

# PERSONAL SUPPORT SERVICES



Individuals working in this field are essential to family and friends who are helping a loved one to remain as independent as possible. They provide one-on-one services, in-home support and care.

## **Careers within this section include:**

Personal Care Service Provider and Homemaker/Companion



## Personal Care Service Provider, Homemaker/Companion

### What would I do?

Personal Care Service Providers (PCSPs) provide one-on-one services to individuals, helping them with personal hygiene (bathing, toileting, etc.) and mobility (walking, wheelchairs, transfers). They assist with shopping, food preparation, and other routine activities, and may assist with medications if the recipient is able to direct the PCSP. PCSPs provide “consumer-directed care” with the recipient or a family member providing the training, direction, and supervision of the worker. When the PCSP is employed by a home health agency, some of the training and supervision is provided by the agency.

Homemakers and Companions are in-home support personnel who do not provide hands-on care but instead do light housework, grocery shopping, errands, laundry, and meal preparation, as well as offer companionship and general supervision of the patient or client.

All of these professionals play a critical role in helping individuals to remain as independent as possible for as long as possible.

### Where would I work?

PCSPs, Homemakers, and Companions usually provide care in the home, in a group home or other residential care facility. PCSPs may work independently, but sometimes they work for a home health agency or other qualified agency. Homemakers and Companions usually work for a home health agency or home care agency.

### What would I earn?

\$15,000–25,000

### What do I need to know?

A high school diploma is preferred.

### What schools can I attend?

Training is available from home health agencies, Granite State Independent Living, and other qualified agencies. PCSPs are often trained by the consumer or their authorized representative, such as a family member.

### Where can I find more information?

Granite State Independent Living  
PO Box 7268  
Concord, NH 03302-7268  
(603) 228-9680  
(800) 826-3700  
[www.gsil.org](http://www.gsil.org)

Home Care Association of New Hampshire  
8 Green Street, Suite 2  
Concord, NH 03302  
(603) 225-5597  
(800) 639-1949  
[www.homecarenh.org](http://www.homecarenh.org)

Paraprofessional Healthcare Institute  
349 East 149th Street, Suite 401  
Bronx, NY 10451  
(718) 402-7766  
[www.paraprofessional.org](http://www.paraprofessional.org)

**North Country  
Health Consortium, Inc.**  
*Working together to improve the health of North Country residents.*  
**There is a real future in Health Care in  
the North Country**

For more information contact:  
Northern New Hampshire Area Health Education Center  
(AHEC)  
603-837-2519  
[www.nnhahec.org](http://www.nnhahec.org)

**Member Organizations**  
Ammonoosuc Community Health Services  
Androscoggin Valley Home Care Services  
Androscoggin Valley Hospital  
Coos County Family Health Services  
Cottage Hospital  
Indian Stream Health Center  
Littleton Regional Hospital  
Northern Human Services  
North Country Home Health & Hospice  
Agency  
Tri-County Community Action Program  
Upper Connecticut Valley Hospital  
Weeks Medical Center

**Northern  
New Hampshire  
Area Health  
Education Center**