

PNA Key Messages and Prompts for Residents' Advocacy

Paint a Picture for Lawmakers about What It Means to Get \$60/Month

- I live in a nursing home because... (the person might describe if they cannot get out of bed, or have a specific medical need, or they might talk about not having people in the community who can help take care of them)
- Most nursing home residents are on Medicaid. All but \$60 of my monthly Social Security check goes to my nursing home to pay for my care. \$60 is what's called my personal needs allowance, or PNA.
- Since 2006, my PNA has been the same amount. With inflation in 2021 I cannot afford to buy things I need.
- Every month, I spend my PNA on _____, _____, and _____. These are things that my nursing home doesn't buy for me.
- I usually run out of my PNA money by _____ (this date) and can't buy anything until the next month.
- Because I only receive \$60 per month, I have not been able to buy _____.
- My life is impacted because I cannot afford to buy things I need. This makes me feel _____.
- If my PNA was increased, then I would be able to _____.

If you buy your own brand of adult briefs ("Depends", or similar), consider explaining why. Such as:

- My nursing home only buys adult briefs that are like a child's diaper. I buy Depends, and have to use my own money, because they feel more comfortable and I'm not embarrassed when I use them.

If you pay for a cell phone, consider a message like:

- The resident phone is always in use (or doesn't work well, etc.). Every month I buy ___ minutes for my cell phone and it costs \$_____. That's the only way I can reach my daughter/nephew/etc. and stay in touch. That leaves me \$_____ to buy _____.
- Having my own cell phone is the only way I can have a private phone call.
- Having my own cell phone also gives me access to the internet without having to wait in line for the only computer at my nursing home.

If you buy food with your PNA, say why that food is important, such as:

- The food the facility makes doesn't taste good
- The food the facility makes isn't like the food I grew up eating
- I don't get to make many choices now that I live in a nursing home.
Buying my favorite food (say what that is and how often they like it)
makes me feel alive/adult/in control/happy/reminds me of being with
family...
- If a favorite meal is part of your comments, say what it costs