HOW DO I LEARN MORE ABOUT SELF-DIRECTED CARE?

Your care team is available to support and assist you with learning more about self-directed care. They will discuss options for self-direction when they create your care plan.

Once you have determined your outcomes including your short-term goals and dreams for the future, your team will help you think about the supports you need to accomplish those outcomes along with the types of services that would provide that support.

If you decide that you would like to self-direct some of those services, they will be included in your care plan.

If you have questions about self-directed care, you may contact your care team at any time.

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

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WHAT TYPES OF SERVICES CAN BE SELF-DIRECTED?
You can choose to self-direct some of the services named in your care plan. Here are some common services people choose to self-direct:
- Meal preparation
- Laundry and housekeeping
- Bathing and hygiene
- Transportation
- Respite care

WHO CAN PROVIDE SELF-DIRECTED SERVICES?
With self-directed care you can hire providers from many sources. Many members hire people they know to provide services, such as family members, friends, co-workers, or roommates. But you can also recruit and hire other individuals from the community to perform services. You can also purchase services from a provider agency if the provider fits the budget.

WHAT IF I TRY SELF-DIRECTION BUT CHANGE MY MIND LATER?
If you decide to self-direct, you will still have the support of your care team. If you want to change your care plan, what parts of it are self-directed, or how you can make self-direction work better for you, they are always there to help you.

WHAT IS SELF-DIRECTED CARE?
Self-directed care is care that you direct yourself. You choose the individual or provider you would like to provide a service for you. You hire, train, and pay them, according to a budget.

When you create your care plan with your care team, you will identify services you need to achieve your long-term outcomes. The plan includes things like where you will live, where you might need help with daily activities, and other activities that are important to you.

To learn more about us and read stories about our members, visit www.carewisc.org
SELF-DIRECTION PUTS THE CONTROL AND RESPONSIBILITY IN YOUR HANDS

Self-direction gives individuals and families greater control over how they receive services and who provides them. You work with your care team to decide which of your services you would like to self-direct. With self direction, you:

- Decide how many services you want to self-direct.
- Who you will hire for these services.
- Manage the budget for these services and pay the people providing them.

Your care team will help you come up with a budget based on your care plan and the services you are self-directing. They will help you set a monthly budget and it will be your responsibility to stay within that budget.

HIRING AND MANAGING EMPLOYEES

With the self-directed option, you are the employer or manager. There are two ways to manage workers with self-direction:

- **Use a fiscal agency.** If you choose this option, the fiscal agency helps you hire your employees by completing tax forms and background checks. The agency also takes care of unemployment and workers’ compensation benefits, issues paychecks, and tax withholdings. You direct the employees on a daily basis, including providing training and creating a back-up plan in the case of unscheduled absences.

- **Employee leasing agency.** Don’t know who to hire? If you choose this option, you will direct the daily care provided by Supportive Home Care agency employees. Employee leasing agencies are also willing to consider hiring employees suggested by members.

PURCHASING GOODS AND SERVICES

You can also use the self-directed option to purchase medical equipment, supplies, or services from agencies and independent contractors, when approved by the care team. To do this, you would use a fiscal agency.

WHAT IS YOUR RESPONSIBILITY WHEN YOU SELF-DIRECT?

If you self-direct you will be responsible for:

- Staying within your plan and budget.
- Using resources responsibly and making ethical decisions with your self-directed budget.
- Making choices based on your needs.
Two sisters in the Family Care program who have intellectual disabilities, behavioral and learning challenges are using self-directed care to live independently. Their guardians bought the house when their grandparents decided to sell. The guardians own the home, but the sisters pay the rent and utilities.

The family uses self-directed care to provide a live-in caregiver as well as back-up support. The caregivers support the women with their daily needs, and a fiscal agency processes payroll and taxes, so the sisters can focus on living meaningful lives.

Dave was a young student with his whole life ahead of him when a driver ran a stop sign and slammed into the side of his car. The accident left him paralyzed from the chest down.

As he began to rebuild his life, his Partnership care team worked with him to provide support and assistance. The team explained the self-directed care option to him, and he and his wife were able to make use of the option to find support for daily activities that had once been taken for granted, such as toileting, bathing, and transportation.

When he was ready to resume his studies, he was able to expand his self-directed care to find assistance for things such as transportation from class to class and turning pages on textbooks. He graduated and is now beginning his career, again putting self-directed care to work for him to support his needs on the job.

A Partnership Member Rebuilds With Self-Directed Care