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Overview of Self-Direction

Presentation Overview

- What is Self-Direction?
- History of Self-Direction
- The CDS Option
- Questions



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What is Self-Direction? (1 of 3)

- Self-direction is a way for individuals to receive their Medicaid services
- The self-directed service delivery model is:
 - An alternative to traditionally delivered and managed services, such as an agency delivery model.



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What is Self-Direction? (2 of 3)

- Self-direction means that individuals, or their representatives:
 - Have decision-making authority over certain services and
 - Take direct responsibility to manage their services with the assistance of available supports.



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What is Self-Direction? (3 of 3)

- Self-direction promotes personal choice and control over the delivery of waiver and state plan services, including who provides the services and how services are provided.
- For example, individuals have the decision-making authority to recruit, hire, train and supervise the individuals who provide their services.



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Characteristics of Self-Direction

Each Medicaid funding authority has different guidelines but all authorities, share some common characteristics:

- **Person-centered planning process:** CMS requires that a person-centered planning process and assessment be used to develop a person-centered plan. The process is directed by the individual, with assistance as needed or desired from a representative of the individual's choosing. It is intended to identify the strengths, capacities, preferences, needs, and desired measurable outcomes of the individual.
- **Service plan:** A service plan is the written document that specifies the services and supports that are to be furnished to meet the preferences, choices, abilities and needs of the individual, and that assist the individual to direct those services and supports and remain in the community.

-Centers for Medicare & Medicaid Services



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Characteristics of Self-Direction cont.

- **Individualized budget:** An individualized budget is the amount of funds that is under the control and direction of the individual. The budget plan is developed using a person-centered planning process and is individually tailored in accordance with the individual's needs and preferences as established in the service plan.
- **Information and assistance in support of self-direction:** States are required to provide or arrange for the provision of a system of supports that are responsive to an individual's needs and desires for assistance in developing the person-centered service plan and budget plan, managing the individual's services and workers and performing the responsibilities of an employer. The amount and frequency with which an individual uses the available supports varies by person and circumstance.

-Centers for Medicare & Medicaid Services



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Philosophy of Self-Direction (1 of 3)

- Self-direction is also known as consumer direction, independent living, or self-determination.
- In recent years, self-direction has become a growing movement within aging and disability communities.

Self-direction is about personal choices.



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Philosophy of Self-Direction (2 of 3)

- Self-direction helps people of all ages, with all types of disabilities
 - Maintain their independence at home by choosing the mix of services and supports that works best for them.
- Self-direction is built on the belief that:
 - The individuals receiving services know their needs best and
 - Are in the best position to plan and manage their own services.



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Philosophy of Self-Direction (3 of 3)

Each person is unique.

- Self-direction empowers people to design supports based on their unique strengths and needs.
- Self-direction allows individuals the chance to make decisions about the services and supports that help them to:
 - Enjoy meaningful relationships with family and friends
 - Experience health and growth
 - Live in the home and community they choose
 - Work, volunteer, or do other activities they enjoy



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What is the CDS Option?

Consumer Directed Services (CDS) is:

- The self-direction option for Medicaid recipients in Texas
 - Available in programs for persons who live in their own home, family home, or community-based settings
- Available to everyone in eligible programs and services
 - Individuals may receive some of their services from a provider agency and self-direct other services at the same time.



Video: The Consumer Directed Services Option

<https://www.youtube.com/watch?v=13w1iN8X2AY>



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View from a CDS Employer

“People with disabilities have different needs. What one would need does not necessarily mean what all may need. CDS is not a one-size-fits-all program.

The CDS Option allows people with disabilities or their family or friends caring for them the opportunity and freedom to be creative about how one’s needs can be met so that they may all have the same quality of life that everyone deserves while living in their own homes and their communities.”

-CDS Employer



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Benefits of the CDS Option

- Greater control over services
- Target advertisements for specific needs
- Hire non-traditional employees, such as friends and neighbors
- Determine pay rates, bonuses, and other benefits for employees



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Questions?



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