



The Personal Preference Program

Do you or a loved one need personal care assistance to stay independent? Self-directed services can help. These home and community-based services offer more choices about:

- What kind of services you need
- Who delivers them
- When and where services are provided

The Personal Preference Program (PPP) gives you a monthly budget to use for self-directed home care or other things needed to stay independent. This means that you have control over your care. You can pick, train and manage your own helpers, called caregivers. You can also decide when they will work.

Who is eligible?

To join PPP, you must:

- Be a New Jersey FamilyCare/Medicaid member
- Qualify for personal care assistant (PCA) services
- Have a certain health need and get an in-home assessment each year
- Be able to manage your own care or have someone to help you
- Live in a community-based home (like a private home, apartment, group home or boarding home) where personal care isn't already provided
- Have a Social Security number issued by the Social Security Administration

What kind of services are included?

You can use your monthly budget for:

- Personal care assistant (PCA) services – these include help with daily tasks like bathing, dressing, meal prep and light housekeeping
- Errand services
- Laundry services from a laundromat
- Equipment or supplies to help you stay independent in your home that are not available through NJ FamilyCare/Medicaid services

Figuring out and using your budget

To set your budget, a UnitedHealthcare nurse will do an in-home assessment. Each budget is based on the number of care hours a person needs. The budget covers the cost of care and a little extra for other things you might need to stay independent.

You will work with a financial consultant who works for the financial intermediary for the PPP. This company is called **Public Partnerships, LLC**. They will help you manage your monthly budget. They will also help with tasks like:

- Sharing tips for finding and hiring workers
- Processing payroll
- Paying employer taxes and fees
- Creating backup plans

To take part in the program, you must meet with your financial consultant 4 times a year, or more if needed.

The financial intermediary for the PPP is Public Partnerships, LLC. Their website is available [here](#).

Using an agency vs. self-directing

Self-direction may not be the right choice for everyone. But it can be great for people who want more decision-making power and control over their care.

2 ways to get started

To let us know you're interested in the PPP:

1

Call United Healthcare at **1-800-645-9409**, option 3.

2

Or email

uhcnj_ppp@uhc.com

and provide your name and the best phone number to reach you.

A nurse will call you to see if you qualify and explain more about the program. If you do, a financial consultant will help you finish signing up.

PCA services delivered by an agency	PCA services delivered through self-direction
You must use one of UnitedHealthcare's in-network providers	When self-directing through PPP, you choose your caregivers, hire, train and schedule them yourself (or through your authorized representative)
The agency hires, trains, supervises and schedules their workers, as well as handles things like timesheets and payroll	You, or your authorized representative, will approve timesheets
The agency will conduct supervisory visits and develop a backup plan	You, or your authorized representative, work with your financial consultant to address needs as they arise

Learn more

For more details, visit:

- The PPP FAQ on the New Jersey government website [here](#)
- The NJ Division of Medical Assistance and Health Services (DMAHS) PPP program website [here](#)