the hospital.

Verne Wisby, 68, suffers from chronic obstructive pulmonary disease, a lung disease linked to smoking that can cause respiratory infections and breathing trouble. He also has arthritis and chronic pain from a childhood auto accident that broke his legs and hips and crushed his pelvis. He was admitted to the hospital last April after he came to the ER with a flare-up of his COPD, but within a month of his release, he was readmitted for a seizure.

At discharge, Mercy paired him with transitional care nurse Pamela Sevrence. On her first visit to his home, he was feeling so discouraged by his many medical problems, they both recall, he told her, "I'm just going to sit here till I die."

Ms. Sevrence worked with him to quit smoking within 30 days, and instructed Mr. Wisby and his wife Bonnie in the use of oxygen and medications to avoid flare-ups in his lungs. She also fielded calls from Mrs. Wisby whenever a problem came up. Ms. Sevrence lined up a new primary care doctor and a neurologist, as well as a pain specialist.

"She gave me hope, encouragement, and support," says Mr. Wisby. "I have no plan to go back in the hospital."

Health plans are also using claims data to identify patients at high risk for rehospitalization and helping coordinate care at home "so patients don't slide back," says Karen Ignagni, chief executive of America's Health Insurance Plans, an industry association.

For example, insurer [Aetna AET +1.89%](#) is contracting with home health agencies to expand a transitional care program for customers of its Medicare Advantage plan in a number of communities around the country. A pilot for the program reduced readmissions by 20% and saved \$439 per member. "It is costly to send nurses into the home, but not nearly as costly as readmissions," says Aetna national medical director Randall Krakauer.

Cigna Medical Group, the medical practice unit of Cigna HealthCare of Arizona, with 25 health centers in the Phoenix area, has a Home-Based Care Team that includes nurse practitioners and physician assistants. Robert Flores, the group's medical director of population health management, says primary care physicians use the team to help them manage patients at high risk of hospitalization or re-hospitalization who can't easily get to a doctor's office. "We have lots of patients who would have undoubtedly ended up back in the hospital had the team not been in their homes," Dr. Flores says.

The home team has helped Sandi Roland of Mesa, Ariz., care for her 84-year-old father, Charles Wilburn, who came out of a six-week hospital stay two years ago for multiple health problems. Ms. Roland says complications from that hospital stint left him in worse shape than when he was first admitted. A nurse practitioner came regularly at first to help with bed sores, and check his blood and lungs, and a physical therapist helped with rehabilitation.

"For me as a caregiver, it gives me so much support and puts me at ease that if things were to go wrong I would call and they would come at any time," Ms. Roland says. The nurse still follows up with a call every six weeks and her father has not returned to the hospital.

Write to Laura Landro at laura.landro@wsj.com

A version of this article appeared February 5, 2013, on page D1 in the U.S. edition of The Wall Street Journal, with the headline: Hospitals Try Home Calls To Cut Costs, Admissions.

<http://online.wsj.com/article/SB10001424127887324610504578278102547802848.html>

Local Independent Living Centers

- Bronx Independent Living Services, Inc. (BILS)
4419 Third Ave, #2C, Bronx, NY 10457
TEL [718 515-2800 x 116](tel:7185152800) / TTY [718 515-2803](tel:7185152803) / FAX [718 515-2844](tel:7185152844)
- Brooklyn Center for Independence of the Disabled (BCID)
27 Smith St, #200, Brooklyn, NY 11201
TEL [718 998-3000](tel:7189983000) / TTY [718 998-7406](tel:7189987406) / FAX [718 998-3743](tel:7189983743)
- Center for Independence of the Disabled in NY (CID-NY) (Manhattan)
841 Broadway, #301, New York, NY 10003
TEL [212 674-2300](tel:2126742300) V / TTY [212-674-5619](tel:2126745619) / FAX [212-254-5953](tel:2122545953)
- CID-NY/Queens
137-02A Northern Blvd, Flushing, NY 11354
Phone: [646-442-1520](tel:6464421520) / Sorenson VP [866-948-1064](tel:8669481064) / TTY [718-886-0427](tel:7188860427) / Fax 718-886-0428
- Harlem Independent Living Center (HILC) (Manhattan)
289 St. Nicholas Ave, #21 Lower Level, New York, NY 10027
TEL 212-222-7122 / Sorenson VP 646-755-3092 / Relay 866-326-5876 / FAX 212-222-7199
info@hilc.org
- Staten Island Center for Independent Living (SIILC)
470 Castleton Ave, Staten Island, NY 10301
TEL 718-720-9016 / TTY 718-720-9870 / FAX 718-720-9664
- Long Island Center for Independent Living (LICIL) (Nassau Co)
3601 Hempstead Turnpike, #208, Levittown, NY 11756
TEL 516-796-0144 / TEL (Español) 516-796-6176 / TTY 516-796-0135 / FAX 516-796-0529 licil@aol.com
- Self Initiated Living Options, Inc. (SILO) (Suffolk Co)
2111 Lakeland Ave, Ronkonkoma, NY 11779
TEL (31-880-7929 / TTY 631-654-8076 / FAX 631-946-6377
contact@siloinc.org
- Westchester Independent Living Center (WILC) (Westchester/White Plains)
200 Hamilton Ave, White Plains, NY 10601
TEL 914-682-3926 / TTY 914-682-0926 / Sorenson Video Phone 866-933 5390 / FAX 914-682-8518
- Westchester Disabled on the Move, Inc. (WDOM) Westchester/Yonkers)
984 No. Broadway, #L-10, Yonkers, NY 10701
TEL 914-968-4717 V & TTY / FAX 914-968-6137

PCA Employment Agencies

If your Personal Care Assistant (PCA) Employment Service assists Self-Pay and CDPAP Consumers in the NYC Metro Area, you can have your agency information added to the following list by completing the [Employment Service Enrollment Form](#).

Blessed Healthcare Staffing Agency, Tissha Thomas
1 Belvedere Ave, Suite A, Farmingdale, NY 11735
tithomas@bhcsa.com
(631) 390-8646

Bronxwork Inc, Kedon Wilson
391 E 149th St, Bronx, NY 10455
kwilson@bronxworks.org
(718) 993-8880 ext. 237

Center For Family Life Employment, Maria Ferreira
443 39th St, Brooklyn, New York 11232
mferreira@cflsp.org
718-633-4823

El Barrio's Operation Fight, Gustavo Rosado
413 E 120th St # 403 New York, NY 10035-3602
ebobf413@aol.com
212-410-7900

Fifth Avenue Committee, Aaron Shiffman
621 DeGraw Street, Brooklyn, New York 11217
ashiffman@fifthave.org
718-237-2017

Kingsborough Comm. College, Marisa Joseph
2001 Oriental Blvd, Brooklyn, NY 11235
marisa.joseph@kbcc.cuny.edu
718-368-5563

Konedu Home Care, LLC, Carie Jones Smith
140 Captain Thomas Blvd West Haven, CT 06516
helpingfamilies@koneduhomecare.com
Phone: [800 418-3299](tel:8004183299)

Mercy Center, Mary Ellen Gianino
377 East 145th Street, Bronx NY 10454-1006
meg@mercycenterbronx.org
(718) 993-2789

Reliable Homecare Solutions LLC
Contact: Reshmi Maharaj, Director
104-28 117 St, 2E, Richmond Hill New York 11419
caresolutions09100@gmail.com
917 378 5769

New York City College of Technology
NYC Technical College Placement Office
300 Jay St, Brooklyn, NY 11201
employmentsvc@citytech.cuny.edu
(718) 260-5050

Northern Manhattan Improvement Corp
Evan Hess
76 Wadsworth Ave, New York, NY 10033
evanhess@nmic.org
212-822-8300

Our Planet Management Institute, Lisa Ying
116 John Street, #200, New York, NY 10038
lisa@opmi.org, 212-269-4000

Supreme Aid Home Care, LLC
Contact: Anna Basel - Owner
37-53, 90th St, Suite 16 Jackson Heights, NY, 11372
info@supremeaidhomecare.com [347-421-2045](tel:3474212045)

YWCA of NYC, Anne Alfred
50 Broadway, New York, NY 10004
aalfred@ywcanyc.org
718-723-6170

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