

If You Are Interested in the Self-Directed Supports Option...

- **Talk to your care team about Self-Directed Supports as an option for you.** Your care team will assist you and provide the training you or your community supports may need to implement a plan of Self-Directed Supports.
- **Think about who you will want to employ, the outcomes you want to achieve and the costs that may be involved.** Your care team will actively help you with the process of identifying outcomes, resources and costs.
- **Plan to include the help available to you from family, friends and neighbors as part of your service plan.** This allows you to have the people in your life involved in your support and care.

For More Information

For more information about the Self-Directed Supports option, contact your local care team directly or Care Wisconsin at (608) 240-0020 or toll-free 1-800-963-0035, Monday–Friday, 8 a.m. to 4:30 p.m. TTY users should call WI Relay 711. You can also visit www.carewisc.org on the Web.

Interpreter and translation services are available free of charge. This document may be available in other formats upon request. If you have special needs, call 1-800-963-0035 for assistance.

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Equal Opportunity Service Provider



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Is the Self-Directed Supports Option Right for You?



Self-Directed Supports Option

Care Wisconsin offers to all members the opportunity to arrange, direct and purchase supports and services for themselves through an option called **Self-Directed Supports**.

The Self-Directed Supports option may be one way for members to achieve their personal goals or long-term care outcomes they value for themselves.

The Self-Directed Supports option means:

- Making your own decisions about how you want to live your life and receiving the supports to achieve those outcomes.
- Having control over resources, services and support staff, including finances.
- Taking responsibility for personal decisions and actions.
- Staying within the established individual budget.
- Working with your care team to achieve health and safety outcomes.

Guiding Principles

- **Dignity and Respect:** All people have the right to be treated with dignity and to be respected as individuals.
- **Choice and Control:** People have the freedom to choose how, where and with whom they will live.
- **Responsibility for Finances and Actions:** People with choice and control have a responsibility to use and arrange natural and formal supports safely and effectively.
- **Choice Has Limits:** Public funds will not be used to support choices that are illegal or harmful to the member or others.

What Are Some Features of Self-Directed Supports?

- As a member, you may choose to self direct all or just some of the services aimed at achieving the long-term care outcomes in your service plan.
- An individual budget will be established by your care team. It will be based on an amount necessary to achieve the outcomes identified in the assessment and planning process.
- You and your family, friends or other community supports use your individual budget to arrange self-directed services.
- Your care team and you or your community supports receive monthly reports of services provided, costs and balance of budget.

What Steps Are Involved?

- 1. Creating a Member-Centered Plan.** Your care team will help identify the outcomes desired and develop a service plan. All plans are member-centered, look to the future and address health and safety.
- 2. Developing an Individual Budget.** The outcomes and service plan will guide the care team to establish a budget for the supports you have chosen to self direct.
- 3. Shopping and Arranging for Supports and Services.** You and your community supports will work together to decide the details of how, when and who provides what supports at an identified cost.
- 4. Hiring and Paying Providers.** You may be the employer of support staff or may arrange supports through an agency as co-employer. Other services may be purchased from a community service agency.
- 5. Monitoring Services and Budget.** You and your community supports will monitor services and budget to assure that service quality and costs are acceptable.