

CDDO of Southeast Kansas

Self-Directed Care

Self-Direction is....

People selecting, hiring, training, managing, and firing their own staff.
People choosing services and supports to meet their needs.
People managing their staffing hours to meet their needs.

Personal Care Services may include...

Non-medical personal care, nutrition and household support, activities of daily living, health maintenance, self care and mobility.

Personal Care Services are...

Someone who is hired to assist a person who has a disability.
Has job duties that differ depending on the needs of the person with a disability.
May assist with activities such as personal care, health and safety and community access.

You don't have to do it all!

You can seek help from a person you trust, an advocate, or an agency.
You can start with one employment task and add more responsibilities over time.

The usual tasks of the person directing in home supports include...

Choosing a Financial Management Service Provider.
Recruit, interview and hire your staff.
Be honest & detailed when explaining your needs, the staffing duties and schedule. Do not ask your staff to do tasks that were not agreed upon.
Refer the staff to the appropriate agency for payroll registration to make sure they get paid on time.
Communicate necessary information to the payroll agency.
Perform direct supervision of the staff including giving positive and constructive feedback, assign & schedule staff hours, complete periodic evaluation.

Develop a workable emergency/back-up plan.

Some things for you to consider:

There are some limitations to the self-direction benefit...

You have the responsibility to use funds in the described way.

If you live with your family or guardian, and they are able to perform independent activities of daily living, you should rely on their unpaid help unless your staff is teaching you how to perform a specific skill (i.e. cooking or housekeeping etc.).

The spouse of an individual or parent of a minor cannot be a paid.

The CDDO will assist you in accessing resources, training methods and qualified providers so you don't lose the opportunity to self-direct.

If you choose to discontinue self-directing your services, you must notify the CDDO and your case manager of your decision to allow for the coordination of alternative services.

You must choose a case manager when you direct your services. The CDDO can assist you with this.

Resources about Self-Direction:

Check the provider listing in your area available through your CDDO. Contact the providers and ask questions about the services each provides.

Contact your case manager or the CDDO.

Quality community programs offer different models to allow you to select the self-direct service delivery method that best meets your needs, desires, and personal outcomes. Choosing the option best for you depends on the level of other community supports available to you and your preferences.