

MAC and TSOA

Housework and Errands

When to Authorize

Service provides TSOA individuals and MAC caregivers (Dyads) with treatments and therapies that reduce pain and increase flexibility, allowing clients to continue maintaining health. These services may also reduce stress related to providing/receiving care, increase the client's sense of well-being, and increase stamina.

Massage Services

Provides massage services for care receivers (TSOA individuals) and unpaid caregivers (Dyads), with the aim of reducing the stress/burden of the caregiver, improving the caregiver's sense of well-being and increasing stamina, as evidenced by the caregiver's ability/willingness to continue in the caregiving role.

Acupuncture Services

Provides acupuncture treatment for care receivers (TSOA individuals) and unpaid caregivers (Dyads), with the aim of reducing pain and increasing physical flexibility and stamina, which will allow the client to continue in maintaining health.

Wellness, Fitness, and Exercise

Activities such as exercise programs, yoga, or other activities that promote health and wellness for care receivers (TSOA individuals) and unpaid caregivers (Dyads). Services include Enhance Fitness, Matter of Balance, Tai Chi Qi Gong, Meditation, Line Dance and Yoga.

Program descriptions:

1. *Enhanced Fitness* - group exercise and falls prevention program, helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. The class atmosphere is relaxed and runs for about an hour. It is facilitated by a certified instructor who helps the participants maintain their health and functions through a series of dynamic cardiovascular, strength, balance, and flexibility exercises.
2. *A Matter of Balance* - is designed to reduce the fear of falling and increase activity levels among older adults. It includes eight 2-hour sessions for a small group of 8-12 participants led by a trained facilitator. Participants will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home, and exercise to increase strength and balance



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3. *Tai Chi Qi Gong & Meditation* - is a program designed to improve the balance and stability of older adults and for those with Parkinson's disease. It also can help improve muscle strength and cardio-vascular functions, reduce back and knee pain and improve quality of life of individuals living with various chronic health conditions. TCQG is 3-hour weekly class led by an experienced instructor virtually, or in-person if feasible. Participants learn movements and breathing techniques by observing, practicing, and being coached by an experienced instructor.
4. *Line Dancing* - The participants dance with the instructor and other participants for about one hour, three times a week. Line dance can improve participants' cardiovascular functions, muscle strength, flexibility, moderate high blood pressure and blood glucose level, and reduce fall risks.
5. *Gentle Yoga*- is a traditional yoga practice that can help to improve the overall well-being of the participants. Its benefits include stress reduction, improved sleep quality, weight control and relieving pain. The program is led by experienced instructors. Class meets in-person and/or online weekly serving 10 to 30 participants.

Housework and Errands:

Housework and Errands Services are to be performed by workers for the purpose of:

- Providing housework for household areas is normally cleaned by the family caregiver or TSOA care receiver.
- Completing errands for those trips that the family caregiver is unable to perform due to caregiving or that the TSOA care receiver is unable to perform.
- Maintain health and safety for both family caregiver and care receiver.
- Reminder this is not "respite" for unpaid caregiver and staff in this service are not to perform any personal care services.

Light Housework may include but is not limited to:

- Cleaning kitchens and bathrooms.
- Sweeping, vacuuming, and mopping floors.
- Dusting furniture.
- Assistance with laundry (washing, drying, ironing and folding clothes);
- Changing bed sheets and making the bed.
- Cleaning ovens and refrigerators.
- Defrosting freezers; and
- Washing interior windows and walls of areas of the home used by the caregiver and /or care receiver.



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Heavy Housework may include but is not limited to:

- Vacuuming that involves moving furniture.
- Removing extreme clutter and garbage may be causing health and safety issues.
- Sweeping and mopping behind and under major appliances such as refrigerators, dryers, washing machines, etc.

EXCLUDED TASKS include:

- Personal care tasks (e.g. assistance with bathing, shampooing, or other personal hygiene/grooming needs).
- Yardwork.
- Minor Home Repairs.
- External House cleaning or maintenance.
- Splitting/carrying wood.

MTD Massage Therapy and Acupuncture Services

P1 SA896 U1 – Massage Therapy Care Receiver

P1 SA896 U2 – Massage Therapy Caregiver

*55 units (1/4 hr.) maximum in 6-month period can be authorized

P1 SA897 U1 – Acupuncture Care Receiver

P1 SA897 U2 – Acupuncture Caregiver

*50 units (1/4 hr.) maximum in 6-month period can be authorized

Provider: Asa Acupuncture and Oriental Medicine, P1# 215967501

15935 NE 8th St Suite A104

Bellevue, WA 98008

Providers are bilingual in Chinese and English

Contact: Yanhua Ou

Phone: (425) 246-1938

Email : asahealth123@hotmail.com

Rates:

\$120 per hour (\$30 per 1/4 hr.) for Massage Therapy services.

\$80 per hour (\$20.00 per 1/4 hr.) for Acupuncture Therapy services.

Provider: Union Center Healing Integral, PLLC, P1# 222478701

2004 East Union Street, Seattle, WA. 98122

Acupuncture Services

Contact : Roxane Geller

Phone : (206) 329-2060

info@unioncenterforhealing.com

Rates: \$80 per hour (\$20.00 per 1/4 hr.) for Acupuncture Therapy services.



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Wellness, Fitness, and Exercise

P1 SA330 U1 – Care Receiver

P1 SA330 U2 – Caregiver

Max Units: 50 EA/units) per 6-month period

(Can be reauthorized again after initial after 6 months)

Provider: Kin On Community Center, P1# 100864202

4416 S Brandon St., Seattle, WA 98118

Providers are bilingual in Chinese and English

Contact: Faye Chien, Community Wellness and Social Services Director

Phone: 206-556-2262

Email: faye.chien@kinon.org

Referral Form

Website: Kin On | Healthy Living Program | Fitness & Wellness

NOTE: The Kin On website lists all available services on their calendar of when they are available.

Rates:

Enhance Fitness – Authorize 12 units (sessions) per month at \$40 for 4 months. *One time only program.*

A Matter of Balance – Authorize 8 units (sessions) at \$40 for 2 months. *One time only program.*

Tai Chi Qi Gong – Authorize 5 units (classes) per month at \$40 for 6 months. *Classes are 1 time a week.*

Line Dance – Authorize 8 units per month at \$40 for 6 months. *Classes are held 3 times a week.*

Gentle Yoga – Authorize 5 units (classes) per month at \$40 for 6 months. *Classes are 1 time a week.*

Meditation – Authorize 5 units (classes) per month at \$40 for 6 months. *Classes are 1 time week.*



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Housework and Errands

These services are for unpaid caregivers of MAC/TSOA clients or TSOA care receivers.

P1 SA392 U1-Heavy Housework and Errands

P1 SA392 – Light Housework and Errands

Provider: C & N Angels, LLC, P1#223600301

5305 Military Rd. E. Unit A, Tacoma, WA, 98446-3815

Contact: Owner Constance Winstead

Phone: (253) 592-2940

Referrals: CandNangels1@gmail.com

Rates:

Light Housework, Errands=\$10.73 per 15 min

Heavy Housework 1 worker: \$11.48 (\$10.73 +\$.75) per 15 min

Heavy Housework 2 workers: \$12.23 (\$10.73 + \$1.50) per 15 min

Heavy Housework: 3 workers: \$15.23 (\$10.73 + \$4.50) per 15 min

