

Self Determination

Your Care. Your Choice.



Take control of your care by choosing who provides your necessary services and supports.

Setting up services through Self Determination allows an individual to have more control over their budget and those who provide their care. It gives individuals a choice of who provides the services and supports identified in their person-centered plan.

Some benefits of choosing this arrangement include:

- Being able to choose the person who will be helping you work on the goals that you have set for yourself.
- Being able to choose your own schedule of when those services are provided.

FIND OUT MORE

Partners Advancing Self-Determination is a collaborative effort that works to increase the availability and use of arrangements that support self-determination. You can find more information by visiting them on Facebook or on the Web at <https://bit.ly/SelfDeterminationInfo>

5 Principles of Self Determination

Freedom: The ability to plan the life you wish to live. Freedom includes being surrounded by the support, people and services the individual needs and wants.

Support: To organize resources in a way that enhances life and is meaningful to the individual receiving care services.

Responsibility: The appropriate use of public dollars (Medicaid) and the recognition of the contribution that individuals with disabilities make to their communities.

Authority: The ability to control funds within a budget to purchase needed supports for individuals' lives.

Confirmation: The important role that individuals play as their own self-advocate.

24-Hour
Mental Health
Warm Line

231-722-HELP (4357)


HealthWest

TYPES OF SERVICES AVAILABLE

COMMUNITY LIVING SUPPORTS

Community Living Supports are used to increase and/or maintain personal self-sufficiency; facilitating an individual's achievement of their goals of community inclusion and participation, independence or productivity. The supports may be provided in the individual's residence or in a community setting.

RESPIRE

Respite care services are designed to offer families the opportunity to take a break from their caregiving responsibilities. These services are not designed to occur regularly or continuously.

SKILL BUILDING

Skill building consists of activities identified in the individual plan of services and is designed by a professional within his/her scope of practice that assist an individual to increase their self-sufficiency and or engagement in activities that will prepare you for competitive community employment.

How HealthWest Can Assist

Your Case Manager can help you to identify which services you are eligible for, how you would like to incorporate those services into your schedule and guide you through the Self Determination process. **Please reach out to your Case Manager if you have an interest in starting a Self Determination arrangement!**

Meet

MATT

Self Determination in action

- A self-determined arrangement has helped Matt live in his own home rather than an AFC home or with family.
- Matt chooses to hire his own staff based on his preferences. Staff is not just assigned randomly by an agency.
- Matt is able to be an active part of his community. With added support, Matt is able to create his own schedule allowing him more access to the community's events.

Self Determination

Your Responsibilities

Setting a Self-Directed arrangement means that you, or your representative, are agreeing to take on the responsibilities as the employer of the services authorized and therefore you must perform all employer responsibilities. You are choosing to employ the employees so you are responsible for Supervising them as well.

Your responsibilities include:

- Advertising and interviewing for employees
- Hiring, supervising and firing the employees you choose (as long as it is not your guardian or spouse)
- Managing employee time submissions



HealthWest uses Stuart Wilson and GT Independence as Fiscal Intermediaries to help ensure we remain in compliance. Intermediaries monitor the ongoing training requirements of staff, set up the employee's budgets, process timesheets, send out training reminders, and more.

