

## **"Everything is a Mess. I'm Just Trying to Survive It.": Impacts of COVID-19 on Personal Assistance Services**

### **Abstract**

In the United States, there are eight million people who have trouble taking care of themselves, like bathing and dressing. Out of these, about 2.3 million get paid help from personal assistants to do these everyday tasks. During the COVID-19 pandemic, a survey asked disabled people how it affected them, especially if they couldn't get the help they needed at home.

From the answers, we learned some important things:

1. People couldn't get the help they needed for different reasons.
2. Not getting the help they needed had bad effects on their lives.
3. Some people found ways to manage without the help they usually got.

These results show that the people who help disabled individuals at home are very important. We also need better rules and plans to make sure there are enough of these helpers so that disabled people can live in their communities comfortably.

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